

The Friction Fixer: 4 Prompts for Real-Life Conflicts

Use these simple prompts to help guide you through those difficult times.

1. Personal conflict (family, relationships)

I'm dealing with this situation: [details].

What's actually causing it (be honest if I'm part of the problem)?

What are a few simple actions I can take right now?

What should I avoid that could make it worse?

Keep it direct and practical. Include one idea I probably haven't thought of.

2. Business / workplace conflict

I'm dealing with this situation at work: [details].

What's actually causing it (challenge my assumptions)?

What are a few practical actions I can take right now?

What should I avoid that could hurt relationships or results?

Keep it concise and realistic. Include one non-obvious move.

3. Negotiation / high-stakes conversation

I'm preparing for this situation: [details].

What's really driving the other side (and where might I be wrong)?

What are a few simple moves I can use right now?

What mistakes should I avoid?

Keep it sharp and practical. Include one move I likely haven't considered.

4. Self-diagnosis (when you suspect it's mostly you)

I'm dealing with this situation: [details].

Where am I likely to be the problem? Be blunt.

What should I change immediately?

What habits or reactions should I stop?

Keep it direct. Give me one insight I won't like but need.

Instructions for Friction Fixer

1. Give facts, not conclusions

Bad:

- “They’re disrespectful and toxic”

Good:

- “She raised her voice and said X. I replied with Y. We haven’t spoken since.”

Why? The AI can think better than your emotional summary.

2. Include what you’ve already tried

If you don’t, you’ll get repeated advice.

Example:

- “I’ve sent 3 texts over the past year. No response.”
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3. State your real goal

Don't skip this.

Examples:

- “I want to reconnect without making it worse”
- “I want a clean resolution, not to be right”

This changes the advice completely.

4. Separate facts from assumptions (quick labels)

Just add:

- Facts:
- Assumptions:

This alone improves accuracy a lot.

5. Keep it short but specific

You don't need a novel. You need:

- who
- what happened
- current status

If it's over 6 - 8 lines, almost a guarantee you're rambling.

6. Be honest about your part

If you hide it, the answer gets weaker.

Even one line helps:

- "I probably came off dismissive"
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7. Use it iteratively (this is the big one)

Don't expect a perfect answer in one shot. Prompts get stronger when feedback is provided.

Do this instead:

1. Run prompt
 2. Take 1 - 2 actions
 3. Come back with results
 4. Refine
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8. Don't argue with the answer immediately

If something stings, sit on it for a minute.

If your reaction is:

- "That's not true"

There's a decent chance that's the exact spot worth examining.

9. Ask for scripts when needed

If action involves communication, follow up with:

- “Write the exact message”

Saves time. Reduces mistakes.

10. Use it before things blow up

Most people use this too late.

It's far more effective *early*, when damage is still small.

Bottom line

As with any prompt:

- Better input = better output.
 - Clear facts + honest context + real goal = advice that actually works.
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