

Low Capacity OS**Low Capacity Recovery Kit***Operational relief for whatever your bandwidth.*

ARRIVE

Too many tabs *open*.

BUILT AROUND CAPACITY-SAFE DESIGN PRINCIPLES. OPERATIONAL RELIEF FOR WHATEVER YOUR BANDWIDTH.

The system adjusts to the human — not the other way around.

One quiet page at a time. Skip, stop, or return later — partial counts.

LOW CAPACITY OS

Low Capacity Recovery Kit

Printable emotional-operational relief — the kit can hold the noise while you don't have to.

HOW TO USE

1. Nothing is required to open this kit.
2. Safety comes first — it starts on page 3.
3. If you have room to choose, the Low-Capacity Route is on page 10. One door, or none.
4. Stop whenever enough. Returning later is not starting over.

NOTHING RIGHT NOW?

Nothing required.

No sorting. No writing. No decision. No next step.

Close this kit if that is all you can hold. It counts.

The next page can wait until you are ready

Boundaries first

WHAT THIS KIT IS NOT — AND WHO TO REACH INSTEAD OF A PAGE.

PRIVACY — DO NOT PASTE INTO AI

Passwords, banking details, medical records, other people's private information, or anything you would not want stored by an AI provider.

The optional AI pages at the back of this kit run in your own AI account — that provider's privacy and retention settings apply.

WHAT THIS IS NOT

- Not therapy, diagnosis, or medical advice
- Not a planner or optimization tool — no streaks, no catch-up
- Not a demand to return to a previous normal
- Not a judgment of what is urgent, safe, or important in your real life
- Not a requirement — every page is optional

NOT

NEED A PERSON INSTEAD?

This kit can wait.

Depending on the situation, that might be: a trusted person, a healthcare or mental-health professional, a caregiver or support person, workplace or school support, a legal or financial professional — or emergency/crisis support if there is immediate danger.

You do not have to finish this kit first.

Safety is next — nothing is required first

Nothing to prove here

Capacity is limited right now. You do not have to explain why.

This kit can get smaller with you.

No task is required.

GENTLE GUIDANCE

This is a decompression sequence.

Not a workbook. A few quiet pages — you can stop at any one of them.



Nothing on this page requires action

Stay here as long as you need

Nothing on this page requires action.

Capacity is limited right now

You do not have to explain why.

When capacity is low, more input can become harder to process. This kit reduces demand — it does not add to it.

-  No judgment
-  You don't have to fix everything today
-  One gentle step at a time — or none. Both count.

GENTLE GUIDANCE

The kit meets you at your actual bandwidth

No streaks. No scores. No catching up. Whether today is return, stabilization, or rest — all of it counts.

When you're ready

The next page offers one optional writing space — or skip ahead to whatever fits.

What Feels Heavy Right Now?

Name the weight before you carry it further.

No fixing yet. No sorting. Just honest naming — if writing feels possible.



*What is pressing on you in this
moment?*

Fragments count. One word per line is enough.
Leaving it blank counts too.

♡ FEELS LIKE: *A quiet shelf for what hurts*

Stop whenever enough

You do not have to feel better for this to count.

Brain Dump Vault

Put it down here — the page can hold it.

Let the noise land here — nothing is lost, nothing is judged.



*What your brain shouldn't have to
hold alone*

No order. No complete sentences. No need to
finish. The page receives without fixing.

♥ FEELS LIKE: *A vault — put it down, walk away*

Stop whenever enough

Offload is enough for today. You don't have to sort yet — or ever.

SYSTEM ·

Mental Load Sorter

Invisible labor counts as work — even when no one sees it.

THIS PAGE

Name what you hold — or leave it unsorted

Place each weight in a tray that fits, or nowhere. Sorting itself is optional. This page does not decide real-world urgency — only what you already know.

PLACE WEIGHT IN A TRAY — OR LEAVE IT UNSORTED

Fragments count. No complete sentences required.

Invisible load / unsorted

I already know needs attention soon

I already know can wait

Emotional weight only

Needs human or professional judgment

Stop whenever enough — unsorted is a real outcome

One Thing That Matters — or None

This page gives the load a smaller surface.

One is the default. If you genuinely have room for more, you may add another.

Everything else can stay outside this exercise for now. Real deadlines and safety needs keep their actual requirements.

GENTLE GUIDANCE

One thing I already know matters today — optional

Write one thing, or leave every line blank. None is valid.

One thing I already know matters today — or none

Only if you have room · optional

Only if you have room · optional

One is enough. None is enough.

Known Now / Known Later

Only what you already know — this page does not decide urgency.

If something involves health, safety, legal, financial, caregiving, work, school, or another consequential obligation and you are unsure — the right move is the appropriate person or official source, not this page.

GENTLE GUIDANCE

Place only what you already know

Anything unsure belongs with a person or official source. Leaving things unsorted is allowed.

I already know needs attention soon

known now

I already know can wait

known later

Needs human or professional judgment

when unsure — route outward

I don't know — leave unsorted

a valid place

Stop whenever enough — unsorted is a real outcome

Low-Capacity Route

What do you need right now?

You don't have to know. One door, or none — both are complete.

No — or I don't know

Go back to Safety (p. 3). Unsure always defaults to Safety.

DO YOU KNOW WHAT YOU NEED?

I just need somewhere to put it

→ BRAIN DUMP VAULT · P. 6

I don't want to do anything

→ REST PERMISSION SLIPS · P. 13

IF YOU HAVE ROOM TO CHOOSE ANOTHER TOOL

Invisible load nobody sees

→ MENTAL LOAD SORTER · P. 7

One thing that matters today

→ ONE THING — OR NONE · P. 8

Sort only what you already know

→ KNOWN NOW / KNOWN LATER · P. 9

Shut down or frozen

→ SHUTDOWN SUPPORT · P. 11

One small move — or none

→ ONE BOUNDED STEP · P. 12

One route is enough — none is too

If you feel shut down or frozen

Forcing more function may not help. This page asks for nothing.

Restarting is allowed. Coming back counts — you are not starting over from zero.

BODY FIRST

If it feels useful: notice one point of support — chair, bed, floor, hands, or another surface. Nothing to fix.

IF YOU HAVE MORE CAPACITY

- Loosen one muscle, if that feels okay
- Let one exhale be unforced
- Notice one neutral thing
- Do none of these — and rest

Stop whenever enough — this page requires nothing

One Bounded Step — or None

Find one low-demand reentry point — or none.

Small. Reversible. No prep required. Skipping it entirely also counts.

⦿

One thing I might be able to do

One small, reversible step if useful — or rest.

⦿

FEELS LIKE: *A soft yes, not pressure*

Partial counts. Rest counts. None counts.

Rest Permission Slips

Rest is part of the system. It does not need to produce output to count.

You do not have to earn rest. Stopping here is not quitting.

This is a complete stopping point. Everything after this page is optional.

- ♥ I may stop without finishing.
- ☁ Rest does not need to be earned.
- 🛡 Returning later is welcome — not catch-up.
- 💧 Partial counts. Choosing not to act counts.

GENTLE GUIDANCE

Permission you can keep

Read one slip. Or all. Or none. Silence counts.



Higher-capacity zone — optional AI

If you have almost no capacity right now, skip this section.

Rest, safety, and the pages before this are a complete session.

These tools need enough bandwidth to open a chat and paste a prompt.

Return when that feels possible — not before.

GENTLE GUIDANCE

What the next pages are

- AI rules and directory — how to use prompts without spiraling.
- Brain Dump Sorter — when your brain is loud.
- Low-Capacity Grounding — when you feel shut down or frozen.
- One Bounded Step — one small reversible move, or rest.
- Situation Clarity — when something feels tangled.
- Gentle Return — when you are coming back after time away.

Skip this section if paste feels like too much

Closing the kit without opening AI is a complete session.



AI Support — Rules and Directory

Capacity-aware AI support — copy, paste, stop.

One prompt per page. One cycle per session. Not infinite chat, not life optimization — bounded cycles that end.

THIS PAGE

How to use AI without spiraling

- Copy the whole block on the page you need. Paste it into your own AI tool. Stop when the stop line says stop — not when the AI asks for more.
- AI is not a person. It cannot judge consequential urgency — medical, legal, financial, safety, caregiving, work, school — those route to humans and official sources.
- Every prompt accepts a Capacity line — optional. Blank or "I don't know" defaults to the smallest response; "I don't know" means stop or return to Safety.

Brain Dump Sorter

When your brain is loud. Sorts only what you already know — urgency belongs to you and to people, not to the AI.

Full prompt → page 16

Stop whenever enough — not when everything is sorted.

Low-Capacity Orientation

When you feel shut down or frozen. One optional orientation choice — or none.

Full prompt → page 17

Stop whenever enough. Rest is a complete answer.

One Bounded Step

When you want exactly one small, reversible move — or rest.

Full prompt → page 18

Stop when you have one step — or choose rest.

Situation Clarity

When something feels tangled and needs to be made smaller — not solved.

Full prompt → page 19

Stop when it feels a little smaller — or just stop.

Gentle Return

When you are coming back after time away. No catch-up plan.

Full prompt → page 20

One prompt. One cycle. Then close the chat.

If shame spikes, return to the Safety pages before opening AI.



BRAIN DUMP SORTER

Copy everything in the box. Paste into your own AI tool (ChatGPT, Claude, or similar).

I'm going to paste a messy brain dump. My capacity is low. Do not coach me, optimize my life, or give me a long plan.

Your job is only:

1. Acknowledge in one or two sentences — before any sorting.
2. Sort what I paste into these buckets (leave empty buckets blank):
 - I already know needs attention soon
 - I already know can wait
 - Emotional load — worries, shame loops, not tasks
 - Needs human / professional judgment
 - Unclear — hold
3. If anything could involve health, safety, legal, financial, caregiving, work or school obligations, housing, benefits, or another consequential matter — put it in "Needs human / professional judgment," even if I placed it somewhere else. You are not deciding urgency; only I am, or a person is.
4. Give me one short sentence on what looks heaviest — reflection, not advice.
5. End with permission to stop.

Rules for you:

- Maximum 8 items total in the output. Group similar entries into one line.
- If more remains, say only: "More is held here. You do not need to review it now."
- Short bullets only. No essays. No "you should."
- Do not add tasks I didn't mention.

Capacity right now — optional:

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

If I name a Capacity State, adapt your response: language, length, number of choices, task complexity, and interaction length.

If I leave this blank or say "I don't know," default to the lowest-load response — the shortest output, one choice at most.

Never infer or declare my Capacity State.

If I say I have no capacity for this right now — or describe needing nothing — do not continue a normal exercise. A minimal acknowledgment, a human-support option if relevant, and stop.

Rules: Acknowledge briefly first, before sorting or analyzing. Work with fragments — do not require more disclosure than I give. Do only what I asked; do not expand scope. Do not diagnose me, interpret my nervous system, or act as a therapist.

Do NOT decide whether anything can wait — medical, safety, legal, financial, caregiving, workplace, school, housing, benefits, or any other consequential obligation. If I explicitly said something can wait, preserve that. Otherwise place it under "Needs human / professional / official judgment." Do not manufacture urgency or deferral.

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: Do not paste passwords, 2FA codes, account numbers, full medical/legal/financial records, confidential work or school data, or another person's sensitive information. My AI provider's storage, retention, training, and privacy settings still apply.

Here is my brain dump:

[PASTE HERE — MESSY IS FINE]

Stop whenever enough — not when everything is sorted.



LOW-CAPACITY ORIENTATION

When you feel shut down or frozen. One optional orientation choice — or none.

I feel shut down or frozen — or something close to that. Do not diagnose me or explain why I feel this way. Do not give me a task list, a life plan, or productivity advice.

Your job is only:

1. Acknowledge in one or two sentences. No shame, no interpretation.
2. Offer one optional orientation choice — framed as a choice, never an instruction. Examples: notice a support surface under me; loosen one muscle only if that's comfortable; let one natural breath happen without changing it; notice one neutral sight or sound.
3. Offer one only — not a sequence.
4. If I say none of them work — or I don't respond — stop. Do not escalate into more techniques, more questions, or planning.
5. End with permission to stop or rest.

Capacity right now — optional:

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

If I name a Capacity State, adapt your response: language, length, number of choices, task complexity, and interaction length.

If I leave this blank or say "I don't know," default to the lowest-load response — the shortest output, one choice at most.

Never infer or declare my Capacity State.

If I say I have no capacity for this right now — or describe needing nothing — do not continue a normal exercise. A minimal acknowledgment, a human-support option if relevant, and stop.

Rules: Acknowledge briefly first, before sorting or analyzing. Work with fragments — do not require more disclosure than I give. Do only what I asked; do not expand scope. Do not diagnose me, interpret my nervous system, or act as a therapist.

Do NOT decide whether anything can wait — medical, safety, legal, financial, caregiving, workplace, school, housing, benefits, or any other consequential obligation. If I explicitly said something can wait, preserve that. Otherwise place it under "Needs human / professional / official judgment." Do not manufacture urgency or deferral.

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: Do not paste passwords, 2FA codes, account numbers, full medical/legal/financial records, confidential work or school data, or another person's sensitive information. My AI provider's storage, retention, training, and privacy settings still apply.

How I'm arriving — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough. Rest is a complete answer.

Paste, run once, then close the chat

If shame spikes, return to the Safety pages before asking AI for more.



ONE BOUNDED STEP

Exactly one small, reversible step — or rest. Copy the box below.

My capacity is low. I may want one bounded step — or none.

Do not give me multiple options.

Do not give me a plan.

Do not optimize anything.

Do not add new tasks.

Your job is only:

1. Acknowledge briefly — one or two sentences. No shame.

2. If useful, offer exactly one small, reversible step — something that can be undone without cost. If a step is not right, return "Stop here for now."

3. Do not claim any action is "safe" or "safest." If anything involves health, safety, legal, financial, caregiving, work, school, or another consequential matter, say it belongs with the appropriate person — not this prompt.

4. End with permission to do it, skip it, or rest.

Capacity right now — optional:

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

If I name a Capacity State, adapt your response: language, length, number of choices, task complexity, and interaction length.

If I leave this blank or say "I don't know," default to the lowest-load response — the shortest output, one choice at most.

Never infer or declare my Capacity State.

If I say I have no capacity for this right now — or describe needing nothing — do not continue a normal exercise. A minimal acknowledgment, a human-support option if relevant, and stop.

Rules: Acknowledge briefly first, before sorting or analyzing. Work with fragments — do not require more disclosure than I give. Do only what I asked; do not expand scope. Do not diagnose me, interpret my nervous system, or act as a therapist.

Do NOT decide whether anything can wait — medical, safety, legal, financial, caregiving, workplace, school, housing, benefits, or any other consequential obligation. If I explicitly said something can wait, preserve that. Otherwise place it under "Needs human / professional / official judgment." Do not manufacture urgency or deferral.

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: Do not paste passwords, 2FA codes, account numbers, full medical/legal/financial records, confidential work or school data, or another person's sensitive information. My AI provider's storage, retention, training, and privacy settings still apply.

My situation — optional:

[DESCRIBE, OR SKIP]

Stop when you have one step — or choose rest.

One prompt. One cycle. Then close the chat.



LOW CAPACITY SITUATION CLARITY

When something feels tangled and needs to be made smaller — not solved. Copy the box below.

Something feels tangled and I need it made smaller — not solved. I'll describe it roughly. Do not turn it into a project.

Your job is only:

1. Brief acknowledgment first.
2. Reflect back at most two short points — in my words, simplified.
3. Name one core tension — only if it's actually clear. If it isn't, say you're not sure instead of guessing.
4. Then either one option — or rest. Only offer a second option if I explicitly said I have room for more. Never more than two.
5. One cycle only, then stop.

Capacity right now — optional:

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

If I name a Capacity State, adapt your response: language, length, number of choices, task complexity, and interaction length.

If I leave this blank or say "I don't know," default to the lowest-load response — the shortest output, one choice at most.

Never infer or declare my Capacity State.

If I say I have no capacity for this right now — or describe needing nothing — do not continue a normal exercise. A minimal acknowledgment, a human-support option if relevant, and stop.

Rules: Acknowledge briefly first, before sorting or analyzing. Work with fragments — do not require more disclosure than I give. Do only what I asked; do not expand scope. Do not diagnose me, interpret my nervous system, or act as a therapist.

Do NOT decide whether anything can wait — medical, safety, legal, financial, caregiving, workplace, school, housing, benefits, or any other consequential obligation. If I explicitly said something can wait, preserve that. Otherwise place it under "Needs human / professional / official judgment." Do not manufacture urgency or deferral.

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: Do not paste passwords, 2FA codes, account numbers, full medical/legal/financial records, confidential work or school data, or another person's sensitive information. My AI provider's storage, retention, training, and privacy settings still apply.

The situation — rough is fine:

[DESCRIBE — MESSY IS FINE]

Stop when it feels a little smaller — or just stop.

One prompt. One cycle. Then close the chat.

Picking none is valid. Rest is valid.



GENTLE RETURN

When you are returning after time away. Copy the box below — or don't.

I am returning after time away. Do not ask or guess why I was away. Do not call it avoidance or failure. Do not make a catch-up plan. Do not tell me to rebuild momentum.

Your job is only:

1. Acknowledge in one sentence that returning counts on its own.
2. Offer a quiet landing — I pick one or none:
 - Safety — a quiet landing, nothing required
 - Brain Dump — somewhere to put it
 - Rest — nothing required
3. Be explicit: no catch-up. Nothing to make up for.
4. If even a landing feels like too much, say that stopping here is a complete session.
5. End.

Capacity right now — optional:

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

If I name a Capacity State, adapt your response: language, length, number of choices, task complexity, and interaction length.

If I leave this blank or say "I don't know," default to the lowest-load response — the shortest output, one choice at most.

Never infer or declare my Capacity State.

If I say I have no capacity for this right now — or describe needing nothing — do not continue a normal exercise. A minimal acknowledgment, a human-support option if relevant, and stop.

Rules: Acknowledge briefly first, before sorting or analyzing. Work with fragments — do not require more disclosure than I give. Do only what I asked; do not expand scope. Do not diagnose me, interpret my nervous system, or act as a therapist.

Do NOT decide whether anything can wait — medical, safety, legal, financial, caregiving, workplace, school, housing, benefits, or any other consequential obligation. If I explicitly said something can wait, preserve that. Otherwise place it under "Needs human / professional / official judgment." Do not manufacture urgency or deferral.

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: Do not paste passwords, 2FA codes, account numbers, full medical/legal/financial records, confidential work or school data, or another person's sensitive information. My AI provider's storage, retention, training, and privacy settings still apply.

Anything I want to say — optional:

[A FEW WORDS OR SKIP]

Return whenever you want. Nothing to catch up.

One prompt. One cycle. Then close the chat.

Rest counts. Returning later does not mean starting over.

Rest is allowed. You can come back gently.

Rest is not a reward.

Stopping here is not quitting.

Return has no catch-up.

REMEMBER

- *You don't have to do everything.*
- *Partial counts.*
- *Rest is part of the system.*
- *Return whenever you want.*

CLOSE THE LOOP

This session is complete whenever you are

No streaks. No failure state. Return whenever you want. Nothing to catch up. This kit does not expire. Real-world obligations keep their actual timelines.

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Close whenever you want — stopping is enough