

WHELMISH

AI Anxiety OS

AI Anxiety Containment Kit

Operational relief for whatever your bandwidth.

AI Prompt Pack

BY WHELMISH

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AI Fear Containment

Bounded cognitive relief systems for AI anxiety.

I can face the shift without feeding the fear loop all day.

Capacity-aware AI support for replacement fear, career grief, AI-news spirals, machine comparison, skill-gap panic, and bounded learning.

Not an AI course.

Not a prompt guide.

Not future-proofing panic.

Not "learn AI before it's too late."

Ten bounded systems. Copy, paste, contain, stop.

Fear makes sense when the ground is moving

If you are opening this while scared, behind, frozen, angry, grieving, doom-reading AI news, comparing yourself to machines, or wondering if your work, income, creativity, skill, or future still matter — this was made for that exact state.

You do not need to learn from a threat state.

You do not need to read every update.

You do not need to become machine-fast.

You do not need to solve the future before you breathe.

If opening AI itself feels like too much, close this pack. Nothing else is required.

This is an **AI fear containment toolkit**.

Short contained cycles: **name the fear** → **separate fact from forecast** → **choose one bounded contact point** → **stop**

You can: use one system only · stop mid-prompt · paste fragments · say "I don't know" · choose no learning today · choose rest as the outcome · return later without catching up.

There is no wrong door.

How to use this pack with AI

Before you paste

1. Pick the system that matches the fear loop.
2. Copy the full prompt block, including the rules.
3. Paste into ChatGPT, Claude, or a similar AI tool.
4. Do not ask AI to predict your entire future from a fear state.

Privacy

Do not paste: private workplace details · employer/client information · financial information · legal documents · private school records · confidential business details · private health information · full names of other people · anything you do not want stored in chat

Use general labels: "my job" · "my role" · "my workplace" · "my industry" · "my skill" · "my creative work" · "my business" · "the AI news" · "the tool" · "the fear" · "the update"

Check your AI provider's privacy and data settings too — this pack cannot control what another platform stores.

During

Answer messy. Fragments count.

If AI starts predicting your future, say: **"No prediction. Separate facts from fear forecasts."**

If AI starts giving a huge learning plan, say: **"No panic learning. One bounded window only."**

If AI gives too much, say: **"Short bullets. One step. Stop after that."**

After

You do not need another round. You do not need to open another AI article. You do not need to learn a tool immediately. You do not need to turn fear into productivity.

The goal is not certainty. **The goal is containment.**

What this is not

Not therapy, diagnosis, treatment, legal advice, career advice, financial advice, workplace advice, school advice, or crisis support.

Not an AI course. Not a prompt engineering guide. Not a future-proofing challenge. Not a productivity planner. Not a doom-news tracker. Not a prediction system.

Not a replacement for a therapist, career counselor, attorney, financial advisor, workplace support, school support, crisis service, or trusted human support.

If you are dealing with urgent job, legal, financial, school, workplace, medical, or safety concerns, use the appropriate professional, emergency, or trusted support pathway.

This pack cannot predict the future, verify risk, guarantee job safety, or intervene.

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Bounded AI anxiety cognition

AI fear can turn into infinite searching: one more article, one more prediction, one more tool, one more thread, one more expert, one more "what if."

Most AI advice adds more: more tools, more urgency, more learning plans, more workflows, more productivity, more pressure to adapt faster.

AI Anxiety OS does the opposite.

Each system is one cycle: **input** → **fear named** → **facts separated from forecasts** → **one bounded next contact** → **exit**

You should leave with the fear more contained, not with a larger panic plan.

Use AI to contain fear. Do not use AI to feed fear.

One prompt. One cycle. Then close the chat.

System Directory — Start Here

Choosing feels like too much?

Start with [01 · AI Fear Containment](#) · page 8.

You can stop after one system.

01 · AI Fear Containment

Everything feels huge, vague, or everywhere

Intro p. 8
Prompt p. 9

02 · Replacement Fear Map

I'm afraid AI will replace something important

Intro p. 10
Prompt p. 11

03 · AI News Doom Loop Boundary

I keep reading updates and spiraling

Intro p. 12
Prompt p. 13

04 · Facts vs. Fear Forecasts

I can't tell what is known from what I'm predicting

Intro p. 14
Prompt p. 15

05 · Skill Gap Panic Reset

I feel behind and think I need to learn everything

Intro p. 16
Prompt p. 17

06 · Bounded Learning Window

I want to learn one thing without opening the whole future

Intro p. 18
Prompt p. 19

07 · Career Grief Room

I'm grieving what I thought my career would be

Intro p. 20
Prompt p. 21

08 · Human Value Anchor

I'm comparing myself to machine speed

Intro p. 22
Prompt p. 23

09 · Work Today Without Solving the Future

I need to get through one present task

Intro p. 24
Prompt p. 25

10 · Close Loop / Future Rest

I'm finished for now

Intro p. 26
Prompt p. 27

AI Router

Not sure which system — let AI pick one

p. 28

One system is a complete session.

Suggested paths

These are optional. You do not need a sequence. One system is enough.

Everything feels huge

01 Fear Containment → 10 Close Loop

Replacement fear is loud

02 Replacement Fear Map → optionally 04 Facts vs. Fear → 10 Close Loop

AI news keeps pulling me back

03 News Boundary → 10 Close Loop

I feel behind

05 Skill Gap Reset → only if ready: 06 Bounded Learning → 10 Close Loop

I'm grieving or comparing myself to machines

07 Career Grief or 08 Human Value → 10 Close Loop

I have to work today

09 Work Today → 10 Close Loop

If choosing between these feels like work, skip this page. Use System 01 or close the pack.

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SYSTEM 01

AI Fear Containment

When AI fear feels huge, vague, fast, or everywhere.

This system does not predict the future. It contains the fear loop.

Stop when: The fear feels more contained, not solved.

AI FEAR CONTAINMENT — COPY/PASTE

COPY FROM HERE

I am anxious about AI, replacement, work, skills, creativity, money, or the future.

Do not give me a future-proofing plan.

Do not predict whether I will be replaced.

Do not tell me to learn everything.

Do not create a giant plan.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge in 2 sentences max:
fear makes sense when the ground feels like it is moving.
2. Sort what I paste into:
 - Known facts
 - Fear forecasts
 - Unknowns
 - Needs support / research later
 - Not useful today
 - Can wait
 - One grounded next step
3. If something needs professional, workplace, legal, financial, school, or crisis support, label it: "use the appropriate support pathway."
Do not advise me what official action to take.
4. Give me one stop line.

Rules:

Short bullets.

No future predictions.

No certainty claims.

No 30-day plan.

No shame.

No panic learning.

No "adapt or die" language.

Context:

[PASTE]

Stop when:

The fear feels more contained, not solved.

END PROMPT

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SYSTEM 02

Replacement Fear Map

When you are afraid AI will replace your job, role, skill, creative identity, income path, or future plan.

Stop when: Replacement fear feels clearer and less fused with your whole life.

REPLACEMENT FEAR MAP — COPY/PASTE

COPY FROM HERE

I am scared AI will replace something important to me.

Do not predict my future.

Do not tell me whether my job, role, industry, income, or skill is safe.

Do not give me a future-proofing plan.

Do not tell me to simply adapt.

Do not create a big learning roadmap.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge in 2 sentences max:
replacement fear can touch income, identity, skill, usefulness, and safety at the same time.
2. Help me map:
 - What I fear will be replaced
 - What would hurt most if it changed
 - Task / skill fear
 - Identity fear
 - Income / security fear
 - Human value fear
 - What I know
 - What I do not know yet
 - What can wait
3. Give me exactly one grounded support step:
ask a question, gather one fact, close the news loop, schedule a learning window, or rest.
4. End with permission to stop.

Rules:

Short bullets.

No predictions.

No fake certainty.

No "AI-proof yourself."

No shame.

No panic learning.

Context:

[PASTE]

Stop when:

The replacement fear feels clearer and less fused with my whole life.

END PROMPT

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SYSTEM 03

AI News Doom Loop Boundary

When AI news becomes threat-feeding. This system does not summarize more AI news — it creates a boundary.

Stop when: The news loop has a boundary.

AI NEWS DOOM LOOP BOUNDARY — COPY/PASTE

COPY FROM HERE

I keep reading AI news, updates, threads, videos, predictions, or tool announcements and spiraling.

Do not shame me.

Do not summarize more AI news.

Do not give predictions.

Do not tell me to read more.

Do not give me a giant media diet.

Do not tell me I am behind.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge in 2 sentences max:
information can become threat-feeding when I am overwhelmed.
2. Help me create:
 - One allowed source or window
 - One no-go time
 - One kind of content to avoid
 - One after-news grounding step
 - One sentence I can use when I want to check again
 - One stop line

3. End with permission to not catch up today.

Rules:

Short bullets.

No predictions.

No article summaries.

No "stay ahead" language.

No shame.

No giant plan.

Context, if any:

[PASTE OR SKIP]

Stop when:

The news loop has a boundary.

END PROMPT

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SYSTEM 04

Facts vs. Fear Forecasts

Separate known facts from fear forecasts about AI.

Stop when: The fear forecast is no longer pretending to be a fact.

FACTS VS. FEAR FORECASTS — COPY/PASTE

COPY FROM HERE

Help me separate known facts from fear forecasts about AI.

Do not predict the future.

Do not tell me what will happen to my job, role, skill, industry, or income.

Do not create a future-proofing plan.

Do not pretend certainty exists.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge briefly:
uncertainty can make forecasts feel like facts.
2. Sort what I paste into:
 - Known fact
 - Fear forecast
 - Unknown
 - Needs research later
 - Needs support
 - Not useful today
 - Can wait
3. For each fear forecast, rewrite it as:
"A fear I am having is..."
4. Give exactly one grounded next step, if needed.
5. End with permission to stop.

Rules:

Short bullets.

No predictions.

No fake certainty.

No "everything will be fine."

No doom.

No shame.

Context:

[PASTE]

Stop when:

The fear forecast is no longer pretending to be a fact.

END PROMPT

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SYSTEM 05

Skill Gap Panic Reset

When AI makes you feel behind. This system reduces the learning surface.

Stop when: The learning surface feels smaller.

SKILL GAP PANIC RESET — COPY/PASTE

COPY FROM HERE

I feel behind because of AI and skill-gap panic.

Do not give me a huge learning plan.

Do not tell me I am behind.

Do not make this urgent.

Do not give me a list of 20 tools.

Do not tell me to become AI-proof.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge in 2 sentences max:

skill-gap panic can create pressure to learn everything now. Panic can make learning harder, so reduce the learning surface first.

2. Sort what I paste into:

- Needed now
- May need later
- Optional / hype
- Not relevant to my life
- Needs support understanding
- Not learning today

3. Choose exactly one tiny learning target, only if appropriate.

4. Name what I am not learning today.

5. End with permission to stop.

Rules:

Short bullets.

No giant roadmap.

No urgency language.

No "master AI."

No shame.

No future-proofing panic.

Context:

[PASTE]

Stop when:

The learning surface feels smaller.

END PROMPT

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SYSTEM 06

Bounded Learning Window

One small learning container when you want contact, not mastery.

Stop when: You have one bounded learning window.

BOUNDED LEARNING WINDOW — COPY/PASTE

COPY FROM HERE

I need to learn something about AI, but I am anxious.

Do not give me a huge learning plan.

Do not tell me I am behind.

Do not make this urgent.

Do not give me a tool list.

Do not create a course outline.

Do not tell me to master AI.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge briefly:

the goal is contact, not mastery.

2. Help me choose:

— One tiny learning target

— Why it matters

— A time limit

— What I am not learning today

— What counts as enough

— Where I stop

3. Keep it low-load and low-pressure. Do not assume I am a beginner.

4. End with one stop line.

Rules:

Exactly one learning target.

No giant roadmap.

No urgency.

No "AI-proof yourself."

No shame.

No extra resources unless I ask.

Context:

[PASTE]

Stop when:

I have one bounded learning window.

END PROMPT

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SYSTEM 07

Career Grief Room

Witness career grief without rushing adaptation.

Stop when: Grief feels witnessed, not solved.

CAREER GRIEF ROOM — COPY/PASTE

COPY FROM HERE

I am grieving changes or uncertainty around AI, work, skills, creativity, identity, or my career future.

Do not fix it.

Do not rush me into adaptation.

Do not tell me to be grateful.

Do not tell me to future-proof myself.

Do not give me a learning plan.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge in 3 short sentences max:
career grief can happen when the future someone trained for starts to feel unstable.
2. Help me name:
 - What I thought would stay stable
 - What now feels threatened
 - What I am grieving
 - What I am angry about
 - What I do not want minimized
 - What needs time
 - One grounded sentence that reflects what I said without minimizing it
3. End with permission to grieve before adapting.

Rules:

No fixing.

No silver lining.

No "just learn AI."

No "everything happens for a reason."

No adaptation plan unless I ask.

No shame.

Context, if any:

[PASTE OR SKIP]

Stop when:

The grief feels witnessed, not solved.

END PROMPT

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SYSTEM 08

Human Value Anchor

Ground human value without cheesy "humans are magical" language.

Stop when: Identity feels less trapped inside machine comparison.

HUMAN VALUE ANCHOR — COPY/PASTE

COPY FROM HERE

I am comparing my human value, pace, creativity, judgment, skill, or usefulness to AI or machine speed.

Do not make this cheesy.

Do not tell me humans are magically better.

Do not dismiss AI.

Do not give me a future-proofing plan.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge briefly:
machine comparison can make human pace feel defective, even when it is not.
2. Help me name:
 - What I am comparing
 - What AI may be good at
 - What human value still matters in my context
 - Where context matters
 - Where judgment matters
 - Where relationship/trust matters
 - Where lived experience matters
 - What I do not need to compare today
3. Give me one grounded sentence:
"I do not have to become machine-fast to remain humanly valuable."
4. End with permission to stop.

Rules:

Short bullets.

No cheesy inspiration.

No AI denial.

No doom.

No productivity pressure.

No future-proofing panic.

Context:

[PASTE]

Stop when:

My identity feels less trapped inside machine comparison.

END PROMPT

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SYSTEM 09

Work Today Without Solving The Future

A present-task container when AI fear keeps interrupting work.

Stop when: You can return to one present task — or choose rest without shame.

WORK TODAY WITHOUT SOLVING THE FUTURE — COPY/PASTE

COPY FROM HERE

I need to work today without solving the future.

Do not give me a career plan.

Do not predict AI's impact.

Do not make me learn a tool right now.

Do not tell me to future-proof myself.

Do not create a productivity system.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge in 2 sentences max:

I do not have to solve the future before doing one present task.

2. Help me name:

- Current task
- Fear interrupting
- What I know today
- What I do not need to solve today
- One work-safe step
- Stop point

3. If I tell you I cannot work right now, do not push productivity. Treat rest or containment as valid.

4. End with permission to stop after the one step.

Rules:

Short bullets.

No future predictions.

No learning plan.

No productivity shame.

No "use AI right now" unless I ask.

No giant strategy.

Context:

[PASTE]

Stop when:

I can return to one present task — or choose rest without shame.

END PROMPT

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SYSTEM 10

Close Loop / Future Rest

Protect the exit after fear sorting, learning, or spiraling.

Stop when: The fear loop is closed for this round.

CLOSE LOOP / FUTURE REST — COPY/PASTE

COPY FROM HERE

I need to close the AI anxiety loop for now.

Do not give me another task.

Do not give me more AI news.

Do not encourage me to keep researching.

Do not tell me to catch up.

Do not give me a learning plan.

Safety rules:

Do not diagnose me, provide treatment, or act as a therapist.

Do not give medical, career, legal, financial, workplace, or school advice.

If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.

Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.

One cycle only. Do not offer another task at the end.

Your job is only:

1. Acknowledge in 2 sentences max:
stopping is part of fear containment.
2. Help me create a close-loop note:
 - What is held here now
 - What fear can wait
 - What I know
 - What I do not know yet
 - Where I can return later
 - One sentence for future me
3. Give me three one-line permissions to stop.
4. End with:
"You do not have to learn the whole future today."

Rules:

No next task.

No more articles.

No predictions.

No productivity language.

No shame.

No follow-up question.

Context, if any:

[PASTE OR SKIP]

Stop when:

The fear loop is closed for this round.

END PROMPT

AI ANXIETY OS ROUTER — COPY/PASTE

COPY FROM HERE

I am using AI Anxiety OS and do not know which prompt system to use.
Assume low capacity.
Do not solve my situation.
Do not give advice.
Do not predict my future.
Do not make me compare a long list.
Do not ask more than one question.
Do not diagnose me, provide treatment, or act as a therapist.
Do not give medical, career, legal, financial, workplace, or school advice.
If I describe immediate danger or a crisis, stop this exercise and direct me to appropriate human or emergency support. Do not continue the exercise.
Assume low capacity unless I tell you otherwise. Use short, plain language. Do not infer or label my nervous-system state.
One cycle only. Do not offer another task at the end.
Use my short description to select one system only:
01 AI Fear Containment
02 Replacement Fear Map
03 AI News Doom Loop Boundary
04 Facts vs. Fear Forecasts
05 Skill Gap Panic Reset
06 Bounded Learning Window
07 Career Grief Room
08 Human Value Anchor
09 Work Today Without Solving The Future
10 Close Loop / Future Rest
If more than one could fit, choose the lowest-demand option.
If you cannot tell, default to 01 AI Fear Containment.
Respond only with:
— system number + name
— one short sentence explaining why
— "You can use that prompt, choose none, or stop here."
Context:
[PASTE A FEW WORDS OR SKIP]
Do not continue into the selected exercise.
Stop after routing me.

END PROMPT

This round can end here

You did enough for this round.

This pack has no streaks. No failure state. No missed days. No punishment for stepping away from AI. No doom catch-up. No demand to become machine-fast. No pressure to learn the whole future. Start again with any system whenever you need to.

Fear makes sense when the ground is moving. You do not have to learn from a threat state. You can separate facts from forecasts. You can adapt in bounded contact. You can face the shift without feeding the fear all day.

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