AlwaysSpamWithTswitch

When I use "-t", it tells me my mail is spam, even when it's not.

The -t option tells spamassassin to mark the message as if it is spam, so that the tests which were triggered can be examined closely.

The line "This message is probably spam" is part of the default template and automatically added, even if the mail is not spam. This does not happen unless you use the "-t" switch.