

WHELMISH

AI Clarity OS

AI Clarity Assistant Pack

Operational relief for whatever your bandwidth.

AI Prompt Pack

BY WHELMISH

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Bounded AI workflow systems

I can name the mess without optimizing my life.

Capacity-aware AI support for oversized chats, decision fog, prompt overload, project mess, and finding one clear next step.

Not prompt engineering.

Not AI productivity.

Not a second brain.

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

AI made the mess bigger — this makes it smaller

If you are opening this after a chat spiral, too many options, a giant AI answer, decision fog, or saving outputs you never use — this was made for that exact state.

If opening AI itself feels like too much, close this pack.

Nothing else is required.

No prompt.

No sorting.

No decision.

Return whenever you want.

You do not need a bigger strategy.

You do not need to prompt better.

You do not need to turn every thought into a system.

This is a **bounded AI clarity toolkit**.

Short contained cycles: **name the tangle** → **reduce the output** → **find the actual question** → **one bounded next step** → **close the chat**

You can: use one system only · stop mid-prompt · paste fragments · choose not to decide today · archive without shame · 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 tangle.
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 expand scope, add ideas, or build a full plan unless you chose that on purpose.

Privacy

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

Use general labels: "my project" · "the chat" · "the decision" · "the output" · "the mess"

Your AI provider's own storage, retention, training, and privacy settings still apply. Use the provider settings that fit your needs.

During

Answer messy. Fragments count.

If AI starts expanding, say: **"Reduce only. No new ideas. No full plan."**

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

After

You do not need another round. You do not need to implement everything. You do not need to turn output into tasks automatically.

The goal is not more output. **The goal is clarity that fits your capacity.**

What this is not

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

Not an AI course. Not a prompt engineering guide. Not a productivity planner. Not a second brain build. Not a strategy generator.

Not AI Anxiety OS — that system contains replacement fear and career grief; this one reduces tangled AI output.

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

Need a person instead?

This pack can wait.

If the situation needs human judgment or support, use the person or professional who fits the situation — someone you trust, a manager or mentor, a career professional, an appropriate legal or financial professional, a healthcare or mental-health professional, or emergency/crisis support when immediate safety is involved.

You do not have to finish an AI exercise first.

Bounded AI clarity

AI can turn one question into a giant strategy, twelve options, four frameworks, and forty-seven next steps.

Most prompt packs add more power. **AI Clarity OS does the opposite.**

Each system is one cycle: **input** → **mess named** → **output reduced** → **one bounded next step** — if **one is useful** → **exit**

You should leave with the mess smaller, not with a larger plan. Not every cycle needs an action — sometimes the answer is to stop.

Use AI to reduce the mess. Do not use AI to multiply the mess.

One prompt. One cycle. One stop line. Then close the chat.

System Directory — Start Here

Choosing feels like too much?

Use [01 · Clarity Snapshot](#) · page 8.

You can stop after one system.

01 · Clarity Snapshot

Everything feels tangled

Intro p. 8
Prompt p. 9

02 · Brain Dump Sorter

I already dumped everything and need it reduced

Intro p. 10
Prompt p. 11

03 · Actual Question Finder

I don't know what I'm really asking

Intro p. 12
Prompt p. 13

04 · Chat Spiral Reset

The AI conversation became too large

Intro p. 14
Prompt p. 15

05 · Decision Tangle Untangler

Too many options / decision fog

Intro p. 16
Prompt p. 17

06 · Project Mess Sorter

The project became bigger than the actual task

Intro p. 18
Prompt p. 19

07 · Prompt Boundary Reset

I want to ask AI again without reopening the whole mess

Intro p. 20
Prompt p. 21

08 · One Bounded Next Step

I want one small action — or permission not to act

Intro p. 22
Prompt p. 23

09 · Close Chat Ritual

I'm done with this chat

Intro p. 24
Prompt p. 25

10 · Return to Thread

I'm coming back without rereading everything

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

Optional. You do not need a sequence.

Everything feels tangled

01 Clarity Snapshot → optionally 09 Close Chat

I already have a huge dump

02 Brain Dump Sorter → optionally 03 Actual Question Finder → 09 Close Chat

I don't even know what I'm asking

03 Actual Question Finder → 09 Close Chat

The chat itself is the mess

04 Chat Spiral Reset → 09 Close Chat

I have too many choices

05 Decision Tangle → optionally 08 Bounded Next Step → 09 Close Chat

My project expanded everywhere

06 Project Mess Sorter → optionally 08 Bounded Next Step → 09 Close Chat

I want to ask AI one more thing without explosion

07 Prompt Boundary Reset → 09 Close Chat

I'm returning later

10 Return to Thread

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

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SYSTEM 01

Clarity Snapshot

When everything feels tangled and you need the mess named — not solved.

Stop when: One thing is clearer.

CLARITY SNAPSHOT — COPY/PASTE

COPY FROM HERE

I am overwhelmed and need clarity, not more ideas.

Do not give me a full plan.

Do not add new ideas.

Do not expand this.

Do not motivate me.

Help me create a clarity snapshot:

1. What this is about
2. The actual question
3. What matters
4. What can wait
5. One bounded next step — only if useful right now
6. One stop line

If movement is not useful, name "stop here" instead.

Use short bullets only.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a capacity state, adapt response length, language, complexity, and number of choices to it.

If I leave this blank or say "I don't know," default to a low-load response.

Do not infer or declare my nervous-system or capacity state.

Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.

Context:

[PASTE]

Stop when:

One thing is clearer.

END PROMPT

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SYSTEM 02

Brain Dump Sorter

Separate facts, ideas, tasks, questions, and emotional noise.

Stop when: The dump feels sortable.

BRAIN DUMP SORTER — COPY/PASTE

COPY FROM HERE

I dumped a messy brain dump. I need sorting, not solutions.
First acknowledge what I pasted in one short sentence without advice.
Then sort.
Do not create a plan.
Do not add new ideas.
Do not prioritize my life.
Do not add categories beyond the set below.
Sort what I paste into:

- Facts
- Ideas
- Tasks
- Decisions
- Questions
- Emotional noise
- Maybe later
- Not needed
- One useful thing

Fragments count. Do not ask me to rewrite the dump neatly.
Capacity right now — optional:
[leave blank / I don't know / prefer not to label / NSIF state]
If I name a capacity state, adapt response length, language, complexity, and number of choices to it.
If I leave this blank or say "I don't know," default to a low-load response.
Do not infer or declare my nervous-system or capacity state.
Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".
Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.
Context:
[PASTE]
Stop when:
The dump feels sortable.

END PROMPT

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SYSTEM 03

Actual Question Finder

An unclear ask can make the answer keep expanding.

Stop when: The actual question fits in one sentence — or you stop here.

ACTUAL QUESTION FINDER — COPY/PASTE

COPY FROM HERE

I don't know what I'm actually asking.

Do not answer the surface question yet.

Do not give me a plan.

Do not add options.

Help me find:

1. What I think I'm asking
2. What I might actually need (decision / script / summary / sorter / boundary / permission to stop)
3. What I do NOT want included
4. My actual question in one sentence — "I don't know" is a valid output
5. One stop line

If the actual question cannot be reduced to one sentence, say:

"Not clear enough yet — stop here."

Do not manufacture a question.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a capacity state, adapt response length, language, complexity, and number of choices to it.

If I leave this blank or say "I don't know," default to a low-load response.

Do not infer or declare my nervous-system or capacity state.

Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.

Context:

[PASTE]

Stop when:

The actual question fits in one sentence — or I stop here.

END PROMPT

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SYSTEM 04

Chat Spiral Reset

Reduce a too-big AI conversation.

Stop when: The chat feels smaller.

CHAT SPIRAL RESET — COPY/PASTE

COPY FROM HERE

This AI chat got too big.
Do not continue expanding.
Do not add new options.
Do not create a strategy.
Do not add recommendations unless I explicitly ask.
Do not introduce another decision just because one exists in the thread.
Help me reduce the chat into:
1. Original ask
2. What got added
3. What is useful
4. What can be ignored
5. What decision or task remains — only if one actually remains
6. One next step — if one is wanted
7. One stop line
Close after the reduction.
Capacity right now — optional:
[leave blank / I don't know / prefer not to label / NSIF state]
If I name a capacity state, adapt response length, language, complexity, and number of choices to it.
If I leave this blank or say "I don't know," default to a low-load response.
Do not infer or declare my nervous-system or capacity state.
Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".
Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.
Context:
[PASTE OR SUMMARIZE]
Stop when:
The chat feels smaller.

END PROMPT

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SYSTEM 05

Decision Tangle Untangler

Sort choices without forcing a final decision.

Stop when: The decision is smaller, not solved.

DECISION TANGLE UNTANGLER — COPY/PASTE

COPY FROM HERE

I am tangled in a decision.

Do not give me a full pros/cons essay.

Do not tell me what to do.

Do not create a life plan.

Help me sort:

1. The actual decision
2. The options
3. What I know
4. What I do not know
5. What can wait
6. What is emotional pressure — separate it so I can inspect it; do not treat it as invalid reasoning
7. The smallest reversible next choice — if one is useful

If I do not have enough information or capacity for a choice, do not force one.

"No decision today" is valid.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a capacity state, adapt response length, language, complexity, and number of choices to it.

If I leave this blank or say "I don't know," default to a low-load response.

Do not infer or declare my nervous-system or capacity state.

Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.

Context:

[PASTE]

Stop when:

The decision is smaller, not solved.

END PROMPT

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SYSTEM 06

Project Mess Sorter

Turn project chaos into one usable output.

Stop when: The project feels smaller.

PROJECT MESS SORTER — COPY/PASTE

COPY FROM HERE

This project feels messy.

Do not create a full strategy.

Do not add new ideas.

Do not expand the scope.

Help me sort:

1. The goal
2. What is already done
3. What is open
4. What is extra
5. What can wait
6. One usable output — if one is actually needed now
7. One bounded next step — if movement is wanted

"Stop / hold only" is also a valid outcome. The purpose is reducing the project surface, not manufacturing work.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a capacity state, adapt response length, language, complexity, and number of choices to it.

If I leave this blank or say "I don't know," default to a low-load response.

Do not infer or declare my nervous-system or capacity state.

Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.

Context:

[PASTE]

Stop when:

The project feels smaller — or I stop here.

END PROMPT

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SYSTEM 07

Prompt Boundary Reset

Ask AI for less before the next prompt.

Stop when: You have a bounded prompt ready.

PROMPT BOUNDARY RESET — COPY/PASTE

COPY FROM HERE

Before my next prompt, help me set a boundary.

Do not answer the task yet unless I paste it.

Do not expand scope.

Do not answer the underlying task inside this boundary-building cycle.

Help me write:

1. What I need (one output type)
2. The limit (one sentence / 5 bullets / one table / one next step)
3. What to exclude (new ideas / full plan / strategy / extra options)
4. A stop line

If I do not know what output type I want, help me name ONE likely output type without giving me several choices.

Template to fill:

I need: [one output type]

Limit: [limit]

Do not include: [exclusions]

End with: [stop line]

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a capacity state, adapt response length, language, complexity, and number of choices to it.

If I leave this blank or say "I don't know," default to a low-load response.

Do not infer or declare my nervous-system or capacity state.

Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.

Context of what I'm about to ask, if any:

[PASTE OR SKIP]

Stop when:

I have a bounded prompt ready.

END PROMPT

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SYSTEM 08

One Bounded Next Step

One small bounded step — or permission not to act.

Stop when: One step is named — or stopping is named.

ONE BOUNDED NEXT STEP — COPY/PASTE

COPY FROM HERE

I need one bounded next step — not a strategy.

A step is optional.

If the best fit is to stop, say so.

Do not give me a plan.

Do not list 10 options.

Do not optimize my life.

Based on what I paste:

1. Name the tangle in one line
2. Offer exactly one bounded, reversible step if useful — otherwise say "stop here for now"
3. Say what I am NOT doing next
4. Give one stop line

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a capacity state, adapt response length, language, complexity, and number of choices to it.

If I leave this blank or say "I don't know," default to a low-load response.

Do not infer or declare my nervous-system or capacity state.

Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.

Context:

[PASTE]

Stop when:

One step is named — or stopping is named.

END PROMPT

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SYSTEM 09

Close Chat Ritual

Stop before the chat becomes another open loop.

Stop when: The chat loop is closed.

CLOSE CHAT RITUAL — COPY/PASTE

COPY FROM HERE

I need to close this AI chat loop for now.

Do not give me another task.

Do not add ideas.

Do not encourage one more question.

Do not recommend another AI system after closing.

Help me create a close note:

1. What I got
2. The one useful thing
3. What I can ignore
4. Where I'll put it
5. What I am NOT asking next
6. One stop line

Rules: Short bullets. No follow-up question. No shame about unused output. Stop means stop.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a capacity state, adapt response length, language, complexity, and number of choices to it.

If I leave this blank or say "I don't know," default to a low-load response.

Do not infer or declare my nervous-system or capacity state.

Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.

Context, if any:

[PASTE OR SKIP]

Stop when:

The chat loop is closed.

END PROMPT

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SYSTEM 10

Return To Thread

Come back without rereading everything or catching up.

Stop when: You know where you want to re-enter — or that you don't want to yet.

RETURN TO THREAD — COPY/PASTE

COPY FROM HERE

I'm returning to an old AI thread or saved output.

Do not make me reread everything.

Do not shame me for waiting.

Do not create a catch-up plan.

If I cannot remember enough context, do not make me reconstruct the whole thread. Use what I provide — or route me to Clarity Snapshot.

Help me:

1. Name what this thread was about (one line)
2. Pick the smallest re-entry step (read clarity brief / find actual question / reduce output / one bounded next step / close again)
3. One stop line for this round

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a capacity state, adapt response length, language, complexity, and number of choices to it.

If I leave this blank or say "I don't know," default to a low-load response.

Do not infer or declare my nervous-system or capacity state.

Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: General context only. Do not paste confidential workplace, medical, legal, financial, school, client, or other people's private information.

What I remember or can paste:

[PASTE OR DESCRIBE]

Stop when:

I know where I want to re-enter — or that I do not want to re-enter yet.

END PROMPT

AI CLARITY OS ROUTER — COPY/PASTE

COPY FROM HERE

I am using AI Clarity OS and I don't know which system to use.

Do not solve the situation.

Do not give me a plan.

Do not add ideas.

Do not make me compare a long list.

Ask at most one question.

Use my short description to choose one system only:

01 Clarity Snapshot

02 Brain Dump Sorter

03 Actual Question Finder

04 Chat Spiral Reset

05 Decision Tangle Untangler

06 Project Mess Sorter

07 Prompt Boundary Reset

08 One Bounded Next Step

09 Close Chat Ritual

10 Return to Thread

If multiple systems could fit, choose the lowest-demand useful option.

If you cannot tell, choose 01 Clarity Snapshot.

Respond only with:

- system number + name
- one short sentence explaining why
- "Use that system, choose none, or stop here."

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a capacity state, adapt response length, language, complexity, and number of choices to it.

If I leave this blank or say "I don't know," default to a low-load response.

Do not infer or declare my nervous-system or capacity state.

Rules: Acknowledge what I pasted briefly before analyzing it. Work with fragments — do not ask me to explain more than I can. Do only the reduction or sorting I asked for; do not expand scope. Do not diagnose me or act as a therapist. Do not give medical, legal, financial, career, workplace, or school advice. If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support — do not continue the exercise. One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

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Context — optional:

[A FEW WORDS OR SKIP]

Do not begin the exercise. Stop after routing me.

END PROMPT

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This round can end here.

You did enough for this round.

This pack has no streaks. No failure state. No demand to use every output. No pressure to turn clarity into a life strategy.

Return whenever you want. Nothing to catch up.

You can name the mess without optimizing your life. You can reduce before you generate. You can close the chat before it expands again.

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