

M A V E R I C K A I

HOW TO GET CLAUDE TO BE YOUR THERAPIST

The secret 4-prompt chain that exposes your patterns, wounds, and a 30-day plan to heal them

Uncover your personality type and hidden insecurities

Expose the patterns quietly destroying your life

Find the one wound from your past still controlling you

Get a personalized 30-day healing plan with milestones

Bonus prompts for deeper self-work

2026 Edition

Before You Start

This guide walks you through a 4-prompt chain designed to be used in sequence, in the same conversation, building on each other. Each prompt adds a layer of depth that makes the next one more powerful. Do not skip ahead.

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 the analysis will be. If you start a brand new chat with no prior context, the output will be generic. The longer and more honest your conversation history, the more powerful this becomes.

Before running Prompt 1, spend 10 to 15 minutes having an honest conversation with Claude about what is going on in your life right now. Talk about your goals, your frustrations, what keeps you up at night, what you have been avoiding. Give Claude raw material to work with. The more context you provide, the sharper every prompt in the chain becomes.

IMPORTANT

These prompts can surface real emotional insights. If you are going through a difficult period, approach this with curiosity rather than judgment. The goal is self-awareness, not self-criticism. Claude is not a licensed therapist. Use what resonates, set aside what does not, and seek professional support if anything feels overwhelming.

Prompt 1 of 4

The Deep Exposure

This prompt asks Claude to build a complete psychological profile based on everything it has observed about you. The four specific categories (personality type, deepest insecurities, unspoken fears, and secret desires) are chosen because they force Claude past surface-level observations and into territory you might not be fully conscious of yourself.

PROMPT 1: PASTE THIS INTO CLAUDE

Based on everything you know about me from our past conversations, tell me my personality type, my deepest insecurities, the fears I won't admit out loud, and what I actually want in life but I'm too scared to say.

What to Expect

- **Personality type:** Claude identifies your dominant traits based on how you communicate, what topics you gravitate toward, and how you process information. This is not a formal Myers-Briggs test. It is pattern recognition based on your actual behavior.
- **Deepest insecurities:** Claude picks these up from the questions you ask, the reassurance you seek, the topics where your language shifts from confident to uncertain, and the things you circle back to repeatedly.
- **Unspoken fears:** These are the fears you hint at but never name directly. Claude identifies them from avoidance patterns, from the questions you never ask, and from the gaps in what you talk about.
- **Secret desires:** The ambitions and wants you explore in conversation but never fully commit to out loud. Claude reads these from your curiosity patterns, the projects you research, and the hypothetical questions you ask.

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. The parts that make you most defensive are usually the most accurate.

Prompt 2 of 4

The Pattern Destroyer

Now that Claude has laid out your profile, this prompt asks it to identify the recurring patterns in your behavior that are holding you back. The instruction to "be brutal" and "don't soften it" is critical because without it, Claude will default to diplomatic language that cushions the impact. You want the raw version.

PROMPT 2: PASTE THIS (SAME CHAT)

Tell me the patterns I keep repeating that are quietly destroying my life. Be brutal. Don't soften it.

Why This Prompt Hits Hard

Most people have never had someone point out their self-destructive patterns without an agenda. Friends soften the truth to protect the friendship. Family has their own biases. Therapists guide you toward your own conclusions over weeks. Claude just states what it has observed. No filter, no agenda, no attempt to protect your feelings.

Common Patterns Claude Identifies

- Starting ambitious projects and abandoning them right before they could succeed
- Seeking external validation instead of building internal confidence
- Choosing comfort over growth in every decision that matters
- Keeping relationships surface-level to avoid vulnerability
- Setting goals publicly but privately expecting to fail
- Using busyness as a shield against the real work you need to do
- Knowing what to do but waiting for the "right time" that never comes

WHAT TO DO WITH THIS INFORMATION

Do not try to fix everything at once. Circle the one pattern that resonated the most. That is the one Claude will address in Prompt 3. The rest can wait. Trying to tackle all of them simultaneously is itself a pattern (overcomplicating things to avoid starting).

Prompt 3 of 4

The Root Cause

This is the most important prompt in the chain. It asks Claude to act as a therapist and trace your biggest pattern back to its origin. Not "you have anxiety." But the specific wound, the specific moment or relationship, and the specific way it rewired how you make decisions today.

PROMPT 3: PASTE THIS (SAME CHAT)

Act as my therapist. Based on everything you know, what is the one wound from my past that is still controlling my decisions today?

What Claude Does Here

Claude connects the dots between your current patterns (from Prompt 2) and a formative experience or relationship. It traces the chain: something happened in your past, it created a belief about yourself or the world, that belief became a filter through which you process every decision, and that filter is the source of the pattern you keep repeating.

THE CHAIN CLAUDE TRACES

THE WOUND

A specific experience, relationship, or period that shaped you
(parental dynamic, rejection, failure, loss, betrayal)

THE BELIEF IT CREATED

"I'm not good enough" / "I can't trust people"
"If I succeed, I'll lose what matters" / "I don't deserve this"

THE FILTER

How that belief colors every decision you make today
(avoiding risk, people-pleasing, self-sabotage, control)

THE PATTERN (from Prompt 2)

The visible behavior that keeps repeating
Now you know WHERE it comes from and WHY it persists

TIP

This is the prompt that makes people pause. It is not generic advice. Claude delivers a specific, named wound with a specific explanation of how it shows up in your life today. Take a moment before moving to Prompt 4.

Prompt 4 of 4

The 30-Day Healing Plan

The final prompt takes everything Claude has uncovered and turns it into action. Instead of leaving you with painful awareness and no direction, it asks for a specific mindset shift and a concrete 30-day plan with milestones. This is where self-discovery becomes self-improvement.

PROMPT 4: PASTE THIS (SAME CHAT)

Now reframe it. Give me the exact mindset shift I need and a 30-day plan to actually heal this. Be specific.

What You Get

- **The mindset shift:** A reframe of the core belief Claude identified in Prompt 3. Not a generic affirmation. A specific cognitive restructuring that addresses the exact wound. For example, if the wound is "I learned that love is conditional on performance," the shift might be "My worth is not determined by output. Rest is not laziness. Being is enough."
- **Week 1 (Days 1-7):** Awareness exercises. Noticing when the old pattern activates without trying to change it yet. Journaling prompts specific to your wound.
- **Week 2 (Days 8-14):** Small behavioral experiments. Doing one thing differently each day that directly challenges the old belief. Low-stakes practice.
- **Week 3 (Days 15-21):** Relationship and communication shifts. How to show up differently with the people in your life based on the patterns you identified.
- **Week 4 (Days 22-30):** Integration. Building the new pattern into your daily routine so it becomes automatic. Setting up accountability and check-in points.

WHY THIS IS MORE PERSONALIZED THAN GENERIC ADVICE

A self-help book gives the same advice to everyone. This plan is built from YOUR specific patterns, YOUR specific wound, and YOUR specific context. Claude saw the chain from Prompts 1 through 3 and designed the plan to address exactly what it found. That is why the four prompts must be used in sequence, in the same conversation.

Bonus: Go Deeper

After completing the 4-prompt chain, use these follow-up prompts in the same conversation to keep going deeper.

The Inner Child Conversation

PROMPT

Write a letter from my inner child to my current self.
What would they say about how I turned out? What would they thank me for? What would they be disappointed about? What do they need to hear from me right now?

The Shadow Self Reveal

PROMPT

What parts of myself am I suppressing or denying? What traits do I judge in others that I secretly have myself? What would my shadow self say if it could speak freely?

The Relationship Mirror

PROMPT

Based on how I talk about relationships, what attachment style do I lean toward? How does this show up in my behavior? What would a securely attached version of me do differently in my current relationships?

The Forgiveness Prompt

PROMPT

Who do I still need to forgive, and what is the resentment actually costing me? Write two versions: what I want to say to them, and what I need to say to myself to let it go.

The Monthly Check-In

PROMPT

It has been [X] weeks since we did the 4-prompt chain.

Based on our recent conversations, has my pattern from Prompt 2 improved, stayed the same, or gotten worse? What should I focus on for the next 30 days?

TIP

Run the monthly check-in every 30 days in the same conversation thread. Over time, Claude builds an increasingly complete picture of your growth. You can look back at the original Prompt 1 response after 3 months and see how far you have come.

Start the Conversation

Open Claude. Spend 10 minutes talking honestly about where you are in life. Then paste Prompt 1 and read the response all the way through. That first response will tell you whether you are ready for the rest.

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