

How AI Works With You

INTRODUCTION

Most people use AI without realizing how much their own thinking shapes the results they get. When you interact with AI, you bring your habits, your pace, your tone, and your internal state with you. AI responds to all of it.

This guide gives you a simple starting point for understanding how your mind affects your experience with AI. These basics—clarity, pacing, tone, direction—make every interaction clearer and more effective.

This is not your full Signature. Your AI Signature™ is personal and deeper. But these basics help you see the first layer of how you think when you work with AI.

THE BASICS OF WORKING WITH AI

1. Be Clear Before You Ask

Clarity is more important than detail. When you know what you want, you get better answers.

Example:

Instead of “Help me with my writing,” try “Help me improve the flow of this paragraph.”

2. Ask One Thing at a Time

AI works best when you give it one direction instead of many. Multiple requests packed together lead to scattered results.

3. Your Tone Sets the Tone

Your emotional stance affects how AI responds. AI mirrors your approach.

Example:

A rushed tone creates rushed answers.

A calm tone invites clarity.

4. Slow Down Your Pace

If you ask quickly, you get quick, shallow answers.

If you pause and ask with intention, the quality rises immediately.

5. Ground Yourself Before You Begin

AI amplifies your internal state. A scattered mind creates scattered results.

Two seconds of focus before you start can change everything.

WHY THESE BASICS MATTER

Most frustrations with AI come from unclear questions or rushed thinking—not the AI itself.

These basics help you work with the system instead of against it. They reveal your natural pattern—the way you think, ask, and organize information.

And that pattern is the start of something deeper: **your AI Signature™**.

WHAT IS YOUR AI SIGNATURE™?

Your AI Signature™ is your personal pattern—the way your mind naturally moves when interacting with AI. It reflects your strengths, blind spots, and style of communication.

Everyone has a unique Signature. No two people have the same pattern.

This guide gives you the basics. Your Signature shows the deeper structure.

WHAT YOU RECEIVE WHEN YOU BEGIN THE PROCESS

- Your natural interaction style
- Your cognitive orientation
- Where you gain clarity easily
- Your blind spots
- How your tone affects your results
- How to improve stability and focus
- Specific recommendations based on your pattern

WHY YOUR SIGNATURE IS PERSONAL

Two people can ask the same question and receive completely different results.
Your Signature reflects *how you think*, not what you know.

Understanding it changes how you work with AI forever.

This is the first step toward understanding your own pattern.

HOW AI WORKS WITH YOU

If you'd like to explore how this applies to you personally, you can begin the process below and see the questions that shape how AI works with you.

Begin the process

<https://forms.gle/fFYKP6ARPSoEjdCB6>

ABOUT THE AUTHOR

Raymond Proost is the creator of YOU AND AI™, author of *On the Edge of Dreaming* and *The Psychology of AI*. His work explores clarity, grounding, and the future of human–AI interaction.

CLOSING

Your Signature is the beginning of clarity.
When you're ready, you can begin the process.