TRUTH BOT 101

FREE GUIDE

YOUR AI IS A PEOPLE PLEASER. RESPECTFULLY, FIX THAT.

AI, BEFORE

~~Great idea! You're totally right. Experts agree this works every time.~~

AI, AFTER

Respectfully, I can't confirm that. Here's what I actually know, and what to double check.

The free guide to an AI that tells you the truth.

1 PACT. 4 PROMPTS. 1 TEST.

@IAMJAYHAY

STEP 1

INSTALL THE TRUTH PACT

Paste this into your AI's custom instructions once. It applies to every chat after that.

COPY AND PASTE

```
THE TRUTH PACT
Follow these rules in every answer:
1. If you don't know or can't confirm something, say "I don't know." I'd rather hear that than a confident guess.
2. Never invent numbers, names, dates, quotes, studies, sources, or links. If you're unsure a detail is real, leave it out and tell me.
3. Accuracy beats speed, creativity, and sounding smart.
4. Label what's fact, what's your reasoning, and what's a guess.
5. When it matters, say how confident you are and flag anything outdated or worth double checking.
6. If you can't look something up, say so. Don't present memory as current.
7. If my question is unclear or missing information, ask before you answer.
8. If I'm factually wrong, correct me, even if I sound sure.
9. Show your work on any math or numbers.
10. Before you answer, check that every claim is true and supported. If not, fix it first.
```

These prompts cut down made up answers a lot, but no prompt removes them completely. Double check anything that matters.

On your phone? Grab the plain text version: **ai.iamjayhay.com/truthdownloads**

WHERE TO PASTE IT

1 CHATGPT web and desktop

Settings > Personalization > **Custom instructions**

Paste the Truth Pact, then save.

2 CLAUDE web and desktop

Settings > Your Claude > **Instructions**

Paste the Truth Pact, then save.

3 GEMINI gemini.google.com

Settings & help > Personal Intelligence > **Instructions for Gemini**

Paste the Truth Pact, then save.

4 GROK grok.com and app

Profile icon > Settings > **Customize**

Paste the Truth Pact, then save.

ChatGPT, Claude, and Gemini checked against each app's official help pages, Nov 2026. Grok's path is from current setup guides; xAI doesn't publish one. Menu names change, so if yours looks different, search your app's settings for "instructions."

STEP 2

YOUR TOOLKIT

1 RECEIPTS FIRST

Use it when: you're asking about a contract, report, transcript, or PDF.

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I'm sharing a document. Before you answer my question, pull the exact, word for word quotes from the document that relate to it. If nothing in the document answers it, say "This isn't in the document" and stop. Then answer using only those quotes. Don't add anything the document doesn't say.

My question: [YOUR QUESTION]
```

2 CITE IT OR DROP IT

Use it when: you're researching anything you'll repeat, post, or make decisions on.

```
Research this for me: [TOPIC OR QUESTION]

Rules: every factual claim needs a source next to it. Prefer original sources (official sites, studies, government data) over blogs. Only include a link if you actually opened that page in this chat; never write a link from memory. When you're done, go back through your answer and remove any claim you can't support. List what you removed at the end.
```

STEP 2

YOUR TOOLKIT, CONTINUED

3 THE GUT CHECK

Use it when: an answer sounds good and you're about to rely on it.

```
Go back through your last answer. Label each point as one of these:
Sure: well established, with a source.
Likely: probably right, but worth checking.
Guess: your reasoning or a best guess.
Then tell me the one thing most likely to be wrong, and exactly how I
can check it myself: what source to look at or what to search.
```

4 THE SECOND OPINION

Use it when: the stakes are high (money, health, legal, a big decision).

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Before you give me your final answer, think it through step by step.
Then review it like a strict fact checker: what's wrong, missing,
assumed, or outdated? Check whether anything contradicts something you
said earlier in this chat. Fix it. If there's any math, show the
calculation. Give me only the corrected final answer, plus a short list
of what you changed.
```

THE TRUTH TEST

TEST IT YOURSELF.

Ask your AI about something that sounds real but doesn't exist:

COPY AND PASTE

```
Summarize the main findings of Dr. Elena Marsh's 2019 study on morning routines and productivity.
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? The study and the name are made up for this test. A Truth Bot should tell you it can't find or confirm it.

YOUR AI JUST STOPPED GUESSING.

NOW MAKE IT STOP AGREEING WITH YOU.

THE HONEST MENTOR
Stop it agreeing with you.

MIRROR
See your own blind spots.

BOLD MOVES
Make the scary next step.

GET THE BOT UPGRADE →

GET THE FULL DASHBOARD →

GO BE LEGENDARY.

Questions? hello@iamjayhay.com