

ClearMethodIQ

How to Use ChatGPT to Understand Anything

Hey there!

You have probably used AI or ChatGPT before. It can be very helpful and is good at breaking things down.

But there is something important to understand:

ChatGPT cannot read your mind.

It only knows what you tell it. Once you explain your confusion clearly, ChatGPT becomes a great tool for learning — whether it is schoolwork, real-life topics, or things you are simply curious about.

This page shows you how to use ChatGPT in a smart and effective way so you build real understanding.

STEP 1 — DEFINE

(Say exactly what is not making sense)

Start by writing the part that feels unclear. You do not need perfect wording — just be honest.

You can say:

- "I am confused about this part: _____"
- "I do not understand why this step matters."
- "I get most of it, but this part is confusing: _____"

STEP 2 — IDENTIFY

(Figure out the type of confusion)

Before asking ChatGPT, pause and think:

- Is this confusion about a definition?
- A step in a process?
- Why something matters?
- How something works?
- The purpose behind the idea?

Noticing the type of confusion helps ChatGPT respond more accurately.

Then ask:

- "Can you restate what I am confused about in simple words?"
- "What do you think the exact sticking point is?"

STEP 3 — INQUIRE

(Ask the strongest question)

If you are not sure what question to ask, let ChatGPT help you shape it.

Try:

- "What is the best question I should ask to understand this better?"
- "What question would help me move forward?"

STEP 4 — OBSERVE

(Learn from ChatGPT, then confirm with one more source)

Ask ChatGPT:

- "Explain this in the simplest way possible."
- "Can you give me an example?"
- "Can you break this into steps?"

Then check one additional source — a teacher, a video, a book, or a website — to confirm your understanding.

STEP 5 — REFORMULATE

(Say it in your own words to prove understanding)

Reformulation means reshaping the explanation in your own words — similar to repeating someone's order back at a fast food window to make sure it is correct.

This step is where real learning becomes solid.

Tell ChatGPT:

"Here is how I understand it in my own words — is this right?"

If anything is missing or incorrect, ChatGPT will point it out so you can fix it.

Final Tip

No one understands everything on the first try. Focus on one unclear part at a time. Small steps build strong understanding and real confidence.