



# SPOT THE TRUTH, SPOT THE LIE

A Reality Check Assessment Tool




# FAKE ID

ABDU MURRAY

## How to Use This Guide

In our post-truth world of deepfakes, manipulated images, and algorithmically-driven content, it can be tempting to become suspicious. But suspicion without discernment leads to cynicism. This tool helps you evaluate online content with wisdom, not just skepticism.

### Use this checklist whenever you encounter:

- Viral social media posts
  - News articles or videos
  - AI-generated or suspected AI content
  - Claims about controversial topics
  - Images or videos that seem “too perfect” or emotionally charged
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## THE ASSESSMENT CHECKLIST


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### SOURCE VERIFICATION (Reality Checkpoint #1)

#### Ask yourself:

- [ ] **Who created this content?**
  - Is the source identified and verifiable?
  - Can I find other work by this creator/organization?
  - What is their track record for accuracy?
- [ ] **Where did this originate?**
  - Is this from a primary source or reshared content?
  - Has the context been stripped away through sharing?
  - Can I trace this back to its original publication?
- [ ] **What's the publication date?**
  - Is this current or recycled from years ago?
  - Is outdated content being presented as new?

#### RED FLAGS:

- Anonymous or obscure sources claiming exclusive information
  - Content that appears nowhere else online
  - Recycled content presented as breaking news
  - Sources known for satire/parody being shared as fact
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## THE ASSESSMENT CHECKLIST

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### AI DETECTION (Reality Checkpoint #2)

#### Ask yourself:

- **Does this appear to be AI-generated?**
  - Are there unnatural textures, lighting, or shadows?
  - Do hands, teeth, or eyes look distorted?
  - Is the voice or lip-sync slightly off?
  - Are there repetitive phrases or generic language?
- **Could this be a deepfake?**
  - Does it show a public figure doing/saying something uncharacteristic?
  - Is the video quality suspiciously low or high?
  - Are there artifacts or glitches in the footage?
- **Is this labeled as AI-generated?**
  - Ethical AI content should be disclosed
  - Lack of disclosure is itself a warning sign
- **RED FLAGS:**
  - Hyper-realistic images that seem “too perfect”
  - Video with mismatched audio quality
  - Unnatural blinking patterns or facial movements
  - Generic stock-photo aesthetics
  - Text that sounds eloquent but lacks specific details

## THE ASSESSMENT CHECKLIST


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### EVIDENCE & CLAIMS (Reality Checkpoint #3)

#### Ask yourself:

- [ ] **What evidence is provided?**
  - Are sources cited and linked?
  - Can the claims be independently verified?
  - Is this based on anecdotes or data?
- [ ] **Are there logical fallacies?**
  - Does it rely on emotional manipulation?
  - Are there sweeping generalizations?
  - Is it attacking people rather than addressing arguments?
- [ ] **Does this confirm my biases?**
  - Am I eager to believe this because it aligns with my views?
  - Would I be as quick to share if it contradicted my beliefs?

#### RED FLAGS:

- Claims without citations or “studies show” without naming studies
  - Appeals to fear, outrage, or tribal identity
  - Information “they don’t want you to know”
  - Conspiracy-adjacent language
  - Suppressed information claims without evidence of suppression
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## THE ASSESSMENT CHECKLIST


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### BIOCLASM INDICATORS (Reality Checkpoint #4)

#### Ask yourself:

- **Does this blur biological reality?**
  - Does it present feelings as facts?
  - Does it deny observable physical reality?
  - Does it conflate sex and gender without distinction?
- **Is there concealment of evidence?**
  - Are contradicting studies or data ignored?
  - Has information been selectively presented?
  - Are dissenting expert views dismissed without engagement?
- **Does it weaponize language?**
  - Are terms redefined without acknowledgment?
  - Is disagreement treated as violence or bigotry?
  - Does it prioritize ideological purity over truth?

#### RED FLAGS:

- Scientific claims that contradict basic biology without extraordinary evidence
  - Suppression of data or research (like the Cass Review resistance)
  - Demands for acceptance without debate
  - Labeling factual questions as “phobic” or hateful
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## THE ASSESSMENT CHECKLIST

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### EMOTIONAL MANIPULATION CHECK (Reality Checkpoint #5)

#### Ask yourself:

- **What emotions is this triggering?**
  - Does it make me angry, afraid, or outraged?
  - Is it designed to provoke an immediate reaction?
  - Am I feeling pressured to share before thinking?
- **Is nuance present?**
  - Does it acknowledge complexity?
  - Are opposing views fairly represented?
  - Or is everything black-and-white?
- **What's the call to action?**
  - Am I being asked to share immediately?
  - Is there urgency without justification?
  - Does it benefit from viral distribution?

#### RED FLAGS:

- “Share before they delete this!”
- Content designed to generate outrage
- Overly simplistic solutions to complex problems
- Tribal language (“us vs. them”)
- Calls to action that bypass critical thinking

## THE ASSESSMENT CHECKLIST


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### CORROBORATION (Reality Checkpoint #6)

#### Ask yourself:

- **Can I find other sources?**
  - Do reputable news outlets report this?
  - What do fact-checkers say?
  - Are there primary sources available?
- **What's being omitted?**
  - Does this tell the whole story?
  - What context might be missing?
  - Are there alternative explanations?
- **Who benefits from this narrative?**
  - Does someone profit from this going viral?
  - Is there a political or ideological agenda?
  - What would change if this is false?

#### RED FLAGS:

- Only one source reporting major claims
  - Fact-checkers flag it as false or misleading
  - Major details change in different versions
  - Context that completely changes the meaning has been removed
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## SCORING YOUR ASSESSMENT

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**Count your red flags:**

**0-2 Red Flags:** Likely credible, but remain vigilant

**3-5 Red Flags:** Proceed with caution, verify before sharing

**6-10 Red Flags:** High probability of manipulation or falsehood


**11+ Red Flags:** Almost certainly fake, manipulated, or misleading

## THE SEXTANT PRINCIPLE

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Remember: The goal isn't to be cynical of everything, but to navigate with wisdom while anchored to the truth that we are made in God's image. Like a sextant helps sailors find their bearings when landmarks disappear, this tool helps you navigate when truth becomes obscured.

**Four Guidelines for Truth-Seeking:**

1. Verify before you share - Don't contribute to reality collapse
  2. Seek primary sources - Get as close to the original as possible
  3. Welcome correction - Truth-seekers aren't afraid to be wrong
  4. Practice compassion - Even when calling out falsehood
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## WHEN YOU IDENTIFY FALSEHOOD

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### DO:

- ✓ Gently correct with evidence
- ✓ Explain why it matters
- ✓ Provide better sources
- ✓ Model compassionate truth-telling

### DON'T:

- ✗ Shame people for being deceived
- ✗ Assume bad faith
- ✗ Contribute to tribal warfare
- ✗ Spread the falsehood while debunking it

## SPECIAL CONSIDERATIONS

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### For Visual Content (Images/Video):

- Use reverse image search (Google, TinEye)
- Check metadata when available
- Look for signs of editing or manipulation
- Verify the claimed location and time

### For Scientific Claims:

- Look for peer-reviewed research
- Check if researchers have conflicts of interest
- See if findings have been replicated
- Distinguish between correlation and causation

### For Personal Testimonies:

- Recognize the difference between subjective experience and objective truth
  - Acknowledge feelings while examining facts
  - Look for patterns across multiple accounts
  - Be especially careful with secondhand stories
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## BUILDING YOUR REALITY RESILIENCE

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### Daily Practices:

1. Follow sources with different perspectives
2. Read full articles, not just headlines
3. Pause before sharing emotionally charged content
4. Ask “What would it take for this to be false?”
5. Maintain intellectual humility

The goal is not perpetual suspicion, but wise discernment that allows us to trust appropriately and reject manipulation confidently.

## ADDITIONAL RESOURCES

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**Fact-Checking Sites:** While these sources aren’t perfect and may have some bias, they are valuable tools to help you fact check accounts and stories.

- AP Fact Check
- Reuters Fact Check

### AI Detection Tools:

- Copyleaks
- Originality.ai
- Hive Moderation AI Detector
- AI or Not
- Deepware Scanner (for videos)

*“For it is only by understanding the forces that threaten to collapse reality that we can hope to strengthen it.”*

— Abdu H. Murray, *Fake ID*





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## QUICK REFERENCE CARD

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### The 6 Reality Checkpoints:

1. ✓ Source Verification
2. ✓ AI Detection
3. ✓ Evidence & Claims
4. ✓ Bioclasm Indicators
5. ✓ Emotional Manipulation
6. ✓ Corroboration

**Remember:** Truth-seeking isn't just about being right—it's about maintaining an accurate perception of reality and valuing human dignity in an age of reality collapse.

© 2025 | Based on *Fake ID: How AI and Identity Ideology are Collapsing Reality – And What to Do About It* by Abdu H. Murray

For more resources, visit [embraceethetruth.org](https://embraceethetruth.org)

