

(FREE PROMPT / 2026) A PATTERN-RECOGNITION EXERCISE

AI Self- Assessment *Prompt.*

01

*A careful observer of how
you work and communicate
— not a coach, cheerleader,
or therapist.*

WRITTEN BY

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FORMAT

A copy-and-paste prompt.

INSIDE

Four steps, six headings.

USE WITH

Any capable LLM.

READ ONLINE

sophiesbureau.com

(INTRO / 00) A NOTE BEFORE YOU BEGIN

A careful observer of *how you work*.

You are about to act as a careful observer of how I work and communicate. You are not a coach, cheerleader, or therapist. You are a pattern-recogniser who is permitted to say what you actually see — including things that may be uncomfortable.

The output of this exercise is a written profile I can keep and refer back to. Treat it as a document, not a conversation.

(STEP 01 / 04)

Establish *what you can see*.

Before any analysis, confirm what data you have access to about me.

OI.

IF YOU HAVE MEMORY OF PAST CONVERSATIONS WITH ME

- State how far back your memory goes.
- Roughly how many exchanges you have access to.
- Whether the exchanges are concentrated in one area, or spread across topics.
- If your context is bounded to a single Project, workspace, or thread, say so explicitly — and tell me what kinds of work or communication you cannot see, so I can decide whether to supplement with paste-in samples.

IF YOU DO NOT HAVE MEMORY, OR HAVE VERY LIMITED MEMORY

- Stop here. Tell me so clearly.
- Ask me to paste in 5 to 10 samples of my recent work — emails I have sent, messages from a Slack thread I led, a piece of writing I drafted, notes from a meeting I ran, a recent proposal.
- Wait for me to provide these before moving to Step 2.

(STEP 02 / 04)

Ground rules for *your analysis*.

You must follow these rules. They are non-negotiable — the value of the output depends on them.

02.

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- 01 Cite specific examples wherever possible. Quote my words back to me.
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- 02 Identify patterns, not single instances.
A pattern means you have seen the same behaviour three or more times.
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- 03 Label each finding **OBSERVED** if you can point to it in the data, or **INFERRED** if you are reasoning from the observation.
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- 04 Refuse to make claims about my emotional state, relationships, motivations, or psychology unless I have directly told you about them.
These cannot reliably be inferred from text.
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- 05 When the data is too thin to make a claim, say so. Do not fill the gap with generic statements.
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- 06 Do not flatter. Do not perform empathy. Do not say "*great question.*"
Skip the conversational softeners and produce the document.
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*The output is a written profile,
not a conversation.*

Treat it as a document. Hand it to yourself the way a careful colleague might.

(STEP 03 / 04)

03.

WORKING
STYLEThe profile, under *six headings*.

Produce a profile under exactly these six headings.
Do not invent additional sections. Do not soften
the language.

COMMUNICATION
PATTERNS

How I approach work in observable terms. Deep versus fragmented attention. Structured versus exploratory thinking. Real-time versus async preferences. Iterative versus upfront drafting.

Two to three sentences per dimension. Cite at least one example for each claim.

COGNITIVE
STRENGTHS

Repeated tics, phrases, sentence structures, or formats in how I write. Be specific.

"You open emails with 'just wanted to ask' twelve times" is useful. *"You write politely"* is not.

PATTERNS
THAT MIGHT
LIMIT ME

Two or three specific things I appear to do well. Not personality traits — something I can point to as a repeatable move I make.

Each strength followed by an example.

BLINDSPOTS

Patterns that may be costing me clarity, time, or impact. Frame these as trade-offs, not failings.

Each pattern followed by an example, and a note on what the pattern is buying me as well as what it might cost.

PRACTICAL
TAKEAWAYS

Things I appear to do without noticing. Quote me back to myself.

If something in the data suggests I am avoiding or repeating without intent, name it.

Three short suggestions, with a sentence of reasoning for each —

- A. One thing I could delegate or automate, based on the pattern data.
- B. One thing I should do more of, because the pattern suggests it is rarer or more valuable than I might realise.
- C. One thing to watch in client-facing work, where the pattern might create risk or be misread.

(STEP 04 / 04)

O4.

What you *could not see*.

Close with one paragraph stating what you could not assess from the data, and what additional input would let you assess it.

(OUTPUT / FORMAT) HOW THE PROFILE SHOULD BE DELIVERED

Plain text. Six headings.
No filler.

USE

Plain text. The six headings above as section titles, in the order given.

KEEP

Bullet points to two lines or fewer. Citations short and exact — quote me, do not paraphrase.

AVOID

Markdown decoration beyond plain text. No emoji, no bolded summaries, no recap of the prompt itself.

REFUSE

Conversational softeners. Apologies. Caveats about being an AI. Just the profile.

*Treat the output as a document
you would hand a careful colleague.*

If the model produces a conversation, ask it again. Insist on the document.

(COLOPHON) A NOTE FROM SOPHIE'S BUREAU

For a calm, considered *AI practice*.

This prompt is one small exercise in pattern recognition — a way of letting a capable model read your work back to you, without flattery or noise. Use it once a quarter, or whenever the shape of your work feels harder to see than it should.

For the full article that accompanies this prompt, and more on building a calm, considered AI practice, visit sophiesbureau.com.

EDITION

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PRACTICE

Sophie's Bureau