

Humane Design Guide (Alpha Version)

Use this worksheet to identify opportunities for Humane Technology.

Product or feature:

Value proposition:

Measure of success:

What are Human Sensitivities?

Human Sensitivities are instincts that are often vulnerable to new technologies.

Human Sensitivity	We are inhibited when	What inhibits	We are supported when	Opportunity to improve
Emotional What we feel in our body and in our physical health.	We are stressed, low on sleep, afraid or emotionally exhausted.	<ul style="list-style-type: none"> Artificial scarcity Urgency signalling Constant monitoring Optimizing for screentime 	Design engenders calm, balance, safety, pauses and supports circadian rhythms.	
Attention How and where we focus our attention.	Attention is physiologically drawn, overwhelmed or fragmented.	<ul style="list-style-type: none"> Constant context switching Many undifferentiated choices Fearful information No stopping cues (e.g. infinite scroll) Unnecessary movement 	Enabled to bring more focus and mindfulness.	
Sensemaking How we integrate what we sense with what we know.	Information is fear-based, out of context, confusing, or manipulative.	<ul style="list-style-type: none"> Facts out of context Over-personalized filters Equating virality with credibility Deceptive authority (ads vs. content) 	Enabled to consider, learn, express and feel grounded.	
Decisionmaking How we align our actions with our intentions.	Intentions and agency are not solicited nor supported.	<ul style="list-style-type: none"> Avatars to convey authority Stalking ads and messages Push content models Serving preference over intent 	Enabled to gain agency, purpose, and mobilization of intent.	
Social Reasoning How we understand and navigate our personal relationships.	Status, relationships or self-image are manipulated.	<ul style="list-style-type: none"> Quantified social status Viral sharing Implied obligation Enabling impersonation 	Enabled to connect more safely and authentically with others.	
Group Dynamics How we navigate larger groups, status, and shared understanding.	Excluded, divided or mobilized through fear.	<ul style="list-style-type: none"> Suppressing views and nuance Enabling ad hominem or hate speech Enabling viral outrage Lack of agreed-upon norms 	Enabled to develop a sense of belonging and cooperation.	

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Now develop an action statement for Humane Technology using your evaluation and prioritization from the previous sheet.

1. In what ways does your product/feature currently engage Human Sensitivities?

- Which sensitivities are engaged with which feature?
- How is the value proposition delivered?
- Which specific elements might warrant redesign?
- Are the success criteria in tension with any sensitivities?

2. How might your product/feature support or elevate human sensitivities?

- Where are humans naturally brilliant at manifesting the value proposition?
- How might a design element change to better support that brilliance?
- With social sensitivities, could the design encourage people to meet the goal in real life?
- Do any success criteria need to shift to support human sensitivities?

3. Action Statement

- What is one thing you want to learn more about?
- What would you like to discuss with your team?
- What would you like to design or prototype?
- Are there any new design principles you might employ?

Use extra space for text, diagram, wireframes...