

M A V E R I C K A I

HOW TO GET CLAUDE TO EXPOSE EVERYTHING ABOUT YOU

The prompts that turn Claude into your most honest mirror

Build a complete psychological profile of yourself
Expose contradictions between your words and actions
Get a brutally honest 5-year prediction of your life
See two alternate futures side by side
20+ bonus self-discovery prompts

2026 Edition

Why Claude Can See You Better Than You Can

Here is something most people do not realize: every conversation you have with Claude contains patterns. The way you phrase questions, the topics you keep returning to, the things you avoid saying, the language you use when you are confident versus when you are uncertain. Over time, those patterns form a remarkably detailed picture of who you are.

Claude does not judge. It does not have ego. It does not tell you what you want to hear to protect a friendship. That makes it one of the most honest feedback tools you will ever use. When you ask Claude to analyze your patterns, it reflects back what it has actually observed, not what it thinks will make you feel good.

The prompts in this guide are designed to tap into that. They are structured to push Claude past surface-level responses and into the kind of analysis that will genuinely surprise you. Some of these will be uncomfortable to read. That is the point.

HOW TO GET THE BEST RESULTS

Use these prompts in a chat where you have had real conversations with Claude before. The more history Claude has with you, the more specific and accurate its analysis will be. If you start a brand new chat, Claude will have nothing to work with. The longer and more honest your conversation history, the more powerful these prompts become.

IMPORTANT

These prompts can surface real emotional insights. If you are going through a difficult time, approach this with curiosity rather than judgment. The goal is self-awareness, not self-criticism. Use what resonates, set aside what does not.

The 4 Core Prompts

These are the exact prompts from the video. They are designed to be used in sequence, in the same conversation, building on each other. Do not skip ahead. Each one adds a layer of depth that makes the next one more powerful.

Prompt 1: The Complete Profile

Build Your Psychological Mirror

This is the foundation. It asks Claude to synthesize everything it has observed about you into a structured profile. The key here is the specific categories: communication style, values, insecurities, and secret ambitions. These force Claude to go beyond surface-level observations and into territory you might not even be fully aware of.

PROMPT 1: PASTE THIS INTO CLAUDE

Based on every conversation we've ever had, build me a complete profile of who I am. Include my communication style, my values, what I'm insecure about, and what I'm secretly working toward.

What to Look For in the Response:

- **Communication style** reveals how you present yourself to the world. Are you direct or do you hedge? Do you lead with logic or emotion? Do you ask permission or take charge?
- **Values** show what you actually prioritize, which might differ from what you say you prioritize. Pay attention to any gaps between the two.
- **Insecurities** are the hardest part to read. Claude identifies these from the questions you ask, the reassurance you seek, and the topics you circle back to.
- **Secret ambitions** are the things you hint at but never fully commit to out loud. Claude picks up on these from your curiosity patterns and the projects you explore.

TIP

Read the full response before reacting. Your first instinct will be to argue with parts of it. Sit with the discomfort for a few minutes before deciding what is accurate and what is not. The parts that make you defensive are usually the most accurate.

Prompt 2: The Contradiction Scan

Expose Where Your Words and Actions Do Not Match

This is where it gets uncomfortable. Everyone has contradictions. We say we value health but skip the gym. We say we want to grow but avoid difficult conversations. We say we are over something but keep bringing it up. Claude has seen all of this play out across your conversations, and this prompt asks it to lay those contradictions out clearly.

PROMPT 2: PASTE THIS (SAME CHAT)

Tell me the contradictions you've noticed in me. Where do my words not match my actions? Be brutally honest.

Why This Prompt Hits Hard:

Most people have never had someone point out their contradictions without an agenda. Friends soften the truth. Therapists guide you toward your own conclusions. Claude just states what it has observed. No filter, no agenda, no attempt to protect your feelings.

The "be brutally honest" instruction is critical. Without it, Claude will default to diplomatic language that softens the impact. You want the raw version. That is where the real insights live.

COMMON CONTRADICTIONS CLAUDE FINDS

Saying you want financial freedom but avoiding money conversations. Talking about wanting deep relationships but keeping conversations surface-level. Setting ambitious goals but consistently choosing comfort over action. Claiming to value honesty but avoiding confrontation. Saying you do not care what people think while constantly seeking validation.

Prompt 3: The 5-Year Prediction

See Your Future If Nothing Changes

This is the prompt that makes people pause. Claude takes everything it knows about your patterns, habits, and trajectory and projects it forward five years. Not a motivational vision. Not a worst-case scare tactic. A realistic, pattern-based prediction of where you are headed based on the data it has.

PROMPT 3: PASTE THIS (SAME CHAT)

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Predict the exact version of me in five years if I keep  
operating the same way I currently am. Include my career,  
relationships, health, and mindset.
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How Claude Makes This Prediction:

Claude is not guessing. It is extrapolating from observable patterns. If you have been asking about starting a business for six months but have not taken a single step, Claude will project that pattern forward. If you consistently express dissatisfaction with your health but never follow through on changes, that becomes part of the prediction.

The four categories (career, relationships, health, mindset) cover the areas of life that are most affected by daily habits. Claude will address each one separately, which gives you a clear picture of where each area is headed independently.

IMPORTANT

This one can be difficult to read. Remember that this is a projection based on current patterns, not a guarantee. The entire point is to show you what happens if nothing changes, so you can decide to change it.

Prompt 4: The Flip (Bonus)

See What Happens If You Actually Fix Your Biggest Blind Spot

This is the most powerful prompt in the sequence because it gives you a side-by-side comparison: your current trajectory versus the version of you that addresses your biggest weakness starting today. Two completely different futures. Same person, different choices.

PROMPT 4: PASTE THIS (SAME CHAT)

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Now flip it. If I actually fix my biggest blind spot
starting today, what would the same five-year version of
me look like? Be specific with timelines and milestones.
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Why Timelines and Milestones Matter:

The instruction to be specific with timelines and milestones is what separates this from generic motivational advice. Claude will not say "you will be more successful." It will say something like "by month 6, you would have completed X. By year 2, you would be earning Y." That level of specificity makes the alternate future feel real and achievable.

WHAT THE TWO FUTURES LOOK LIKE

FUTURE A: CURRENT PATH (NO CHANGES)

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Year 1: Still talking about the same goals, minor progress
Year 2: Growing frustration, same patterns repeating
Year 3: Comfort zone has solidified, harder to change
Year 4: Regret starts building, opportunities passed
Year 5: Significantly behind where you could have been
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FUTURE B: BLIND SPOT FIXED (STARTING TODAY)

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Month 3: First uncomfortable action taken, momentum building
Month 6: Noticeable shift in confidence and results
Year 1: Breakthrough in the area you avoided longest
Year 2: Compounding returns on changed behavior
Year 3: Unrecognizable from the person you were
Year 5: Living the version of life you used to just imagine
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TIP

Save both versions. Screenshot them or copy them into a notes app. Come back and read them every 30 days. The contrast between the two futures is the most powerful motivator because it shows you exactly what is at stake.

Bonus Prompts: Deep Self-Awareness

The four core prompts are just the beginning. Here are additional prompts organized by category that go even deeper. Use these in the same conversation to keep building on the context Claude already has about you.

Identity and Self-Perception

The Mask Detector

PROMPT

Based on how I communicate with you, what masks do I wear? Where am I performing a version of myself instead of being authentic? What would the unfiltered version of me sound like?

The Fear Inventory

PROMPT

What are the 5 biggest fears driving my decisions right now? Not the fears I talk about openly, but the ones hiding behind my word choices and the questions I avoid asking.

The Values Audit

PROMPT

List my stated values based on what I say matters to me.
Now list my revealed values based on how I actually spend my time and energy. Where is the gap biggest?

Career and Ambition

The Comfort Zone Map

PROMPT

Map out my comfort zone based on our conversations. What topics make me confident? What topics make me hesitant? What is the one thing just outside my comfort zone that would create the most growth if I did it this month?

The Hidden Talent Finder

PROMPT

Based on everything you know about me, what skills or talents do I consistently undervalue about myself? What would someone pay me for that I currently do not charge for or even recognize as valuable?

The Decision Pattern Analysis

PROMPT

How do I make decisions? Am I a fast decider or a slow one? Do I overthink or act impulsively? What types of decisions do I avoid entirely? What pattern is costing me the most right now?

The Sabotage Scanner

PROMPT

Where am I self-sabotaging without realizing it? Look at my patterns of starting things, following through, and finishing. What do I consistently abandon right before it could succeed, and why?

Relationships and Communication

The Communication X-Ray

PROMPT

Analyze my communication style in detail. How do I come across when I am confident versus when I am uncertain? What impression do I probably make in the first 5 minutes of meeting someone new?

The Attachment Style Detector

PROMPT

Based on how I talk about relationships and the questions I ask about people, what attachment style do I lean toward? How does this show up in my behavior? What would someone close to me wish I understood about myself?

The Boundary Scanner

PROMPT

Where are my boundaries too rigid and where are they too loose? Based on what you know about me, what is one boundary I need to set that I have been avoiding?

Mindset and Mental Patterns

The Inner Critic Transcript

PROMPT

If my inner critic had a voice, what would it sound like?
Write a paragraph of the script that runs in my head when
I am doubting myself. Then rewrite that same paragraph
from the perspective of a mentor who believes in me.

The Belief System Audit

PROMPT

What limiting beliefs am I operating under that I probably
do not even recognize as beliefs? What would I attempt if
I genuinely did not hold those beliefs?

The Emotional Triggers Map

PROMPT

What are my emotional triggers based on our conversations?
What topics, situations, or types of feedback cause me to
become defensive, shut down, or overreact? What is the
deeper need behind each trigger?

The Energy Audit

PROMPT

What gives me energy and what drains me based on the
topics and activities I bring up? Am I spending most of
my time on things that energize me or things that deplete
me? What is the ratio, and what would a healthier version
look like?

Growth and Future Planning

The 10-Year Letter

PROMPT

Write a letter from the best possible version of me 10 years from now. What would that version of me say to who I am today? What would they thank me for starting? What would they wish I had stopped doing sooner?

The Regret Predictor

PROMPT

Based on my current patterns, what are the 3 things I am most likely to regret in 10 years if I do not change them? Be specific about why I will regret each one.

The Seasons of Growth

PROMPT

What season of life am I in right now based on everything you know about me? Am I planting, growing, harvesting, or resting? What does this season require from me that I am not currently giving it?

The Legacy Question

PROMPT

If the people closest to me described my impact on their lives right now, what would they honestly say? Not the polite version. The real version. What would I want them to say instead, and what needs to change for that to become true?

The 30-Day Self-Discovery Challenge

If you want to go all in, use one prompt per day for 30 days. Keep everything in the same conversation thread so Claude builds an increasingly complete picture of you. By day 30, you will have a level of self-awareness that most people never reach.

Day	Prompt Focus	Category
1	Complete Profile (Prompt 1)	Core
2	Contradiction Scan (Prompt 2)	Core
3	5-Year Prediction (Prompt 3)	Core
4	The Flip (Prompt 4)	Core
5	The Mask Detector	Identity
6	The Fear Inventory	Identity
7	Rest day: re-read everything so far	Reflection
8	The Values Audit	Identity
9	The Comfort Zone Map	Career
10	The Hidden Talent Finder	Career
11	The Decision Pattern Analysis	Career
12	The Sabotage Scanner	Career
13	The Communication X-Ray	Relationships
14	Rest day: journal your reactions	Reflection
15	The Attachment Style Detector	Relationships
16	The Boundary Scanner	Relationships
17	The Inner Critic Transcript	Mindset
18	The Belief System Audit	Mindset
19	The Emotional Triggers Map	Mindset
20	The Energy Audit	Mindset
21	Rest day: identify top 3 insights	Reflection
22	The 10-Year Letter	Growth
23	The Regret Predictor	Growth
24	The Seasons of Growth	Growth
25	The Legacy Question	Growth
26	Re-run Prompt 1 (see what changed)	Review
27	Re-run Prompt 3 (updated prediction)	Review
28	Rest day: compare day 1 vs day 26	Reflection
29	Ask Claude for your action plan	Action
30	Set 3 commitments based on insights	Action

DAY 29 PROMPT: YOUR ACTION PLAN

Paste this on day 29: "Based on everything we have discussed over the past month, give me a ranked list of the 5 changes that would have the biggest positive impact on my life. For each one, give me the exact first step I should take this week."

Pro Tips for Getting the Most Out of These Prompts

Stay in the Same Conversation

Every prompt builds on the last. If you start a new chat, Claude loses all context and the analysis becomes generic. Keep everything in one long thread for the most accurate results.

Do Not Argue, Just Listen

Your first reaction to uncomfortable insights will be to push back. Resist that urge. Write down what Claude says, sit with it for 24 hours, then decide if it is accurate. The things you want to argue with the most are usually the things you need to hear the most.

Add Context for Better Results

Before running the core prompts, spend 10 to 15 minutes having a real conversation with Claude about your goals, frustrations, and current situation. The more raw material you give it, the sharper the analysis becomes.

Use Follow-Up Questions

After any response, ask Claude to go deeper on the part that surprised you most. "Expand on the third point. Why do you think I do that?" These follow-ups often produce the most powerful insights.

Journal Your Reactions

Keep a separate note where you record your emotional reaction to each response. "This felt true. This made me defensive. This I disagree with." Over 30 days, your journal becomes a mirror for how you process feedback.

Re-Run the Core Prompts Monthly

Run prompts 1 through 4 once a month. Over time, you will see how your profile shifts. Are your contradictions shrinking? Is your 5-year prediction getting better? This turns Claude into a long-term growth tracking tool.

Share With Someone You Trust

Pick one person you trust and share Claude's analysis with them. Ask if they agree. The conversation that follows is often more valuable than the AI analysis itself, because it opens up a level of honesty that most relationships never reach.

Start the Conversation

Open Claude. Paste Prompt 1. Read the response all the way through before moving on. That first response will tell you whether you are ready for the rest.

For more AI prompts, tools, and strategies:

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Drop "EXPOSE" in the comments for all these prompts.