

A FYTAHQ COMPANION RESOURCE

AI From Scratch

A Plain-Language Course
for people who did not grow up writing software

LESSON 5 OF 8

"Two minutes. Three free tools. One rule you must not break. You can try it once and never come back — that is also a valid use of AI."

How To Try It Yourself, Without Risk

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WHAT YOU WILL KNOW AFTER THIS LESSON

- Three free tools you can start with today — and what makes each one a little different
- The exact first sentence you can type (it is shorter than you think)
- What the answer will look like, and how to read it
- A two-minute first experience, written out step by step
- The one rule you must never break, no matter how friendly the tool feels
- How to end — there is no special goodbye, you simply close the tab

You are about to do this for the first time. The path is shorter than people make it sound. You can try it once and never come back — that is a perfectly fine outcome.

THREE FREE TOOLS TO START WITH

Pick one. It genuinely does not matter which.

These are the three best-known chat assistants (websites where you type a question and get a written answer back). All three have a free level, all three ask for an email to sign up (create a login), and all three run in a normal web browser — there is nothing to install.

WHAT THIS WILL FEEL LIKE

For most people the surprise is how ordinary it feels. There is no dramatic moment — you type a question the way you would text a knowledgeable friend, and a calm, readable answer comes back a few seconds later. If you have ever used a search box, you already have every skill you need here.

ChatGPT

made by OpenAI

chat.openai.com

The most well-known one, with the largest number of users. Fast, and a safe first stop.

Claude

made by Anthropic

claude.ai

Strongest at longer writing, with a careful, even-tempered tone. Pleasant to read.

Gemini

made by Google

gemini.google.com

Closely tied into Google's other services, so it can feel familiar if you already use them.

Do not spend an afternoon comparing them. You cannot yet tell the difference, and that is normal. Open one, try it, and only look at a second later if you feel like it. For your very first try, one is more than enough.

THE FIRST SENTENCE

One sentence is all you need to begin

When the page opens, you will see a chat box (a single empty text field, usually near the bottom of the screen, with the cursor blinking in it). You do not need a clever opening. Type this:

"Explain X in plain language, as if I were curious but not technical."

Replace the X with anything you have ever wondered about. The phrase "in plain language" tells the tool to skip the jargon, and that is the whole trick.

Examples that work well on a first try:

- "Explain a mortgage refinance in plain language, as if I were curious but not technical."
- "Explain how a vaccine works in plain language, as if I were curious but not technical."
- "Explain why bitcoin is so expensive in plain language, as if I were curious but not technical."
- "Explain how my smart TV decides what to recommend, in plain language."
- "Explain what cholesterol actually does in plain language, as if I were curious but not technical."

Then press the Enter key (or click the little arrow next to the box). Now wait four to six seconds.

WHAT TO EXPECT

The answer, and how to read it

The reply appears on its own, a few words at a time, as if someone were typing it live in front of you. After a few seconds you will have a tidy, several-paragraph answer. Here is what to keep in mind as you read.

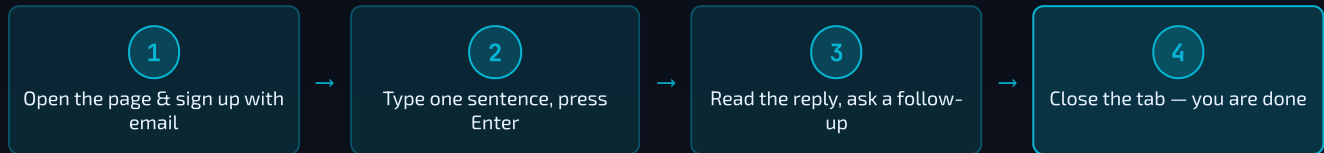
- It will be polite, clearly written, and well organised — pleasantly so.
- It may still be slightly wrong on one specific number, name, or date.
- It will almost certainly leave you understanding the topic better than before.
- It will not judge you, get impatient, or mind that the question was simple.

If a particular sentence in the answer is unclear, you do not have to puzzle over it. You can simply reply, "I did not quite follow that last part — can you put it another way?" and a fresh explanation arrives, worded differently. Nothing here has to land perfectly the first time.

That last point is the quiet superpower of these tools: endless patience. You may ask the same thing five times, five different ways, and it will never sigh at you.

YOUR FIRST TWO MINUTES

The whole thing, start to finish



1 Open the page and sign up. Type one of the three web addresses into your browser. Create a login with your email address — it takes about thirty seconds, and the free level costs nothing.

2 Type your sentence and press Enter. Use the "Explain X in plain language" sentence from the previous page. Then wait the few seconds it takes for the answer to appear.

3 Read it, then ask one follow-up. The follow-up is where the real value is. You do not need a perfect question — a plain one is fine.

4 Close the tab. That is the entire ending. There is no goodbye to say and no button to find.

THE FOLLOW-UP — THE REAL SKILL

The first answer is rarely the finish line. Replying with a short follow-up is the actual skill, and it is easier than writing the first sentence. Try one of these:

- "Can you give me a concrete example of that?"
- "What is the most common mistake people make about this?"
- "Tell me the thirty-second version."

How to end the conversation

You simply close the browser tab. No special goodbye is needed, and nothing is lost: unless you deliberately save it, the conversation does not stay anywhere you have to clean up later.

That is the whole shape of it. Open, ask, read, ask again, close. Nobody is keeping score, nothing breaks if you stop halfway, and you can repeat the loop as many times as you like — or never again.

THE ONE RULE YOU MUST NOT BREAK

NEVER PASTE SENSITIVE INFORMATION

Never type or paste anything you would not be comfortable posting on a public notice board.

That means no bank or card numbers, no passwords, no tax or social-security numbers, no internal company documents you are not allowed to share, no confidential customer data, no private medical details about anyone, and no private legal correspondence.

The reason is simple: free-tier tools may use what you type to improve their systems. Even when a company promises not to, you have no way to check. Treat the chat box as if fifty strangers could read it — because, in effect, they might.

What is perfectly safe to type

This rule is narrow, not scary. Almost everything you would naturally want to ask is completely fine:

- General questions and anything that is already public knowledge
- Drafts of writing that do not contain real names or real numbers
- Brainstorming hypothetical or made-up situations
- Learning about a topic, a word, a place, or an idea

If you ever need to ask about something private, just swap the real details for made-up ones first. Ask about "a person" instead of yourself, or "a company" instead of your employer. The answer is just as useful, and nothing sensitive ever leaves your screen.

PLAIN-LANGUAGE KEY — THE WORDS USED IN THIS LESSON

Chat box

The single empty text field where you type your question. Usually near the bottom of the screen.

Prompt

Simply the message you send. Your first sentence is a prompt; so is each follow-up.

Free tier (free level)

The no-cost version of the tool. Enough for almost everything a beginner wants to do.

Sign up

Creating a login with your email so the tool knows it is you. Takes about thirty seconds.

Browser tab

The single page open in your web browser. Closing it ends the session — nothing else needed.

A CONCRETE EXAMPLE

You sit down with a cup of coffee and open claude.ai in your browser. You sign up with your email — thirty seconds — and a clean chat box appears.

You type: "Explain a mortgage refinance in plain language, as if I were curious but not technical." Five seconds later, three short paragraphs explain it. You read them and think, "Alright — but what is the catch?"

So you type the follow-up: "What is the most common mistake people make about refinancing?" Three more paragraphs arrive. You now understand more about refinancing than you did six minutes ago. You close the tab.

Total time elapsed: about six minutes. No software installed, nothing sensitive typed, nothing to clean up. That is the whole experience.

THREE THINGS TO LOOK OUT FOR

None of these are warnings, and not one of them can break anything. They are simply the three small things that first-timers tell us caught them slightly by surprise — worth a glance before you start, and then easy to forget.

- 1 Do not over-prepare.** The most common first-timer mistake is treating the conversation like a test you could fail. There is no test and no wrong question. Type whatever comes to mind — the tool does not judge, and you can always rephrase.
- 2 Do not chase the "perfect prompt".** Plenty of articles online obsess over prompt wording. For everyday use, plain questions work fine. "Explain X simply" is enough to start, and the follow-up does the real work.
- 3 Notice the smoothness.** The answers are polished and confident, which makes it tempting to stop checking them. Catch yourself when that happens. Early habits stick, so it is worth keeping a light "is this actually right?" reflex from day one.

A GENTLE REMINDER

If your first try feels almost too simple — as though you must be missing some hidden step — you are not. That quiet "surely there is more to it than this" is the single most common reaction beginners describe, and the honest answer is no: that really was the whole thing.

None of these are reasons to be nervous. They are just the three small habits that turn a first try into a comfortable, lasting one — and each becomes second nature within an afternoon.

WHAT IS SAFE TO SKIP

For your first try, you can comfortably ignore every one of these:

- Paying for the premium version — the free level covers almost everything you need
- Memorising prompt-engineering frameworks with names like CRISPE or RACE
- Deciding on the "best" tool before trying any — just pick one and start
- Reading the full terms of service — a skim of the privacy section is plenty
- Installing an app — the plain web-browser version works perfectly well

You can try it once and never come back. That is also a valid use of AI. The point of this lesson is only that the door is open and stepping through it costs you nothing.

NEXT TUESDAY

Lesson 6 — What This Means For Your Daily Life, And What You Can Ignore

A plain decision-table: what is genuinely worth using AI for at home and at work, and the long list of things you are free to ignore entirely. Free on the resources page — no email, no sign-up.

PREFER A LIVE CONVERSATION?

One-on-one sessions with a real person

If you would rather have someone sit with you and walk through this first experience live, the mrocon side of our world offers exactly that — same philosophy as this course, just guided, in a one-on-one session that goes at your pace.

mrocon.at/pricing →

COMPANION VIDEO

Lesson 5 — Video Version on the channel

The Lesson 5 video is live on YouTube — the same walkthrough, in video form. The full "AI From Scratch" playlist updates every Tuesday. Watch what fits your evening, read what fits your morning.

facelessyoutubeautomationhq.com →

Sources + version note: Content valid as of June 2026. Free-tier availability and limits for ChatGPT (OpenAI), Claude (Anthropic), and Gemini (Google) change often — the steps in this lesson are written to stay valid even as the details shift. Reference categories: ChatGPT / OpenAI · Claude / Anthropic · Gemini / Google · provider privacy and data-use policies. Always confirm a tool's current free-tier terms on its own website before you rely on it.