

**Subject:** Claude Code Setup

**From:** [REDACTED]

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**To:** [REDACTED]

Hi all,

For those who've been curious about AI coding tools beyond ChatGPT: I've been using Claude Code extensively and it's a real step up for the kind of work we do. It runs directly in your project – reads files, edits code, runs builds, sees errors, iterates. No copy-pasting between browser and editor. And it works in the terminal and can be linked to VSCode or to Vim (at least NeoVim)

Two things to know before trying it:

1. Deskillling is real. The more the AI writes, the less you practice. Over time you lose the ability to write (not just read) the patterns you've been delegating. This is well-documented in automation research and it applies to us.
2. IP exposure. Every file Claude reads goes to Anthropic's servers. Consumer plans train on your data by default since Sept 2025 unless you opt out.

I've built a setup repo that addresses both: anti-deskillling hooks that classify tasks and track your delegation ratio, structured reasoning gates (FPF) that prevent "vibe coding", and .claudeignore templates for IP protection.

Setup is ~10 minutes. Repo: [git clone git@bitbucket.org:numericor/claude-code-workbench.git](https://git@bitbucket.org:numericor/claude-code-workbench.git)

Happy to receive some feedback

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PS.: Claude Code needs a subscription I have some free passes that allow 1 month of use of Claude code in case you wanna try it out.