**08-04 Prompting BrainFrame-Aware AI**

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…"

1. **Specify the Tone or Role**

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

1. **Use Time Anchors**

"Zoom out to a 3-month lens…"  
"Compare this with what I said last week."

1. **Surface Tensions**

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

1. **Meta-Prompts (Reflect on the Reflection)**

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

**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?"

**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.