

FREE PROMPT GUIDE

The Reality Check Prompt.

The AI prompt that tells you the truth instead of what you want to hear.

Ask AI for advice on a hard situation and it hands you agreement dressed as advice. Telling it to "be more direct" does not fix this, it needs a structure that forces the model to build both sides of the case before it hands you a verdict. We built this exact prompt to pressure-test real decisions: a hard conversation with a partner, a co-founder, or a client. It works because it separates what actually happened from the story you are telling yourself about it. Steal the structure below.

PART 1 · SEPARATE

Separate fact from story

Every hard situation is really two things stacked together: what happened, and what you decided it means. Most advice, from AI or from a friend, answers the story. **This prompt makes the model answer the fact first.**

State the objective summary

Ask for what happened with zero interpretation layered in, before anything else gets discussed.

Name your story separately

Your read on why it happened gets its own labeled section, never blended into the facts.

Give the other side a fair read

Whoever else is involved gets their most plausible interpretation stated, with a confidence level attached, not an excuse.

No guessing when data is missing

Anything you have not said gets marked unknown. A good prompt refuses to fill gaps with assumptions.

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"Give me the objective summary of what happened, with zero interpretation. Then separately, tell me what you think I am feeling and why. Then give the most plausible read of what the other person is feeling, and state your confidence level. Do not guess at anything I have not told you, mark it unknown instead."

THE FOUR PARTS

PART 1 Separate

Fact from story, before anything else.

PART 2 Argue

Both sides of the case, out loud.

PART 3 Score

Evidence for, against, and unknown.

PART 4 Move

The exact next step and the exact words.

PART 2 · ARGUE

Force it to argue both sides

A model that only validates your first read is a mirror, not an advisor. **This part makes it build the strongest case against your conclusion, then the strongest case for it**, before you get a verdict.

Counterargument first

Ask it to argue against your current read, as if it were debating you. This alone helps catch catastrophizing before it runs the show.

Then the strongest case for you

Have it flip and argue why your original read could be right. If it cannot make that case well, your read was probably weak to start with.

No default side-taking

Tell it directly: never default to agreeing with me. State this once and it holds for the whole conversation.

Update, do not defend

If you add new information mid-conversation, the model should change its read, not defend what it said five minutes ago.

PART 3 · SCORE

Score the evidence like a court, not a confidant

Feelings are real. They are not evidence. **This part makes the model sort what you actually know from what you are assuming**, then puts a number on how sure anyone should be.

Three columns, not one list

Evidence supporting your read, evidence against it, and what remains unknown. Unknowns never get filled with a guess.

Red flags versus a bad day

One incident is not a pattern. Make it separate one-time events from things that keep repeating before it calls anything a red flag.

Green flags get equal airtime

Ask for the signs of good faith too: ownership, repair attempts, honesty. A one-sided report is not a reality check.

Put a percentage on it

Ask for a probability your read is correct, a probability the other explanation is correct, and a probability nobody has enough information yet. Numbers force honesty that words let you dodge.

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"Argue against my current conclusion as hard as you can. Then argue for it just as hard. Build three lists: evidence for my read, evidence against it, and what is still unknown, do not guess at the unknowns. Give me a percentage for how likely I am right, how likely the other explanation is right, and how likely neither of us has enough information yet."

PART 4 · MOVE

Get the exact move, not a menu of options

Ten maybes is not a decision, it is homework. **Close every reality check with one move and the literal words to say.**

Name the move, not the options

Reacting, over-functioning, and a boundary are different things. Make it name which one this calls for.

Ask for the exact words

Not a summary of what to say, the actual sentences. Calm and direct, never a script built to manipulate.

Demand the blind spot

The last question, every time: what am I not seeing here?
This catches what your emotions are hiding from you.

Save the prompt, reuse it

Works on a hard call with a partner, co-founder, or client.
Save it once, reuse it on every decision that has you spinning.

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"Tell me the single best next move, and name whether it is reacting, responding, over-functioning, or a healthy boundary. Then give me the exact words to say, calm and direct, nothing manipulative. Last: tell me what I am probably not seeing here, especially where my emotions could be distorting the read."

The 60-Second Reality Check

Run this before you trust any AI read on a hard situation. Two misses means run the prompt again.

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|--|---|
| ☐ I got the objective summary before any interpretation | ☐ My read and the other side's read are in separate sections |
| ☐ It argued against my conclusion, not just for it | ☐ Evidence is split into for, against, and unknown |
| ☐ No unknown got filled in with a guess | ☐ It gave me a percentage, not just a feeling |
| ☐ The recommended move has a name, not a menu | ☐ I have the exact words, not a summary |
| ☐ It told me my blind spot | ☐ I would use this exact structure on my next hard call |

READY TO GO DEEPER?

This prompt gets you a straight answer.
The certification gets you a system that runs your week.

In the 12-Week AI Certification, we sit with you live and build a working team of AI helpers around your actual business, your real decisions, your real week. You leave with helpers that keep working after the call ends, and a credential to show for it. No tech skills needed.

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The model argues both sides. You still make the call.

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