

AI Exposure Self-Scan: how replaceable is your role, really?

SCORE EACH QUESTION 0, 1, 2, 3, 4, OR 5 · TOTAL = YOUR EXPOSURE SCORE

1. Task repetitiveness

How much of your day is the same task, different inputs?

- 0: Every day is genuinely different; I make judgment calls no two days are alike
- 3: About half my work follows a template or standard process
- 5: My core work is the same steps, repeated. Different names, same sequence.

2. Written output volume

How much of your deliverables are text documents, reports, emails, or summaries?

- 0: Almost none. My work is relationships, physical presence, or real-time decisions.
- 3: A meaningful chunk of my week is writing something someone else reads.
- 5: Writing IS my job. Reports, summaries, responses. That is the deliverable.

3. Data access and pattern work

Does your role involve spotting patterns in data or information and acting on them?

- 0: No. My role requires human context that cannot be pulled from data.
- 3: Some. I review reports and flag what looks off.
- 5: Yes. My main value is finding the pattern in the numbers and telling someone.

4. Task teachability

Could you write instructions for your core tasks that a competent stranger could follow?

- 0: No. My work requires tacit knowledge, relationships, or physical presence.
- 3: Maybe. Parts of it, but not the parts that actually matter.
- 5: Yes. I could write a detailed SOP for most of what I do.

5. Organizational layer

Where do you sit in the decision chain?

- 0: I make the calls. I am accountable for the outcome.
- 3: I recommend and prepare. Someone above me decides.
- 5: I execute. The decision comes to me pre-made. I carry it out.

What your score means

MY SCORE: _____ / 25

SCORE	WHAT IT MEANS
0-8	Low exposure. Your role requires human judgment, relationships, or physical presence. AI will change your tools, not your job.
9-15	Moderate exposure. Some of what you do is automatable. The parts that are not are your defensible ground. Build there.
16-22	High exposure. The core of what you do is on the automation roadmap. Not a crisis. A signal. Use it.
23-25	Very high exposure. If you are in a company that is paying attention to AI, this role is under review. You have time but the window is not long.

Want the order of operations if the call comes? The Layoff Survival Playbook. humanatwork.ai/layoff-survival