

M A V E R I C K A I

HUMANIZE YOUR CHATGPT TEXT

PASS EVERY AI DETECTOR WITH 0% AI SCORE

Set up ChatGPT to permanently write like a human. One-time setup, saved to custom instructions, works on everything you write from that point on.

3-step setup in ChatGPT

Wikipedia's full list of AI tells

Permanent custom instructions

Every AI writing pattern explained

Before and after examples

Works on all future conversations

2026 Edition

How It Works

AI detectors don't read your text for meaning. They look for patterns. The same sentence structures repeated over and over. The same filler phrases. The same punctuation habits. Remove those patterns and the text reads as human.

0%

AI detection score

24+

Patterns to avoid

1x

Setup, works forever

Wikipedia maintains a page called "Signs of AI writing" that catalogues every pattern AI detectors flag. You're going to tell ChatGPT to read that page, turn it into a strict set of writing rules, and then save those rules to your custom instructions so they apply permanently.

WHY CUSTOM INSTRUCTIONS?

Custom instructions are ChatGPT's permanent memory. Anything you put there gets applied to every new conversation automatically. You set this up once and never think about it again. Every piece of text ChatGPT writes from that point forward follows the humanizer rules.

The Setup

STEP 1: Get the AI Writing Patterns

Open ChatGPT and start a new chat. Paste this prompt to make ChatGPT go read Wikipedia's full list of AI writing tells:

PASTE THIS INTO CHATGPT

```
Go to Wikipedia and look up the
page on signs of AI writing:

en.wikipedia.org/wiki/Wikipedia:
Signs_of_AI_writing

Read through the entire page and
list out every single pattern that
gives away AI-generated text.

Include the pattern name, what it
looks like, and a specific example
of each one.
```

ChatGPT will go read the Wikipedia page and come back with a full list of patterns: em dashes, filler phrases, robotic tone, AI vocabulary words, promotional language, and more. Check the list to make sure it found everything.

STEP 2: Turn Patterns Into Writing Rules

Stay in the same chat. Now tell ChatGPT to convert all those patterns into a set of strict rules and package them as a custom instruction prompt:

PASTE THIS INTO THE SAME CHAT

```
Turn all these patterns into a
strict set of writing rules that
you should never break. Then give
me a permanent instruction prompt
that makes everything you write
sound completely human and pass AI
detectors. Format it as custom
instructions I can paste into my
ChatGPT settings.
```

ChatGPT will generate a clean, formatted block of custom instructions. This is the prompt you're going to save permanently. Copy it.

TIP

Stay in the same chat for Steps 1 and 2. ChatGPT needs the context from the Wikipedia patterns to build the rules. If you start a new chat, it won't have that information.

STEP 3: Save to Custom Instructions

Now you're going to save those rules permanently so they apply to every future conversation.

1. Copy the custom instruction prompt ChatGPT generated
2. Click your profile icon in the top right
3. Click **Settings**
4. Click **Personalization**
5. Click **Custom instructions**
6. Paste the prompt into the instructions field
7. Click **Save**

WHERE TO FIND IT

Profile icon (top right)

> Settings

> Personalization

> Custom instructions

Paste the prompt here and save.

That's it. From this point on, every new conversation with ChatGPT will automatically follow the humanizer rules. You don't need to remind it. You don't need to paste the prompt again. It just works.

HOW TO VERIFY

Start a new chat and ask ChatGPT to write something. Then paste the output into an AI detector like GPTZero, Originality.ai, or ZeroGPT. If the setup worked, you should see a score near 0% AI-generated.

Every AI Pattern That Gets Flagged

Here is the complete list from Wikipedia's "Signs of AI writing" page. These are the patterns your custom instructions will tell ChatGPT to avoid.

Content Patterns

Pattern	What It Looks Like	The Fix
Inflated significance	"Serves as a testament to..." "Pivotal moment in the evolution of..."	Just say what it is. Skip the importance puffing.
Undue notability claims	"Featured in The New York Times, BBC, and Wired..."	Cite one source with a specific detail.
-ing phrase padding	"Highlighting... Underscoring... Emphasizing..."	End the sentence. Start a new one.
Promotional language	"Vibrant" "Nestled" "Breathtaking" "Groundbreaking"	Use plain, specific descriptions instead.
Vague attributions	"Experts say..." "Industry observers note..."	Name the actual source or drop the claim.
Challenges and prospects	"Despite challenges... the future looks bright"	State specific facts. Skip the optimism.

Language Patterns

Pattern	What It Looks Like	The Fix
AI vocabulary words	"Delve" "Crucial" "Landscape" "Tapestry" "Foster" "Leverage"	Use normal words. "Look into" not "delve."
Copula avoidance	"Serves as" "Stands as" "Boasts" instead of "is" or "has"	Just say "is" or "has."
Negative parallelisms	"It's not just X, it's Y" "Not only... but also..."	State the point directly.
Rule of three abuse	"Innovation, inspiration, and industry insights"	Don't force three items. Two or four is fine.
Synonym cycling	"The protagonist... the main character... the central figure..."	Pick one name and stick with it.
False ranges	"From X to Y" where X and Y aren't on a real scale	List the topics. Skip the range framing.

Style Patterns

Pattern	What It Looks Like	The Fix
Em dash overuse	Using em dashes everywhere for dramatic effect	Use commas, periods, or parentheses.
Excessive bold	Every other phrase in **bold** for emphasis	Bold sparingly or not at all.
Inline header lists	***Speed:** The speed has improved..."	Write in prose. Skip the bold labels.
Title case headings	"Strategic Negotiations And Global Partnerships"	Sentence case: "Strategic negotiations"
Emoji decoration	Bullet points starting with emojis	Remove emojis unless the audience expects them.
Curly quotes	Using curly quotes instead of straight quotes	Use straight quotes in plain text.

Communication Patterns

Pattern	What It Looks Like	The Fix
Chat artifacts	"I hope this helps!" "Let me know if..." "Certainly!"	Remove all chatbot pleasantries.
Cutoff disclaimers	"As of my last update..." "Based on available info..."	State facts directly without disclaimers.
Sycophantic tone	"Great question!" "You're absolutely right!"	Skip the validation. Answer the question.
Filler phrases	"In order to" "Due to the fact that" "At this point in time"	"To" "Because" "Now"
Excessive hedging	"Could potentially possibly be argued that it might..."	Pick a position. "The policy may affect outcomes."
Generic conclusions	"The future looks bright" "Exciting times ahead"	End with a specific fact or next step.

Before and After

Here's what ChatGPT output looks like before and after setting up the humanizer. Same information, completely different feel.

Example 1: Blog Intro

BEFORE (AI-SOUNDING)

In today's rapidly evolving technological landscape, AI-assisted coding serves as an enduring testament to the transformative potential of large language models, marking a pivotal moment in the evolution of software development.

AFTER (HUMAN-SOUNDING)

AI coding assistants speed up some tasks. In a 2024 Google study, developers using Codex finished simple functions 55% faster but showed no improvement on debugging or architectural decisions.

The "before" text hits five AI tells in one sentence: "rapidly evolving landscape," "serves as a testament," "transformative potential," "pivotal moment," and "evolution of." The "after" text states a specific fact with a source.

Example 2: Product Description

BEFORE (AI-SOUNDING)

This groundbreaking tool boasts a vibrant interface, offering a seamless experience that fosters collaboration and enhances productivity. It's not just a tool -- it's a catalyst for innovation.

AFTER (HUMAN-SOUNDING)

The app has a shared workspace where

your team can edit the same document
at the same time. It saves about 2
hours per week compared to emailing
files back and forth.

The "before" uses "groundbreaking," "vibrant," "seamless," "fosters," "enhances," and a negative parallelism. The "after" describes what it actually does with a specific number.

Advanced Prompts

Once your custom instructions are saved, the humanizer runs automatically. But you can also use these prompts for specific tasks.

Rewrite Existing AI Text

REWRITE

Rewrite the following text so it reads as 100% human-written. Remove every AI pattern. Keep the same information but change the sentence structures, word choices, and rhythm.

[paste your AI text here]

Match a Specific Voice

VOICE MATCHING

Here's an example of my writing style: [paste 2-3 paragraphs of your own writing here]. Match this voice, sentence rhythm, and vocabulary level for everything you write in this chat.

Academic Writing

ACADEMIC HUMANIZER

Write this in an academic tone but still avoid all AI patterns. Use formal language without the filler. Cite sources properly. No hedging, no sycophancy, no promotional language. Topic: [your topic]

Self-Audit

CHECK YOUR OWN TEXT

Read the text below and identify every sign of AI writing. List each pattern you find with the specific phrase that triggered it. Then rewrite the text with all patterns removed.

[paste text to audit]

TIP

Run the self-audit prompt on anything important before you publish it. Even with custom instructions active, the occasional pattern can slip through. A quick audit catches anything the instructions missed.

What AI Detectors Actually Look For

Understanding how detectors work helps you understand why this setup is so effective.

Perplexity

How predictable is the next word? AI tends to pick the most likely next word every time. Humans are less predictable. They use unexpected word choices, incomplete thoughts, and tangents. Your custom instructions fix this by forcing varied sentence structure and avoiding the most common AI word choices.

Burstiness

Humans write with uneven rhythm. Some sentences are short. Others run long with multiple clauses and asides that take their time getting where they're going. AI writes with consistent sentence length. Your instructions fix this by mixing up the rhythm.

Vocabulary Distribution

AI overuses certain words. "Delve," "crucial," "landscape," "tapestry," and "foster" show up far more often in AI text than in anything a human would write. Your instructions replace these with normal alternatives.

HEADS UP

No method is 100% reliable for bypassing AI detectors in all situations. Detectors update constantly. The goal is to write text that genuinely sounds human, not to trick a specific tool. If it reads naturally to a person, it will pass most detectors most of the time.

Quick Reference

Step	What to Do
1	Tell ChatGPT to go read Wikipedia's "Signs of AI writing" page
2	Say "Turn these into writing rules and give me a custom instruction prompt"
3	Copy the output. Go to Settings > Personalization > Custom instructions. Paste and save.
Verify	Start a new chat, write something, paste into an AI detector
Rewrite	Paste existing AI text and say "Rewrite this to read as human"
Audit	Paste text and say "Identify every sign of AI writing"
Voice match	Paste your own writing samples and say "Match this voice"
Turn off	Go back to Settings > Custom instructions and clear the field

Words to Never Use

Category	Words to Avoid
Significance	Pivotal, testament, enduring, landmark, transformative
Promotion	Groundbreaking, vibrant, breathtaking, stunning, nestled
AI vocab	Delve, crucial, landscape, tapestry, foster, leverage, utilize
Filler	Additionally, furthermore, in order to, it is important to note
Hedging	Potentially, arguably, it could be said, some might argue
Copula swaps	Serves as, stands as, boasts, features, offers (instead of is/has)

START RIGHT NOW

Open ChatGPT. Paste the Step 1 prompt. Let it read the Wikipedia page. Ask for custom instructions. Paste them into Settings > Personalization. The whole thing takes about 5 minutes. Then every conversation is humanized automatically.

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Write like a human. Score like a human. Be undetectable.