

YOUR PRACTICAL TAKEAWAY

“Challenge-the-Bot”

Use AI to argue against your own position — to make your thinking stronger.

01

Form your position first

Write your own argument — however rough — before opening AI. If you skip this, everything that follows is editing someone else's thinking.

02

Prompt AI to oppose you

Use the prompt below. You are not asking for confirmation — you are asking for a stress-test of your argument.

03

Decide — don't just revise

For each objection: update your argument, find stronger evidence, or hold your position. Every choice must be conscious — not automatic.

04

Document your reasoning

“AI raised the objection that [X]. I responded by [Y].” This cannot be faked — it requires genuine reflection.

COPY-PASTE PROMPT

“Here is my argument: **[paste your text]**. Give me the **three strongest objections** to this position. Where is my reasoning weakest? Be direct — I want to improve my argument, not have it confirmed.”

