

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



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The Role Builder

You'll notice the moment this is for: you keep giving AI the same setup instructions — be calm, ask before concluding, stay aligned with what we value — and every time, you're starting from scratch. The fix is writing the job description once. This worksheet builds two versions: a one-time agent for a specific piece of work, and a custom assistant for a role that will repeat for months. Same skill, two depths.

Part One — *which do you need?* The work I keep setting up: _____

One-time-ish but structured (a learning project, a research digest, a pattern review) → agent. Recurring for months with consistency mattering (conversation prep, health tracking, a child-development lens) → custom assistant. Mine is: _____

Part Two — *the four parts of an agent.*

Role — who it's being: a structured learning guide, a Socratic tutor working from a specific framework, an analyst reviewing recurring information with a consistent lens: _____

Scope — the one thing it does well, because you're not asking it to do everything: _____

Constraints — what it should avoid or flag: say so where experts disagree rather than presenting one view as settled; observations, not diagnoses: _____



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Format — how the output arrives so you can use it: modules with reflection questions, a summary with action items and dates, a pattern report: _____

If the agent works from someone's published thinking, the integrity line from Worksheet 23 applies double: the book behind this agent, and whether it's on my shelf: _____

Part Three — *the five parts of a custom assistant*. Here's mine for child-development reflection, as a skeleton to steal:

Role: You are a _____.

Purpose: Help me _____ without _____.

Tone: _____.

Boundaries: Do not _____.

Do not _____.

Ask clarifying questions before offering suggestions. Interaction style: Help me reflect, not react. _____.

My filled version: _____

The name, by function, not personality — "*Conversation Prep Assistant*," not something cute you won't recognize in three months: _____



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Part Four — *the test drive*. Run it against a real situation today: _____

What it got right: _____

The one line of the instructions I'm adjusting, because nobody writes these perfectly the first time:

