

A GUIDE FOR NEURODIVERGENT PROFESSIONALS

# 5 Ways to Use Claude to Harness Your Bottom-Up Thinking

You think in details, patterns, and connections. That's a superpower.  
These prompts help you navigate a top-down world  
without losing what makes your thinking powerful.

Swipe to explore all 5 tips →



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TIP

01

## TURNING AMBIGUITY INTO ACTION

# Translate a Vague Ask Into a Clear Plan

Bottom-up thinkers need concrete details to do their best work. But workplace direction is often vague: “Can you look into the partner strategy?” or “Just use your best judgment.” Top-down thinkers fill in the gaps with assumptions. Bottom-up thinkers stall — not because they can’t do the work, but because they’re solving an under-defined problem. Claude can help you break a vague directive into specific questions before you invest 20 hours in the wrong direction.

### TRY ASKING CLAUDE:

*My manager asked me to [paste the vague directive]. I'm a detail-oriented thinker and I need to clarify scope before I start. Help me: 1) Break this into 3–5 specific questions I should ask to confirm what they actually need. 2) What's the most likely scope and format they're expecting? 3) What's a reasonable timeline to propose? 4) What would “done” probably look like to them?*

### THEN ITERATE (examples):

*“They said ‘look into it’ — do they want a recommendation or just a summary of options?” “Draft a 3-sentence reply I can send to confirm scope before I start.”*



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TIP

02

## CROSS-FUNCTIONAL CLARITY

# Structure Your Depth So It Reads as Clarity, Not Chaos

You see every dependency, every edge case, every contingency. That's a gift. But when you share the full picture unstructured, it can overwhelm your audience and get misread as disorganization. Before you prompt Claude, flag the 2–3 points YOU believe are most strategic. Then let Claude help you organize your depth into a format that reads as command, not complexity.

### TRY ASKING CLAUDE:

*I'm a bottom-up thinker presenting to [role/audience]. Here's my full analysis: [paste it]. The points I believe matter most are: [your top 2–3]. Help me structure this so the key insight leads, supporting evidence follows, and the full detail is available but not front and center. Make it scannable — someone should get the point in 30 seconds and go deeper only if they choose to.*

### THEN ITERATE (examples):

*"Flag which details to keep vs. move to an appendix." "Make this scannable enough for a 5-minute standup."*



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TIP

03

## STAKEHOLDER PACKAGING

# Build Once, Package for Every Audience

A common frustration for bottom-up thinkers in cross-functional roles: you write one document and it lands differently with every audience. This isn't about creating less. It's about creating layers — so your exec gets the half-page, your cross-functional partners get the one-pager, and your team gets the full playbook. One brain dump, three outputs.

### TRY ASKING CLAUDE:

*Here's my strategy document: [paste it]. Create three versions: 1) Executive Brief (half-page) with outcome, rationale, and decision needed; 2) Partner/Cross-functional (one page) with what's changing, how it affects them, a phased plan with milestones, and their role; 3) Team Execution (2–3 pages) with the detailed plan, owners, timelines, and success metrics.*

### THEN ITERATE (examples):

*"The exec brief is too long — cut it to 3 sentences max." "Add a customer impact angle to the cross-functional version."*



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TIP

04

## STRATEGIC PREPARATION

# Front-Load Your Thinking Before the Room Needs It

Bottom-up thinkers do their best work when they've had time to map the terrain. But meetings often demand real-time responses — and your thoroughness needs a runway. The fix isn't to think less deeply. It's to pre-build: use Claude to anticipate the questions, map the objections, and draft structured responses before you walk in.

### TRY ASKING CLAUDE:

*I have a meeting with [audience] about [topic]. Here's my current thinking: [paste notes]. Help me prepare: 1) What are the 3 most likely questions or pushbacks they'll raise? 2) Draft a concise response to each. 3) What's the one thing I should open with to frame the conversation? 4) What should I have ready if they go deeper than expected?*

### THEN ITERATE (examples):

*"Add a response for if they challenge the timeline." "What's the question I'm not expecting?"*



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TIP

05

## SELF-AWARENESS

# Pressure-Test Your Own Blind Spots

Bottom-up thinkers can get so deep in the details that they lose sight of how others will receive their work. Maybe your recommendation is on page 3 instead of paragraph 1. Maybe you've assumed context your audience doesn't have. Claude can give you an honest read before your stakeholder does.

### TRY ASKING CLAUDE:

*I'm about to present this to [audience]: [paste your doc]. Read it as if you're a [VP/exec/partner] seeing this for the first time. Tell me: Is the main point clear in the first 30 seconds? Is my recommendation upfront or hidden deep in the doc? Am I assuming context they won't have? Where would they stop reading?*

### THEN ITERATE (examples):

*"I moved the recommendation to the top — does it land now?" "Read it again assuming they have zero context on this initiative."*



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# These are starting points, not rules.

Neurodivergent brains are not a monolith. ADHD, autism, dyslexia, and other cognitive styles each have distinct patterns and strengths. The best approach is always to experiment with what works for YOUR brain.

*A note on AI output: Always validate Claude's work against your own judgment, your organization's context, and your stakeholders' needs. AI is a drafting partner, not a decision-maker. You own the final product.*



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