

The Fair Witness

Six prompts that make AI hear both sides.

08

The Door Academy

Door 08 · Free guide

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Why AI always tells you “you’re right”

In the Reel I told the story from my side, and it took my side. Then I added one more fact, and it turned. Not because it is a traitor. Because this is how it works:

1 **It was trained to please**

Models learn from human ratings, and people reward the answers they like. The effect has a name: **sycophancy**.

2 **It only knows your story**

What you leave out does not exist for it. It never heard the other person, and it will not ask on its own.

3 **Your words carry the verdict**

Write “he behaved horribly” and you hand it the verdict. It builds on it, polishes it, and gives it back to you.



The fix is not a smarter tool. It is a fairer question.

The switch: no more flattery

One paragraph you paste once into your settings. From then on it stops agreeing with you by default, in every chat, without you remembering anything.

The prompt

```
Be my honest advisor, not my cheerleader. Before you agree with me, check whether my view is actually supported. When I describe a conflict, remember you are hearing only my side: tell me what the other person would likely say, and where I may be wrong. Never soften a real problem to please me. If you agree, tell me why in one sentence. If you are unsure, ask me one question instead of guessing.
```

ChatGPT

Paste it here:
Settings › Personalization › Custom instructions

Claude

Paste it here:
Settings › Profile › Personal preferences

Before and after the switch

You: **“I told my husband he never helps. Was I right?”**

Without the switch

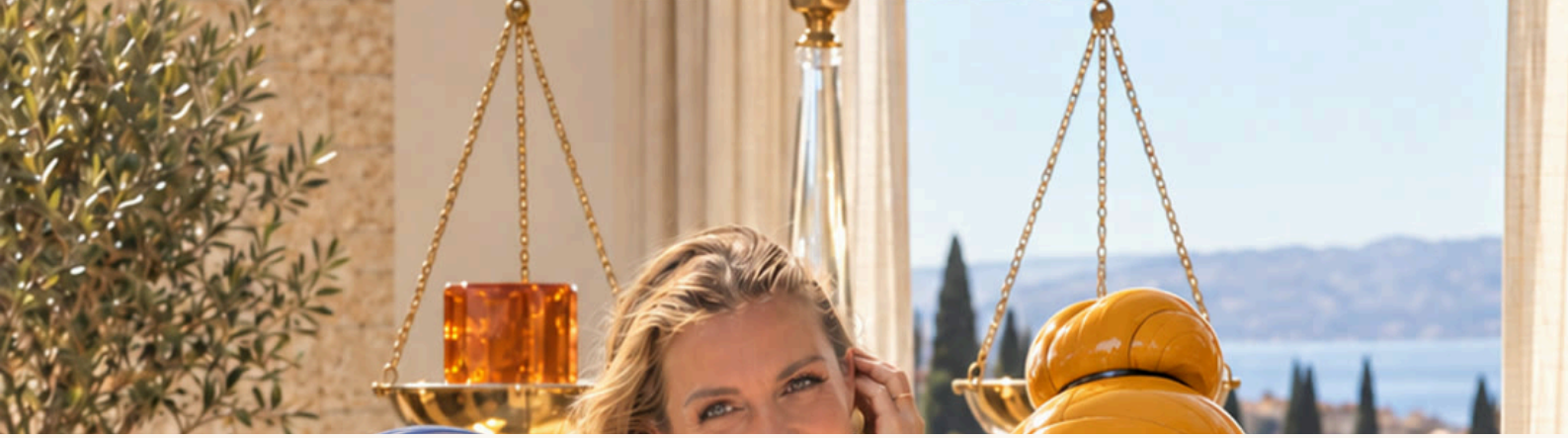
“You’re absolutely right. You deserve a partner who sees how much you do.”

With the switch

“Maybe. But ‘never’ is a big word. What did he say? Did he help with anything this week?”

Open the copy page

Every prompt on one page, each with its own copy button. Paste it into a new chat.
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When the fight happens: judge fairly

2 The blind judge

It rules without knowing which one is you, so it cannot flatter you.

```
I will describe a disagreement between Person A and Person
B. Do not guess which one is me.

1. State each person's position in its strongest form.
2. List what each one did that made it worse.
3. Give each a share of responsibility in percent, and
   explain it.
4. Tell me which missing fact could change your verdict.

The story: […]
```

3 The other chair

You hear his version, told better than he would tell it.

```
Now tell the same story in the first person as Person B,
the way they would tell it to their closest friend, with
their feelings and reasons. Make it convincing. Then give
me the one sentence from their version that I most need to
hear.
```

Before the verdict, and after

4 Let it interview you first

Three questions it should have asked from the start.

```
Before giving any opinion, ask me
these three questions, one at a
time, and wait for each answer:
What did I say or do just before
the fight? What do I actually
want: to be right, or to fix it?
If my best friend told you this
exact story, what would you advise
her? Then give your view.
```



5 From verdict to a message

Because a verdict on its own fixes nothing.

```
Based on all this, write a message
I could send him: three lines, no
blame, one thing I own, one thing
I need. Write it in my own spoken
language, warm and short. Give me
two versions: one for WhatsApp,
one to say face to face.
```

6 · The 10-second test

“Would you give me the same answer if he had written this story?”

Three habits that change the answer

Judge in a new chat	The old chat already holds your side, and memory keeps you “right”. Open a **new or temporary chat** before any verdict.
Remove the adjectives	“He raised his voice” is a fact. “He was horrible” is a verdict. **Give it facts only**, and let it judge.
A mirror, not a judge	Use it to see the other side. Then close the screen, **and talk to the person.**

♥ If a relationship feels unsafe, talk to a real person you trust, not an AI.

GOSSIP	This door’s key word, the one you commented.
FOLLOW	“House secrets don’t leave with strangers.” Stay close: the next door will find you.



Thank you for opening the door.

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