

YOUR ACTION PLAN

The REVEAL Test

Turn one ChatGPT observation into a checked insight and a small real-world test.

A personal-sounding answer isn't necessarily a useful one. Your chats show what you bring to ChatGPT, not your whole life—especially if you mostly show up when you're stuck. We'll check one observation against what actually happened, then use what survives to choose a small test.

WHAT YOU'LL NEED

- ☐ ChatGPT with a relevant conversation, or a short summary of your current goal and two recent situations
- ☐ A blank document for the observation, evidence, and test
- ☐ Your own notes, calendar, or messages to check events without uploading them

STEP 1

1 Set the context

Give the exercise a clear starting point without granting extra access.

1. Open a relevant conversation. If it lacks context, describe your current goal and two recent situations: what happened, what you chose, and why.
2. Use the official Memory FAQ below to understand the controls your account offers. Available context varies by account, settings, and interface; ChatGPT does not retrieve every past conversation. Current memory settings may differ from examples you've seen.
3. Create a document called My REVEAL Test. Record whether the available context is substantial, limited, or uncertain; this sets the boundary for any conclusions.

Heads up: You don't need to enable memory. Remove names and sensitive details before sharing; don't upload protected work information or someone else's private messages. Memory and model-training controls are separate; consult the linked help if changing either.

STEP 2

2 Run the four REVEAL prompts

Keep the answers in one conversation so each question can build on the last.

1. Send each numbered prompt below separately, waiting for its answer before sending the next.

2. Save the answers before correcting them. Mark one observation that could change a current decision, not merely one that sounds impressively personal.
3. Keep the five opportunities with your notes. You'll choose among them after checking the observation.

COPY THIS PROMPT

PROMPT 1 — WHAT DO YOU KNOW?

Based on everything you genuinely know about me from our conversations and any memory or context available to you, tell me what you know about me. Separate things you actually know from things you are inferring.

PROMPT 2 — WHAT PATTERNS DO YOU SEE?

What recurring patterns do you notice in how I think, make decisions, work, communicate, or approach problems? Be specific about what led you to each observation.

PROMPT 3 — WHAT AM I NOT SEEING?

Based on those patterns, what blind spots, contradictions, or habits might I not recognize in myself? Don't flatter me and don't invent evidence. Give me the most useful observations, even if they're uncomfortable.

PROMPT 4 — WHAT AM I OVERLOOKING?

Based on what you know about my goals, strengths, interests, and recurring problems, what opportunities might I be overlooking right now? Give me the five most interesting and explain why each seems particularly relevant to me.

Heads up: Patterns are hypotheses, not diagnoses. An uncomfortable answer isn't automatically accurate. Being insulted is not a verification method.

STEP 3

3 Make one claim show its work

1. Quote your selected observation in the same chat. Ask ChatGPT to separate explicit statements, supported repeated behavior, and interpretations, and identify the examples behind each without inventing quotations or references.
2. Ask for the strongest alternative explanation and evidence that would count against the observation. Save that alternative beside the original.
3. Check the examples yourself against actual chats, notes, or events. Mark unsupported examples Unverified and cross out factual errors.
4. Keep only the supported part of the claim. If nothing survives, mark it Not supported yet and make your next task gathering evidence rather than acting on it.

Heads up: ChatGPT reviewing its own answer isn't independent confirmation. A longer explanation still needs evidence you can check.

STEP 4

4 Find what the chats left out

1. Find one recent situation where the claim seems to fit and a similar situation you handled without ChatGPT. Write what you actually did in each.
2. Compare stakes, deadlines, information, and people involved. Name one difference that might explain the behavior.
3. Write the boundary: This pattern may show up when ___, but not when ___. If the comparison doesn't support it, keep that uncertainty visible.
4. Choose one suggested opportunity backed by a demonstrated strength and a current goal. Record a concrete reason for each from your experience. If none qualifies, choose one missing fact to investigate instead.

STEP 5

5 Write the test before running it

1. Write one question and an action that produces an observable result. For example, test whether a clearer decision owner helps you make one stalled decision.
2. Set a deadline and a firm limit on time, money, and scope. Put the action and a review slot on your calendar when they fit.
3. Before starting, write what result would mean continue, adjust, or stop. Include an inconclusive result; silence doesn't establish lack of interest.
4. Run the action within those limits, then record what actually happened—not what ChatGPT predicted.

Heads up: Keep the test reversible and get consent where others are involved. One small result can justify another small step, not a sweeping conclusion about you.

YOU'RE DONE WHEN...

You're done when your document connects one checked observation—or an explicit evidence gap—to a bounded test and its actual result. Compare that result with your written rules and choose the next small move.

OFFICIAL SETUP & HELP

[OpenAI Help: Memory FAQ](#)

[OpenAI Help: Data Controls FAQ](#)