

Prompt Patterns

Reusable briefs for directing AI without handing over the thinking

T

TASK

C

CONTEXT

C

CONSTRAINTS

A

ACTION

A visual reference for TCCA and six high-value prompt patterns, with extraction and direction shown side by side.

01

BUILD



02

JUDGE



03

PROVE

[Accessible web guide: reinventu.work/resources/field-kit/prompt-patterns](https://reinventu.work/resources/field-kit/prompt-patterns)

Extraction versus direction

The same AI can shrink thinking or strengthen it. The difference is the job the builder gives it.

01 BUILD



02 JUDGE



03 PROVE

EXTRACTION

Give me the finished answer

The goal is hidden, judgment is skipped, and the builder cannot defend the result.

Evidence: Looks finished, but the thinking trail is empty.

DIRECTION

Help me think and build

The builder supplies the goal, material, constraints, checks, and final decision.

Evidence: The trail shows questions, choices, tests, and revisions.

Field note: Use AI as a powerful workbench. Keep your hands on the design.

FIELD PANEL 02 / FRAMEWORK

TCCA - the base brief

TCCA turns a wish into a usable direction. It works across AI tools.

01 BUILD



02 JUDGE



03 PROVE

T

Task

State the exact job: compare, question, classify, debug, plan, transform, or critique.

C

Context

Give the audience, situation, source material, prior attempts, and what success means here.

C

Constraints

Set limits: format, length, tone, allowed sources, privacy line, and what the AI must not do.

A

Action and format

Say what happens next and how the output should arrive so it fits the build.

COPY, ADAPT, DIRECT

Task: help me compare two ways to solve [problem]. Context: the user is [person] and needs [outcome]. Constraints: ask before assuming; use only the material below; flag uncertainty. Action: give a tradeoff table, then ask me which route I choose.

FIELD PANEL 03 / PATTERN

Pattern 01 - Clarify before acting

Use when the goal is real but the brief is still foggy.

01 BUILD



02 JUDGE



03 PROVE

USE IT FOR**Missing requirements**

A real person asked for something, but important details are unclear.

DIRECTION**Questions one at a time**

Ask the AI to identify what it needs to know, explain why each answer matters, and wait after each question.

CHECK**End with a brief**

The AI summarises the agreed goal. The builder corrects it before any making starts.

COPY, ADAPT, DIRECT

You are helping me turn a rough idea into a build brief. Ask one clarifying question at a time. Do not design the solution yet. When the goal, user, constraints, and finish line are clear, summarise the brief for me to approve.

FIELD PANEL 04 / PATTERN

Pattern 02 - Options with tradeoffs

Use when several routes could work and the builder needs to make a reasoned choice.

01 BUILD



02 JUDGE



03 PROVE

USE IT FOR**Choosing scope or tools**

There are too many plausible directions and no perfect answer.

DIRECTION**Request distinct routes**

Ask for three options that differ in speed, difficulty, risk, or usefulness.

CHECK**Choose in your words**

State the winning route and the tradeoff you accept. Do not let the AI choose for you.

COPY, ADAPT, DIRECT

Give me three genuinely different routes to [goal]. For each, show the fastest useful version, main risk, skill stretch, and what evidence would tell me it worked. Do not recommend one until I state my priority.

Pattern 03 - Stress test

Use before a public ship, important decision, or claim that needs to survive scrutiny.

01 BUILD



02 JUDGE



03 PROVE

USE IT FOR**Finding weak spots early**

A draft feels good, but it has not met a hostile input or skeptical reader.

DIRECTION**Attack the work, not the person**

Ask for likely failures, missing assumptions, counterexamples, and questions a skeptical user would ask.

CHECK**Verify every criticism**

All criticism can also be wrong. Reproduce the issue before changing the build.

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Stress-test this against the goal and constraints below. Find five concrete failure cases. For each, give a way I can reproduce the problem. Do not rewrite the work. Wait for my test results before suggesting repairs.

Pattern 04 - Debug one step

Use when something broke and random changes would make the trail harder to follow.

01 BUILD



02 JUDGE



03 PROVE

USE IT FOR**A reproducible failure**

The builder can say what they expected, what happened, and how to trigger it again.

DIRECTION**One hypothesis at a time**

Ask the AI to rank likely causes, then test the smallest distinguishing check first.

CHECK**Record cause, not just fix**

After the repair, rerun the original failure and a nearby case.

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Help me debug without guessing. Expected: [x]. Actual: [y]. Reproduce: [steps]. Give the top three hypotheses and the single smallest test that separates them. Stop after that test until I report the result.

Pattern 05 - Check claims and evidence

Use for facts, numbers, quotations, links, or confident statements that affect the result.

01 BUILD



02 JUDGE



03 PROVE

USE IT FOR**Evidence-sensitive work**

The build includes claims a real person may rely on.

DIRECTION**Separate known from uncertain**

Ask for each claim, its source, source date, and what would disprove it. Prefer primary sources.

CHECK**Open the source yourself**

Confirm the source exists, says what the AI claims, and is current enough for the decision.

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List every checkable claim in this material. For each, give the best primary source, publication date, exact point it supports, and any uncertainty. If you cannot verify a claim, label it unverified instead of filling the gap.

Pattern 06 - Bounded agent brief

Use when AI will take several steps toward a goal rather than answer once.

01 BUILD



02 JUDGE



03 PROVE

GOAL**A finish condition**

Say what done means and what evidence the agent must return.

BOUNDS**Allowed, forbidden, approval**

Name tools it may use, actions it may not take, retry limits, and when a human must approve.

CONTROL**Visible log and stop**

Require a step log, uncertainty flags, and a stop if inputs are missing or risk rises.

COPY, ADAPT, DIRECT

Goal: [outcome]. Allowed tools: [list]. Never: [actions]. Ask approval before: [actions]. Stop when: [condition], after [limit] attempts, or when required data is missing. Return a step log, evidence, and unresolved risks.