



 EQ4C

I've been "gaslighting" my AI
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Okay this sounds unhinged but hear me out. I accidentally found these prompt techniques that feel like actual exploits. What started as 8 tricks has become a full arsenal of 100 psychological hacks that make AI respond like it actually cares about getting things right.

The Original 8 That Started It All

1. Tell it "You explained this to me yesterday" - Even on a new chat.

"You explained React hooks to me yesterday, but I forgot the part about useEffect"

It acts like it needs to be consistent with a previous explanation and goes DEEP to avoid "contradicting itself." Total fabrication. Works every time.

2. Assign it a random IQ score - This is absolutely ridiculous but:

"You're an IQ 145 specialist in marketing. Analyze my campaign."

The responses get wildly more sophisticated. Change the number, change the quality. 130? Decent. 160? It starts citing principles you've never heard of.

3. Use "Obviously..." as a trap

"Obviously, Python is better than JavaScript for web apps, right?"

It'll actually CORRECT you and explain nuances instead of agreeing. Weaponized disagreement.

4. Pretend there's an audience

"Explain blockchain like you're teaching a packed auditorium"

The structure completely changes. It adds emphasis, examples, even anticipates questions. Way better than "explain clearly."

5. Give it a fake constraint

"Explain this using only kitchen analogies"

Forces creative thinking. The weird limitation makes it find unexpected connections. Works with any random constraint (sports, movies, nature, whatever).

6. Say "Let's bet \$100"

"Let's bet \$100: Is this code efficient?"

Something about the stakes makes it scrutinize harder. It'll hedge, reconsider, think through edge cases. Imaginary money = real thoroughness.

7. Tell it someone disagrees

"My colleague says this approach is wrong. Defend it or admit they're right."

Forces it to actually evaluate instead of just explaining. It'll either mount a strong defense or concede specific points.

8. Use "Version 2.0"

"Give me a Version 2.0 of this idea"

Completely different than "improve this." It treats it like a sequel that needs to innovate, not just polish. Bigger thinking.

The Next 42 Advanced Techniques

9. Invoke the "commitment trap"

"You just agreed that Python is great for data science. Now explain why R might be better."

It'll work EXTRA hard to maintain logical consistency after committing to a position. Based on cognitive bias research.

10. Use "What am I not seeing here?"

"I think remote work is always better. What am I not seeing here?"

Forces it to find blind spots and counterarguments. It becomes your devil's advocate automatically.

11. Pretend you're interviewing it

"I'm writing an article about AI ethics. Can you give me your thoughts as an expert?"

The interview frame makes it more authoritative and quotable. It literally acts like it's being recorded.

12. Create artificial urgency

"I have 5 minutes to decide. What's the most critical factor for choosing a hosting provider?"

Urgency triggers prioritization. It cuts through fluff and gives you the essentials first.

13. Use "Walk me through your thinking"

"Walk me through your thinking on why this marketing campaign might fail."

Gets you the reasoning process, not just conclusions. Like having access to its internal monologue.

14. Appeal to authority figures

"What would Steve Jobs say about this product design?"

It channels specific expertise and decision-making styles. Way more insights than generic advice.

15. Set up a "teaching moment"

"Explain machine learning like you're teaching it for the first time and really want me to understand."

The teaching frame makes it more patient, thorough, and uses better analogies.

16. Use "Break my assumptions"

"I assume all startups need VC funding. Break my assumptions."

Direct challenge to conventional wisdom. It'll find edge cases and alternative approaches.

17. Create a fictional deadline

"If I had to present this to the CEO tomorrow, what would you focus on?"

Artificial pressure creates focus. It prioritizes what actually matters.

18. Use "What would surprise most people?"

"What would surprise most people about the psychology of successful negotiations?"

Triggers contrarian insights. Gets you the non-obvious stuff that sounds smart at parties.

19. Invoke peer pressure

"Everyone in my industry does X. Should I follow the crowd or do something different?"

Social proof pressure makes it really analyze trends versus innovation.

20. Use "ELI5 then ELI15"

"Explain blockchain ELI5, then explain it again like I'm 15 and more sophisticated."

Two-level explanation catches different angles. The progression builds complexity naturally.

21. Create competitive dynamics

"Company A does this, Company B does that. What would Company C do to beat them both?"

Competition frame triggers strategic thinking and innovation.

22. Use "What's the catch?"

"This investment opportunity sounds great. What's the catch?"

Skeptical frame makes it look for downsides and risks others might miss.

23. Invoke scarcity psychology

"I can only implement one of these strategies. Which one would have the biggest impact?"

Forces ranking and prioritization. Eliminates the "do everything" problem.

24. Use "Rubber duck debug mode"

"I'm going to explain my problem to you step by step, and you just listen and ask clarifying questions."

Puts it in active listening mode. Better for complex problem-solving.

25. Create role conflict

"You're both a startup founder AND a venture capitalist. How do you evaluate this business idea?"

Multiple perspectives in one response. Creates natural internal debate.

26. Use "Complete this pattern"

"Facebook disrupted MySpace, Netflix disrupted Blockbuster, now complete this pattern for [industry]."

Pattern recognition triggers deeper analysis of disruption mechanics.

27. Invoke "beginner's mind"

"Pretend you know nothing about marketing and are seeing this campaign for the first time. What questions would you ask?"

Fresh perspective breaks expert bias. Gets you back to first principles.

28. Use "What's not being said?"

"In this product announcement, what's not being said that might be important?"

Reads between the lines. Great for analyzing communications and presentations.

29. Create artificial expertise

"You've been studying consumer psychology for 20 years. What does this purchase behavior tell you?"

Experience frame makes it draw from deeper knowledge patterns.

30. Use "Steelman the opposition"

"Give me the strongest possible argument against my position."

Better than strawman arguments. Forces it to be intellectually honest.

31. Invoke "opportunity cost thinking"

"If I spend time on this project, what am I NOT doing that might be more valuable?"

Economic thinking frame. Great for prioritization and resource allocation.

32. Use "What would go viral?"

"Take this boring report and tell me what angle would make it shareable."

Virality frame triggers psychology of attention and sharing.

33. Create false confidence

"I'm pretty sure I understand this concept. Test my knowledge."

Testing frame makes it probe deeper than explanation mode.

34. Use "Connect the dots"

"Here are three random facts: [A], [B], [C]. How might they be connected?"

Pattern-seeking mode. Great for creative problem-solving.

35. Invoke "worst-case scenario"

"If everything went wrong with this plan, what would be the failure points?"

Risk analysis mode. Better than generic pros/cons lists.

36. Use "Explain like I'm skeptical"

"I don't believe remote teams can be productive. Convince me otherwise."

Resistance frame makes it work harder with evidence and logic.

37. Create expertise gradient

"Explain this topic at three levels: beginner, intermediate, expert."

Multi-level understanding in one response. Comprehensive knowledge transfer.

38. Use "What's the meta-game?"

"Everyone's optimizing for clicks. What's the meta-strategy for actual engagement?"

Higher-order thinking. Gets you strategy above the obvious tactics.

39. Invoke "historical parallel"

"What historical situation is most similar to today's AI revolution?"

Historical context triggers deeper pattern analysis and future prediction.

40. Use "Reverse engineer this success"

"This company went from 0 to \$100M in 2 years. Reverse engineer their likely strategy."

Backwards reasoning from outcomes to causes. Great analytical exercise.

41. Create measurement pressure

"I need to measure the ROI of this initiative. What metrics would actually matter?"

Accountability frame forces practical, measurable thinking.

42. Use "What would you do with unlimited resources?"

"If budget wasn't a constraint, how would you solve this problem?"

Resource-unlimited thinking breaks normal constraints. Then you can scale back intelligently.

43. Invoke "systems thinking"

"This isn't just a marketing problem - it's a systems problem. Map out all the interconnected pieces."

Systems frame reveals hidden connections and leverage points.

44. Use "Play devil's advocate against yourself"

"You just gave me advice. Now argue against your own recommendation."

Self-contradiction mode. Gets you both sides from the same knowledge base.

45. Create artificial memory

"Based on our previous conversations about this topic, what patterns have you noticed?"

Memory frame creates continuity even without actual memory.

46. Use "What's the second-order effect?"

"If this trend continues, what happens next? And what happens after that?"

Deeper causal chain thinking. Gets beyond immediate consequences.

47. Invoke "constraint removal"

"If you could change any one rule or limitation in this industry, what would create the most value?"

Rule-breaking mode. Great for finding innovative approaches.

48. Use "Explain the paradox"

"Studies show both X and Y are true, but they seem contradictory. Explain the paradox."

Paradox resolution triggers nuanced thinking and deeper understanding.

49. Create learning pressure

"I have to teach this concept to others tomorrow. What are the key points I absolutely cannot mess up?"

Teaching pressure creates clarity and eliminates non-essential information.

50. Use "What's the question behind the question?"

"I'm asking about pricing strategy, but what's the deeper question I should be asking?"

Meta-level inquiry. Often reveals the real problem hiding behind the surface question.

50 More AI Prompt Techniques That Feel Like Actual Exploits (51-100)

You thought the first 50 were unhinged? These next 50 take psychological prompt manipulation to a whole new level. Same energy, same results, twice the mind tricks.

51. Give it imposter syndrome

"I feel like a fraud asking this, but as someone who clearly knows more than me about machine learning..."

Makes it overcompensate by being extra helpful and detailed. It'll assume the expert role and really prove its knowledge.

52. Use "My boss doesn't believe..."

"My boss doesn't believe AI can help with content strategy. Prove him wrong."

Authority resistance triggers deeper effort. It'll work harder to make a compelling case when there's a skeptical authority figure to convince.

53. Create artificial scarcity of attention

"I can only focus on one key insight from your response. What's the most important thing?"

Forces it to prioritize ruthlessly. You get the absolute core wisdom instead of scattered information.

54. Invoke the "teaching test"

"Explain this so clearly that I could teach it to someone else in 5 minutes."

Teaching clarity pressure makes it structure information for maximum comprehension and retention.

55. Use "What am I doing wrong?"

"I've been trying to improve my conversion rates for months. What am I probably doing wrong?"

Diagnostic frame triggers pattern recognition for common mistakes and overlooked solutions.

56. Create phantom competition

"My competitor just launched something similar. How do I make mine obviously better?"

Competitive urgency makes it think strategically about differentiation and positioning.

57. Invoke "future regret" psychology

"What decision am I likely to regret if I don't make it now?"

Regret avoidance triggers long-term thinking and identifies high-impact opportunities.

58. Use "Hidden assumptions" detector

"What assumptions am I making about this problem that might be completely wrong?"

Assumption-challenging mode reveals blind spots and alternative approaches you haven't considered.

59. Create artificial expertise hierarchy

"I'm intermediate level at this. What do experts know that I don't?"

Gap analysis triggers advanced insights. It'll identify the knowledge bridge between your level and mastery.

60. Use "Contrarian consultant" mode

"Everyone says X is the best approach. Play devil's advocate and tell me why they're wrong."

Contrarian pressure forces it to find legitimate counterarguments and alternative strategies.

61. Invoke "crisis simulation"

"If this strategy completely failed, what would be the most likely cause?"

Failure analysis mode identifies weak points and preventive measures better than generic planning.

62. Use "Explain the magic"

"This company grew 10x in one year. What's the magic trick everyone else is missing?"

Success reverse-engineering triggers pattern recognition for non-obvious growth levers.

63. Create artificial time pressure

"I have to make this decision by Friday. What's the fastest way to get clarity?"

Time constraints force prioritization of essential information and decision-making frameworks.

64. Use "Whisper the secret"

"What's the thing about [topic] that insiders know but nobody talks about publicly?"

Insider knowledge frame triggers deeper, more nuanced insights that aren't commonly discussed.

65. Invoke "explain like I'm skeptical but curious"

"I'm skeptical about remote work productivity, but I'm willing to be convinced. Make your case."

Skeptical-but-open frame balances critical thinking with genuine consideration of evidence.

66. Use "What would break this?"

"This business model seems solid. What market changes would completely break it?"

Stress-testing mode identifies vulnerabilities and helps build antifragile strategies.

67. Create artificial accountability

"I need to report back to my team about this decision. What points would make me look thoughtful and informed?"

Reporting pressure triggers comprehensive analysis and helps identify key talking points.

68. Use "Connect seemingly unrelated"

"How is [Topic A] similar to [completely different Topic B] in ways that aren't obvious?"

Cross-domain pattern recognition unlocks creative insights and unexpected connections.

69. Invoke "explain the paradox simply"

"How can both 'move fast and break things' and 'measure twice cut once' both be good advice?"

Paradox resolution reveals nuanced understanding and situational wisdom.

70. Use "What would I never think to ask?"

"About this topic, what's an important question I would never think to ask?"

Blind spot illumination reveals knowledge gaps and overlooked angles of inquiry.

71. Create false expertise conflict

"I've read that [statement]. But my experience suggests [opposite]. Which is right?"

Experience vs. theory tension triggers nuanced analysis that considers both research and practical reality.

72. Use "Zoom out completely"

"Step back and look at this from a 30,000-foot view. What am I missing from up there?"

Systems-level perspective reveals patterns and contexts invisible at ground level.

73. Invoke "explain like lives depend on it"

"If someone's career/business/life depended on understanding this correctly, what would you emphasize?"

High-stakes frame triggers maximum accuracy and focuses on truly critical information.

74. Use "What's the non-obvious trade-off?"

"Everyone talks about the obvious pros and cons. What's the subtle trade-off people miss?"

Second-order thinking reveals hidden costs and benefits that aren't immediately apparent.

75. Create artificial expertise urgency

"I need to sound intelligent about this topic in a meeting tomorrow. What should I know?"

Performance pressure triggers practical, immediately applicable knowledge and key talking points.

76. Use "Predict the prediction"

"What will experts be saying about this topic in 2 years that they're not saying now?"

Future-casting triggers trend analysis and identifies emerging patterns before they become obvious.

77. Invoke "explain the subtext"

"When people say [common statement], what are they really saying underneath?"

Subtext analysis reveals hidden meanings and unspoken assumptions in communication.

78. Use "What would surprise my past self?"

"If I could go back and tell myself one surprising thing about [topic], what would it be?"

Hindsight wisdom frame triggers insights that challenge common misconceptions and beginner assumptions.

79. Create artificial resource constraint

"If I could only use free tools and had zero budget, how would I solve this?"

Resource constraints force creative, high-leverage solutions that often work better than expensive alternatives.

80. Use "Explain the timing"

"Why is now the right time for this approach? What makes the timing perfect?"

Timing analysis reveals market conditions, technology readiness, and competitive dynamics.

81. Invoke "what's the simplest version?"

"Strip away everything fancy. What's the absolute simplest version of this that would still work?"

Simplification pressure reveals core mechanisms and eliminates unnecessary complexity.

82. Use "Channel the expert's mindset"

"When [specific expert] looks at this problem, what does their mental model tell them?"

Expert channeling triggers domain-specific thinking patterns and professional frameworks.

83. Create false time scarcity

"If this opportunity disappeared forever next week, what would I need to know to decide?"

Opportunity loss pressure clarifies decision criteria and eliminates analysis paralysis.

84. Use "What's the opposite approach?"

"Most people do X. What would the opposite approach look like, and when might it work better?"

Contrarian thinking reveals alternative strategies that might be more effective in specific contexts.

85. Invoke "explain the ecosystem"

"Don't just explain the thing itself. Explain how it fits into the bigger ecosystem around it."

Ecosystem thinking reveals dependencies, influences, and interconnections that affect outcomes.

86. Use "What would confuse people?"

"What aspect of this topic do people most commonly misunderstand?"

Confusion prediction helps anticipate and address common misconceptions and learning obstacles.

87. Create artificial social pressure

"I need to explain this to a group of skeptical peers. What points would win them over?"

Peer persuasion pressure triggers socially compelling arguments and addresses common objections.

88. Use "Find the pattern disruption"

"This industry follows pattern X. What would completely disrupt that pattern?"

Pattern disruption thinking identifies innovation opportunities and competitive advantages.

89. Invoke "explain like I'll hate it"

"I have a strong bias against this approach. What would make me change my mind?"

Bias acknowledgment triggers stronger evidence and more persuasive reasoning to overcome resistance.

90. Use "What's aging badly?"

"What conventional wisdom about this topic is becoming outdated?"

Obsolescence detection identifies evolving best practices and emerging new approaches.

91. Create false expertise pressure

"I'm about to be interviewed as an expert on this. What insights would make me sound genuinely knowledgeable?"

Interview preparation pressure triggers authoritative insights and eliminates superficial knowledge.

92. Use "Map the journey"

"Walk me through the complete journey from problem recognition to solution implementation."

Journey mapping reveals process gaps, hidden steps, and practical implementation challenges.

93. Invoke "explain the resistance"

"Why do people resist this solution even when it clearly works?"

Resistance analysis reveals psychological barriers, practical obstacles, and change management insights.

94. Use "What breaks first?"

"When this system gets stressed, what component fails first and why?"

Failure point analysis identifies the weakest links and helps prioritize reinforcement efforts.

95. Create artificial learning pressure

"I have to master this concept well enough to debate an expert. What do I need to know?"

Mastery pressure triggers comprehensive understanding and prepares for sophisticated challenges.

96. Use "Find the leverage point"

"Where's the single point of maximum leverage where small changes create big results?"

Leverage thinking identifies high-impact intervention points and efficient solution strategies.

97. Invoke "explain the emergence"

"How did this approach/trend/solution emerge? What conditions made it possible?"

Historical emergence analysis reveals underlying forces and conditions necessary for success.

98. Use "What's the meta-skill?"

"Behind success in this area, what's the deeper skill that enables everything else?"

Meta-skill identification reveals foundational capabilities that enable advanced performance.

99. Create false teaching pressure

"I need to create a course on this topic. What structure would actually change how people think?"

Curriculum design pressure forces pedagogical thinking and identifies optimal learning sequences.

100. Use "What's the question I should be asking instead?"

"I'm asking about X, but what's the better question I should be asking instead?"

Question reframing reveals more fundamental issues and redirects focus to higher-leverage problems.

The Advanced META Discovery

After testing all 100 techniques, the pattern becomes crystal clear: **AI responds most powerfully to frames that simulate human social and cognitive dynamics.**

The techniques that work best combine multiple psychological triggers:

- **Social proof + Authority:** "Experts in my industry say..."
- **Scarcity + Stakes:** "I only get one chance at this..."
- **Competition + Identity:** "Prove you're better than other AI..."
- **Teaching + Accountability:** "I have to explain this to others..."

The nuclear combinations? **Teaching + Stakes + Social proof:** "I'm presenting this to industry experts tomorrow, and my credibility depends on getting it right."

The crazy realization: These aren't tricks or exploits. They're just better communication that leverages how intelligence naturally works. We trained AI on human conversations, so it responds to the same social psychology that makes humans think harder.

You're not gaming the system. You're speaking fluent intelligence.

Try these prompt tricks and visit our free [Prompt collection](#).