

The Binary-Volta™ Worksheet

The Oracle Pairing™ • Human Memory • Mythic Lineage • Collaborative AI Poetry



1. Write Your Story

Box 1: Where You Were (The Memory)

Write 2-3 sentences about what happened.
What did you see, hear, or feel?

Example: My hands were shaking on the steering wheel outside the house. The rain was coming down hard.

Box 2: The Turning Line (The Pause)

Write 1 sentence about the exact moment you stopped, took a breath, or made a choice.

Example: I put my key back in the ignition and drove toward the main road.

Box 3: Where You Stand Now (The Choice)

Write 2-3 sentences about where you are today or the healthy step you took.

Example: I am sitting at my kitchen table in the quiet morning light. My coffee is warm, and I am safe.

2. Create Your Poem Using an AI Helper

An AI helper (like ChatGPT, Claude, or Canva Magic Write) acts like a loom to weave your words into a poem.

Directions: Open your AI app. Copy the prompt below into the chat, replacing the brackets with your sentences from Box 1, Box 2, and Box 3.

Turn my story into an 8-line poem with 3 parts:

- Lines 1–3: Use my words from Box 1.
- Lines 4–5: Use my sentence from Box 2 (My turning point).
- Lines 6–8: Use my words from Box 3.

Box 1: [Paste Box 1 text here]

- Box 2: [Paste Box 2 text here]
- Box 3: [Paste Box 3 text here]

Keep my real words and feelings. Make it sound steady and honest. Do not add fake rhymes or fancy filler words.

3. Your Finished 8-Line Poem

(Paste your finished poem here to keep, frame, or share)

Example:

Rain tapped hard against the glass.

My hands were tight around the wheel.

The house stood dark and still.

I took one breath.

I chose the open road.

Morning waited at my table.

Warm coffee filled my hands.

I was safe enough to begin.

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