The Sounds-Like-You AI Caption Cheat Sheet

12 copy-and-paste prompts for captions your followers believe you wrote yourself

Use this every time you ask ChatGPT or Claude to write, fix or polish an Instagram caption.

Build your voice file once

- [ ] **The top used AI daily.** One creator grew from 8,000 to 770,000 followers in three years, posting every day with AI. His edge was one saved voice file he pasted in every time.
- [ ] **Capture your style.** Paste: “Here are 3 of my captions. List my sentence length, openings, endings, pet words and quirks as rules for my voice file.”
- [ ] **Let it interview you.** Paste: “Ask me 10 questions, one at a time, about what I believe and what makes me cringe. Push back on vague answers. Add my answers as rules.”
- [ ] **Answer out loud.** Use your phone’s dictation for those questions. Speech carries your real rhythm, so the file sounds like you talking.
- [ ] **Mostly write what you refuse.** The strongest voice files are about 80% “never” rules. Paste: “From my answers, list 15 things I never say or do in a caption.”
- [ ] **Tag rules by strength.** Paste: “Label each rule HARD RULE, STRONG TENDENCY or LIGHT PREFERENCE. Vary my openings so captions don’t all start the same way.” That stops the AI using your habits in every line, which would make it sound like someone doing an impression of you.

Ban the robot tells

- [ ] **Words to ban.** Delve, game-changer, dive in, leverage, utilize, seamless, crucial, pivotal, comprehensive, showcase, and “in today’s fast-paced world”. Add any word you’d never say out loud.
- [ ] **Patterns to ban.** Paste: “Never use em dashes, ‘not X but Y’, lists of three, a last line that sums up, hedges like ‘I think’ or ‘perhaps’, or paragraphs over three sentences.”
- [ ] **Update it monthly.** Al’s favourite words change, and “delve” has already faded. Paste: “Flag any new phrase in my drafts that sounds machine-made so I can ban it.”

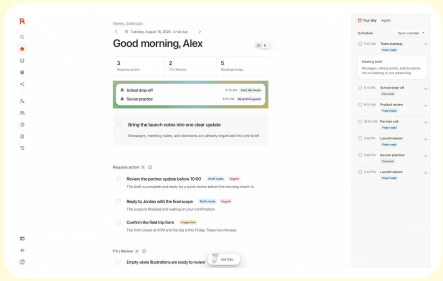
Prompts that write and fix

- [ ] **Start every chat right.** Paste: “Read my voice file fully. Don’t write yet. Ask me any questions you need first, then write.”
- [ ] **Caption writer.** Paste: “Using my voice file, write a caption from these notes: [notes]. Include one detail only I’d know: a number, name, price or place.”
- [ ] **Caption fixer.** Paste: “Name every banned word or pattern in this caption and quote it. Then rewrite it, keeping my own phrases word for word and adding no new tells.”
- [ ] **Three heat levels.** Paste: “Give me 3 versions: calm, warm and bold.” Picking the best one puts your own taste on every post.
- [ ] **Hook rewrite.** Paste: “Write 10 first lines, 2 each using contradiction, a surprising number, a direct accusation, a thought they’ve had, an absurd reframe. No emoji, never about me.”

The 60-second final edit

- [ ] **Skim for tells.** Check your top 5 banned words, then look for one em dash, one “not X but Y”, one list of three and one summing-up last line.
- [ ] **Cut the hedges.** Delete “I think”, “perhaps”, “just” and “really”, and split any paragraph longer than three sentences.
- [ ] **Only-you test.** Make sure there’s at least one number, name, price, time or place that nobody else could have written.
- [ ] **First line alone.** Cover everything after “more”. If the first line still makes you want to tap, it’s ready.
- [ ] **Gut check last.** Read it out loud, then paste: “Does this sound like something I’d actually write, or like an AI trying hard to copy me? Fix what fails.”

Get a second first draft for every caption, so your taste has more to pick from



You now know the fix is your own voice notes and banned list, not a magic prompt.

Because of that, more drafts to judge means a better pick.

Rytr is an AI writing assistant made for short copy, like captions.

- Rytr is built for short pieces of writing, so it suits the quick caption jobs you do every day.
- You can paste your banned words and three old posts in with your request, so the first draft starts closer to how you really write.
- It gives you a different starting draft from ChatGPT or Claude, so you get more options to choose from with your own taste.
- Every draft still goes through your 60-second checklist, so nothing goes out sounding like a robot.

You can try it on today's caption with the voice notes you just wrote.

Try Rytr for captions

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Follow Daniel Gray for more ways to make AI grow your account while every post still sounds like you.

- Instagram instagram.com/danielgraycreates