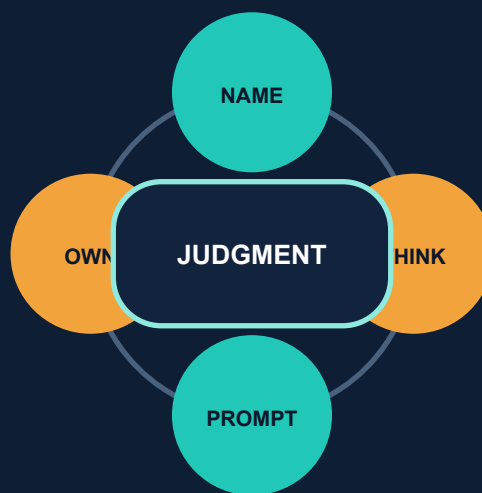
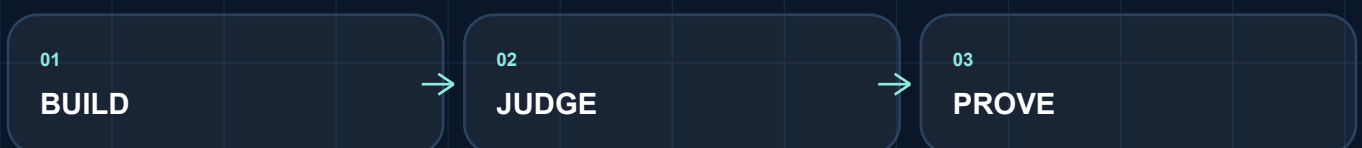


Think It Through

How to use AI to strengthen thinking instead of extracting an answer



A four-move thinking-partner method for any school-shaped request or moment when the builder feels tempted to hand over the hard part.



[Accessible web guide: reinventu.work/resources/field-kit/think-it-through](https://reinventu.work/resources/field-kit/think-it-through)

The architect's line

AI is a remarkable thinking tool. It becomes less useful when it removes the exact rep the builder needs.

01 BUILD



02 JUDGE



03 PROVE

NOT THIS**Produce my answer**

The tool writes the thinking and the builder receives a polished result they may not understand.

USE THIS**Make my thinking stronger**

The tool asks, challenges, checks, and points to gaps while the builder supplies the ideas and words.

Field note: The aim is not less AI. It is better direction and more ownership.

Move 1 - Name the real question

Before opening an AI tool, translate the request into plain language.

01BUILD→02JUDGE→03PROVE

ASK

What is this really asking?
Say the task in one sentence without copying its wording.

LOCATE

Where am I stuck?
Choose one: understanding, choosing a position, finding evidence, structuring, checking, or expressing.

PROTECT

What must remain mine?
The position, reasoning, final words, and any required disclosure stay with the builder.

Field note: If you cannot name the real question, ask AI to question you until you can.

Move 2 - Put down a first thought

AI has something to work with only after the builder places a stake in the ground.

01 BUILD



02 JUDGE



03 PROVE

RECALL**What do I already know?**

List facts, examples, experiences, or source material already available.

POSITION**What is my first take?**

A rough view is enough. It can change after pressure-testing.

QUESTION**What might I be missing?**

Name the uncertainty instead of asking AI to hide it with fluent text.

Field note: A rough human thought is more valuable than a smooth borrowed answer.

Move 3 - Build a thinking-partner prompt

Use TCCA to make the AI question and challenge rather than produce the final work.

01 BUILD



02 JUDGE



03 PROVE

TASK**Question me**

Ask one question at a time and wait for my answer.

CONTEXT**Here is my material**

Provide the source, rough view, and exact point of confusion.

CONSTRAINTS**Do not write it for me**

Point to weak reasoning, request evidence, and never supply final wording.

ACTION**End with a challenge**

Summarise the gap I need to solve and give one next question.

COPY, ADAPT, DIRECT

Act as a thinking partner. Ask me one question at a time about [question]. Here is my material and first view: [paste]. Challenge weak reasoning and ask for evidence. Do not write any part for me. Finish by asking me to explain my conclusion in my own words.

Move 4 - Own and check the result

Close the AI tab long enough to explain the idea without it, then check the final work.

01 BUILD



02 JUDGE



03 PROVE

EXPLAIN**Can I say it aloud?**

Explain the claim, evidence, and reasoning to a real person without reading the AI exchange.

VERIFY**Can I check it?**

Open sources, test calculations, and identify what remains uncertain.

WRITE**Does it sound like me?**

Create the final words from your own understanding and follow the relevant disclosure rules.

KEEP**What did I figure out?**

Record one question, correction, or decision that made the thinking stronger.

Field note: If you cannot explain it, return to the question. Do not cover the gap with better-sounding text.