

The answer is allowed *to stay small*.

A CLARITY RESET BUILT AROUND CAPACITY-SAFE DESIGN PRINCIPLES.

This is not therapy, diagnosis, or a productivity system.

Not medical, legal, financial, workplace, or crisis support.

#### HOW TO USE THIS SHORT ROUTE

1. Start with Safety
2. Put down only what you can
3. Reduce the mess to one question
4. Choose one bounded step — or none
5. Stop when enough

#### NEED A PERSON INSTEAD?

This short route can wait. Use the appropriate trusted, professional, or emergency support for the situation.

## AI helped too much.

*That can happen.*

You asked for support and received more options, more language, more ideas, more paths, more frameworks, more decisions, more possible futures.

This does not mean you failed at prompting. The output may simply have expanded faster than you could comfortably hold. This kit helps make it smaller.

If even this feels like too much: stop here. Nothing else is required.

Need a person instead? This short route can wait. Use the appropriate trusted, professional, or emergency support for the situation.



**Nothing on this page requires action.**

# AI Mess Dump

*What is the AI mess right now?*

open chats · ideas · questions · decisions · versions · plans · outputs

things you saved · things you forgot · things you need · things AI made bigger · things you are afraid to lose



*Fragments only*

No fixing yet. No new prompting yet. No shame.

♡ FEELS LIKE: *A place to put it down*

Stop when slightly clearer

# Actual Question Finder

*What am I actually asking?*

decision · next step · script · summary · sorter · plan · explanation · boundary · rewrite · route ·  
reassurance · permission to stop

My actual question in one sentence:

An unclear question can make an answer keep expanding.



*Fragments only*

No fixing yet. No new prompting yet. No shame.



FEELS LIKE: *A gentle filter, not a to-do list*

Stop when slightly clearer

## One Bounded Next Step

*Choose one next step — not the smartest, most strategic, or full implementation.*

Too many options → pick one to test for 10 minutes

Too much text → ask for a 5-line summary

Project mess → name the current stage

Decision fog → list the actual decision

Chat spiral → close chat and save one sentence

Prompt overload → set a prompt boundary

Output guilt → archive for later

No step today → stop here



*One thing my body might allow*

Small. Low threat. No prep required.



☺ FEELS LIKE: *A soft yes, not pressure — no step is also valid*

**Stop when enough — or turn the page**

The mess is smaller.

*You did enough for this round.*

You do not have to turn every thought into a strategy. You do not have to use every AI output.  
You can close the chat before it expands again.

AI Clarity OS · AI Clarity Reset Kit · for tangled overwhelm and AI-chat spirals · by Whelmish