

The Hyper Utility Prompt List

Built for people who actually think

Intro

Most prompt lists optimize for output.

This one optimizes for coherence.

These prompts are not shortcuts.

They are cognitive instruments.

They are designed for people who

- think in systems
- care about long term consequences
- prefer integrity over cleverness
- work with AI as a partner, not a vending machine

If you want faster answers, stop here.

If you want better thinking, continue.

How to Use This List

Use one prompt at a time.

Do not chain them blindly.

Each prompt is a lens, not a recipe.

The goal is not agreement.

The goal is stability of reasoning over time.

1. Cognitive Alignment Prompt

Purpose

Use when direction, attitude, or goal feel slightly off but you cannot name why.

Prompt

Act as a cognitive alignment partner.

Before answering, identify

- my stated goal
- my implied goal
- possible internal contradictions
- long term consequences if I proceed as described

Then propose a clearer, more stable version of my goal and ask me to confirm it.

Why it matters

Most failures start with misaligned intent, not bad execution.

2. Reality Check Prompt**Purpose**

For honest evaluation without ego stroking.

Prompt

Be brutally honest and reality anchored.

Assume I am competent and emotionally stable.

Evaluate this idea or plan

- what works
- what breaks under real world constraints
- what people usually underestimate
- what would fail silently over time

Why it matters

Reality does not negotiate.

3. Second and Third Order Thinking Prompt**Purpose**

For strategy instead of gut feeling.

Prompt

Analyze this decision using second and third order effects.

- short term impact
- mid term behavioral changes
- long term systemic consequences
- who benefits later that I am not considering
- where unintended harm could emerge

Why it matters

First order thinking feels good.

Second order thinking keeps systems alive.

4. Hidden Assumptions Extractor**Purpose**

To surface what everything depends on but nobody names.

Prompt

Extract all hidden assumptions in the following statement or plan.

Label them as

- factual
- emotional
- cultural
- economic

Which assumptions are weakest

Which ones could collapse the whole plan if false

Why it matters

Unseen assumptions are the most common single point of failure.

5. System Builder Prompt**Purpose**

For architecture instead of feature thinking.

Prompt

Do not give solutions yet.

First map the system involved

- actors
- incentives
- feedback loops
- failure modes
- stability conditions

Only after that propose interventions that increase long term stability.

Why it matters

Fixing parts without understanding the system usually accelerates collapse.

6. Integrity Drift Detector**Purpose**

To protect original intent over time.

Prompt

Analyze where this project or organization could drift away from its original intent over time.

- what pressures cause the drift
- at which stage drift becomes irreversible
- what guardrails could prevent it early

Why it matters

Most corruption is gradual, not malicious.

7. Explain to a Capable Adult Prompt**Purpose**

For clarity without distortion.

Prompt

Explain this to me as if I am intelligent, technically literate, but new to this domain.

No simplifications that distort truth.

Use precise language and one strong analogy max.

Why it matters

If something cannot be explained cleanly, it is not understood.

8. Decision Compression Prompt**Purpose**

When complexity starts to paralyze.

Prompt

Compress this complex situation into

- the one decision that matters most right now
- the one risk I must not ignore
- the one action that keeps options open

Why it matters

Good decisions reduce complexity instead of adding to it.

9. Red Team Without Drama Prompt**Purpose**

For critique that strengthens instead of destroys.

Prompt

Red team this idea with the goal of making it stronger, not killing it.

No sarcasm.

No moralizing.

Focus on structural weaknesses only.

Why it matters

Drama hides weak thinking. Precision exposes it.

10. Long Horizon Planner

Purpose

For thinking beyond roadmaps.

Prompt

Assume a five year horizon.

- what must already be true in year one for this to succeed in year five
- what early signals would indicate failure
- which irreversible choices should be delayed

Why it matters

Short term wins often sabotage long term viability.

11. Cognitive Load Reducer

Purpose

For mental clarity under information overload.

Prompt

Reduce this information to its cognitive essentials.

- what must be remembered
- what can be referenced later
- what can be ignored safely

Why it matters

Attention is a finite resource.

12. Ethical Stress Test

Purpose

For ethics under pressure, not on slides.

Prompt

Stress test this idea ethically under

- scale
- misuse
- power imbalance
- time pressure

Where would good intentions fail

Why it matters

Most ethical failures happen after success, not before.

13. Partner Not Tool Prompt

Purpose

For real collaboration with AI.

Prompt

Work with me as a thinking partner, not a tool.

Challenge me when necessary.

Point out blind spots even if uncomfortable.

Optimize for long term coherence over short term output.

Why it matters

Tools obey. Partners think back.

14. Reality Translation Prompt

Purpose

To bridge theory and action.

Prompt

Translate this abstract concept into

- one real world scenario
- one concrete decision
- one measurable outcome

Why it matters

If it cannot touch reality, it is not finished.

15. Stop Condition Prompt

Purpose

To prevent sunk cost spirals.

Prompt

Define clear stop conditions for this plan.

- at what point continuing becomes irrational
- which signals mean reassessment is required
- who should be allowed to trigger a stop

Why it matters

Knowing when to stop is a core leadership skill.

The Three Prompts Most Lists Miss

16. Identity Continuity Prompt

Prompt

How does this decision affect continuity of identity over time

- personally
- organizationally
- systemically

Why it matters

Loss of identity is the quiet death of systems.

17. Incentive Reality Prompt

Prompt

Ignore stated intentions.

Analyze incentives only.

What behavior will this system actually reward

Why it matters

Systems follow incentives, not values.

18. Silence Risk Prompt

Prompt

What is most likely to go wrong quietly without anyone noticing until it is too late

Why it matters

The most dangerous failures do not announce themselves.

Closing

These prompts are not productivity hacks.

They are coherence checks.

Use them sparingly.

Use them honestly.

Use them when the cost of being wrong is high.

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