How to Write with AI Without Sounding Like AI (Step by Step)

AI Writing & Content · about 19 minutes · 2026-11-11

A fully illustrated 30-step guide to writing with AI while keeping your own voice: capture your style, brief the model, draft in pieces, strip the generic tells, and fact-check before publishing.

Phase 1 — Capture Your Voice Before You Prompt

1. **Collect three to five of your own samples**
   Collect three to five of your own samples.
2. **Label the habits you want kept**
   Label the habits you want kept.
3. **List your words to avoid**
   List your words to avoid.
4. **Fix the reader and the purpose**
   Fix the reader and the purpose.
5. **Give a role, an audience and a goal**
   Give a role, an audience and a goal.
6. **Paste a sample and ask for a match**
   Paste a sample and ask for a match.
7. **Request an outline before any prose**
   Request an outline before any prose.

Phase 2 — Draft in Pieces You Control

8. **Trim the outline to your real argument**
   Trim the outline to your real argument.
9. **Write one sentence per section yourself**
   Write one sentence per section yourself.
10. **Decide what will not be included**
    Decide what will not be included.
11. **Lock the structure before prose**
    Lock the structure before prose.
12. **Draft one section per prompt**
    Draft one section per prompt.
13. **Attach the claim and the sample again**
    Attach the claim and the sample again.
14. **Ask for specific examples, not filler**
    Ask for specific examples, not filler.
15. **Keep the lines you would have written**
    Keep the lines you would have written.

Phase 3 — Strip the Generic AI Sound

16. Cut the scaffolding transitions

Cut the scaffolding transitions.

17. Swap vague adjectives for numbers

Swap vague adjectives for numbers.

18. Break the rhythm of equal sentences

Break the rhythm of equal sentences.

19. Delete the empty closing summary

Delete the empty closing summary.

20. Add one detail only you could know

Add one detail only you could know.

21. Turn passive into active

Turn passive into active.

22. Ground claims in a real source

Ground claims in a real source.

23. Add one honest judgement

Add one honest judgement.

Phase 4 — Verify and Own the Final Text

24. Check each number against its source

Check each number against its source.

25. Verify that cited sources exist

Verify that cited sources exist.

26. Scan for borrowed phrasing

Scan for borrowed phrasing.

27. Read the whole piece out loud

Read the whole piece out loud.

28. Confirm you stand behind every claim

Confirm you stand behind every claim.

29. Leave one deliberate imperfection

Leave one deliberate imperfection.

30. Log the prompt and the edits

Log the prompt and the edits.

Sources

1. Anthropic — AI research and documentation
   https://www.anthropic.com/
2. Purdue OWL — writing and citation guide
   https://owl.purdue.edu/
3. Oxford Reference
   https://www.oxfordreference.com/
4. NIST — AI Risk Management Framework
   https://www.nist.gov/

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