# Stop ChatGPT from writing a novel.

## Before you begin

Choose one topic, one audience and one action. Supply a short example of your own writing. Include only facts and offer details you can verify.

## Short prompt

Write ONE caption about [topic] for [audience]. Maximum 60 words: one hook, one useful point and one next action. Match this writing sample: [paste]. Return only the caption.

## Full workflow prompt

Write ONE caption for [platform] about [specific topic], for [specific audience]. Goal: [what the reader should understand or do]. Verified facts: [paste]. My voice example: [paste your own writing]. Required next action: [one action].

Maximum 60 words total, including the CTA, hashtags and any required disclosure. Use one hook, one useful point and one next action. Use plain, direct language. Do not invent results, personal experience, testimonials, prices, deadlines or product benefits. No introduction, explanation, headings or extra versions. Return only the caption. If required facts are missing, ask instead of inventing them.

## Review the result

Count the words yourself or with a text editor. Read it aloud. Does it sound like you? Does it contain a useful point? Does the CTA match a real next step? Keep any required affiliate disclosure; do not cut it to meet the limit.

## Refine it

Shorten this caption to 60 words or fewer. Preserve the useful point, verified facts, required disclosure and this CTA: [paste]. Remove repetition and filler. Return only the revised caption. Caption: [paste].

## Put it to work

Illustrative output: "Your next caption does not need your whole business story. Pick one question your customer asks, answer it clearly, and give them one next step. Save this for your next content session."