

## 08-04 Prompting BrainFrame-Aware AI

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BrainFrame-aware AI is designed to interact with context, intention, and self-awareness — but the magic comes alive when you know how to prompt it.

This guide helps you ask better questions, give smarter inputs, and co-think more fluidly.

### Foundational Prompting Tips

#### 1. Set the Frame

"Use my SelfFrame to guide this answer..."

#### 2. Specify the Tone or Role

"Speak as a curious partner, not a coach."

#### 3. Use Time Anchors

"Zoom out to a 3-month lens..."

"Compare this with what I said last week."

#### 4. Surface Tensions

"What's the conflict between my desire for freedom and my need for structure here?"

#### 5. Meta-Prompts (Reflect on the Reflection)

"What am I not seeing clearly in my own reasoning?"

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### Prompt Starters by Type

- **Decision Support:**

- "What frame might help me see this more clearly?"
- "Play devil's advocate on this plan."

- **Clarity Expansion:**

- "Help me map the real question behind this surface confusion."

- **Momentum Activation:**

- "Turn this vague impulse into a concrete next move."

- **Emotional Processing:**

- "What might this discomfort be protecting me from?"
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### **Best Practice: Stack Prompts**

Use 2–3 in sequence:

1. Ask for perspective
2. Reflect on the answer
3. Ask for a new way to frame it

**Prompting isn't an input. It's a dialogue.**

Use it to think with, not just get answers from.