

Human-in-the-Thought-Loop Paradigm

Proposed by Oleksii Kosheliev · Version 1.0 · 2026

Keep the human inside the thinking. AI assists; people frame the problem, reason, decide, verify and learn.

Participation that shapes the outcome.

Frame the problem

Set the purpose, context and constraints before asking AI for an answer.

Work through the reasoning

Challenge assumptions and compare alternatives with evidence.

Own the decision

Explain the choice, check its consequences and learn from what follows.

A visible path through the work.

Make the important transitions inspectable.

Keep steps, intermediate work and checkpoints visible. Let people question the basis of a recommendation and revise the work behind it.

A proposed design pattern for AI systems, applicable beyond project management.

Two ideas behind the approach.

Augmented Professionalism

Use AI to develop mastery and judgment alongside better work.

Cognitive Sovereignty

Preserve the right and ability to understand, challenge and improve decisions.

Eight principles for product design.

Human capability

Measure what repeated use does to the person, alongside output quality and speed.

Visible transitions

Make the movement from hypothesis to decision, plan and commitment explicit.

Amplify each step

Apply strong AI assistance within a bounded, understandable task.

Inspectable work

Make intermediate artifacts understandable, editable and traceable to evidence.

Knowledge beside action

Put concepts, criteria and examples next to the work they guide.

Built-in improvement

Provide ways to detect gaps, check quality and improve the system.

Learn through execution

Make real work a place to develop understanding and skill.

Human-governed workflow

Keep the trajectory visible, decisions owned and verification natural.

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