

Low Capacity OS

AI Prompt Pack

Bounded AI support for overwhelmed minds.

Capacity-aware AI support for mental overload — not therapy, not a planner, not a hustle prompt list.

Eight bounded systems. Copy, paste, stop.

One prompt is a complete session.

For the days when reading a prompt list is already too much

If you're opening this while overloaded, frozen, or behind — that's who this was made for.

Each page is one short, contained AI prompt. You copy it, paste it, get one bounded answer, and stop.

You can:

- Use one system only
- Stop mid-prompt
- Return days later — nothing expires here
- Skip anything that feels like too much

One prompt is a complete session.

WHELMISH

Low Capacity OS

AI Prompt Pack

Operational relief for whatever your bandwidth.

AI Prompt Pack

BY WHELMISH

Nothing right now?

If opening AI itself feels like more demand, close this pack.

Nothing else is required.

No prompt.

No sorting.

No decision.

No explanation.

Return whenever you want.

Need a person instead?

This pack can wait.

Depending on the issue, appropriate support may include:

- a trusted person
- a healthcare or mental-health professional
- a caregiver or support person
- workplace or school support
- an appropriate legal, financial, or other professional resource
- emergency or crisis support when immediate danger is involved

You do not need to complete an AI prompt first.

How to use this pack with AI

No third-party AI platform is certified by this pack — these prompts only shape what happens inside one conversation.

Before you paste

1. Pick **one** system — or use the Low-Capacity Prompt Router if choosing feels like too much.
2. Copy the whole block — from **COPY FROM HERE** to **END PROMPT**.
3. Paste into your AI tool.

During

- Answer honestly. Fragments and mess are fine.
- If the AI starts planning your whole life, **stop** — re-paste the prompt or close the chat.
- You can say "stop" at any point. Stopping counts.

After

- You do **not** need another round.
- Partial counts. Choosing not to act counts.
- If something lands as too heavy, **Emotional Holding** (O5) is the lightest place to put it.

Privacy note

This PDF has no account or tracking requirement — **your AI provider does**. Its storage, retention, training, and privacy settings still apply to anything you paste. Do not paste passwords, 2FA codes, account numbers, full medical/legal/financial records, confidential work or school data, or another person's sensitive information.

What we never do here

- Streaks or "don't break the chain"
- Catch-up or "you're behind"
- Clinical or therapy claims
- Infinite chat — every system is designed to **end**

What this is not

- **Not** mental health treatment, crisis support, or medical advice
- **Not** a productivity system, habit tracker, or optimization tool
- **Not** a test you can fail — no scores, streaks, or catch-up
- **Not** "100 ChatGPT hacks" — eight bounded systems only
- **Not** a replacement for a person or professional when the situation needs one

These prompts do not decide whether anything real can wait. If something involves health, safety, legal, financial, caregiving, work, school, housing, benefits, or another consequential obligation and you are unsure — use the appropriate person or official source.

If you are in danger or crisis, contact local emergency or crisis services — this pack cannot see you or intervene.

Why these prompts end

Most AI tools keep expanding the conversation. These prompts are built the other way: **input** → **one bounded response** → **stop**.

Each system is one cycle. One prompt can be the whole session — a successful use of this pack might last twenty seconds.

The goal is lower demand and a clear stopping point — not a calmer feeling you have to reach, and never another prompt you have to run.

Built around Capacity-Safe design principles: **the system adjusts to the human**.

Low-Capacity Prompt Router

Choosing feels like too much?

Use 01 · Brain Dump Sorter — or close the pack.

One system is a complete session.

01 · Brain Dump Sorter

My head is too loud — somewhere to put it

Intro p. 9
Prompt p. 10

02 · Low-Capacity Orientation

I feel shut down or frozen

Intro p. 12
Prompt p. 13

03 · One Bounded Step

I want one tiny move — or none

Intro p. 15
Prompt p. 16

04 · One Thing Today

I need today made smaller

Intro p. 18
Prompt p. 19

05 · Emotional Holding

Emotional pressure is loud

Intro p. 21
Prompt p. 22

06 · Mental Load Splitter

Invisible mental load is everywhere

Intro p. 24
Prompt p. 25

07 · Low Capacity Situation Clarity

The situation is tangled — make it smaller, not solved

Intro p. 27
Prompt p. 28

08 · Gentle Return

I'm returning after time away

Intro p. 30
Prompt p. 31

Low-Capacity Prompt Router

not sure which system; let AI pick one

p. 33

No chains. One prompt, one cycle, then stop.

SYSTEM 01

Brain Dump Sorter

Low Capacity OS · capacity-aware AI support

When this fits

Your head is too loud — too many open loops, mixed tasks and worries, everything arriving at once — and you need somewhere to put it before anything else.

What this does

Externalizes a messy dump into a small set of buckets — without turning it into a productivity sprint, and without the AI deciding what is urgent in the real world.

What it does NOT ask from you

A clean list. Complete sentences. A decision. A follow-up.

Your prompt summary

Acknowledge first. Then sort what you pasted into buckets that only reflect what you already know — attention soon, can wait, emotional load, needs a person, unclear. Maximum eight items total; the rest is held without review.

Stop when

Stop whenever enough — not when everything is sorted. You do not have to feel better for this to count.

One contained cycle. Then rest.

The system adjusts to the human.

BRAIN DUMP SORTER — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

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. You do not have to fill every bucket.

END PROMPT

SYSTEM 02

Low-Capacity Orientation

Low Capacity OS · capacity-aware AI support

When this fits

You feel shut down, frozen, or numb — and forcing more function isn't working.

What this does

Offers one optional orientation choice — a single small way to notice where you are. Nothing is required. Choosing none is a complete answer.

What it does NOT ask from you

A breath pattern. A body position. An explanation of why you feel this way. A task.

Your prompt summary

Brief acknowledgment, then one optional choice — notice a support surface, notice one neutral thing, or none at all. If nothing fits, the session ends there.

Stop when

Stop whenever enough. Doing nothing is a valid outcome.

The system adjusts to the human.

LOW-CAPACITY ORIENTATION — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

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...".

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How I'm arriving — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough. Choosing none counts.

END PROMPT

SYSTEM 03

One Bounded Step

Low Capacity OS · capacity-aware AI support

When this fits

You want one tiny move — or you're not sure you want any move at all.

What this does

Offers at most one small, reversible step — something that could be undone without cost. If no step is right, the answer is rest. Both are complete outcomes.

What it does NOT ask from you

A plan. Momentum. A chain of next steps. Proof that the step was "safe."

Your prompt summary

Acknowledge, then one small reversible step if useful — otherwise "Stop here for now." The AI never certifies an action as safe; anything consequential belongs with a person.

Stop when

You have one step you can imagine starting — or you chose rest instead.

The system adjusts to the human.

ONE BOUNDED STEP — COPY/PASTE

COPY FROM HERE

› Paste everything below into your AI tool.

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...".

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My situation — optional:

[DESCRIBE, OR SKIP]

Stop whenever enough. Rest is a complete answer.

END PROMPT

SYSTEM 04

One Thing Today

Low Capacity OS · capacity-aware AI support

When this fits

Today feels like too much surface — and you need it made smaller, not organized.

What this does

Returns **one thing** by default — or none. Only if you explicitly say you have more room will it return up to three. Everything else is held outside today's exercise without being judged.

What it does NOT ask from you

A prioritized list. A reason the rest can wait. A commitment to the one thing.

Your prompt summary

Name what's on today. Get back one thing — or permission that none is fine. The AI never decides your real deadlines; anything consequential goes to a person, not a prompt.

Stop when

One thing is named — or none is. Stop whenever enough.

The system adjusts to the human.

ONE THING TODAY — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

My capacity is low. I need today made smaller — not planned.

I'm going to list what's on my mind for today, roughly. Do not optimize it, expand it, or turn it into a system.

Your job is only:

1. Acknowledge in one or two sentences.
2. Return **one thing** — the one I already named as mattering, or the one you can reflect back as carrying the most weight in my own words. If nothing stands out, say: "Nothing has to be picked today."
3. Only if I explicitly said I have room for more, return up to three.
4. Everything else goes under **Held outside today's exercise** — do not label it "can wait" unless I already said that.
5. Anything involving health, safety, legal, financial, caregiving, work, school, housing, benefits, or another consequential matter goes under **Needs human / professional judgment** — not on the list at all.
6. End with permission to 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..."

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What's on today — rough is fine:

[PASTE OR LIST – MESSY IS FINE]

Stop whenever enough. One thing — or none — is a complete answer.

END PROMPT

SYSTEM 05

Emotional Holding

Low Capacity OS · capacity-aware AI support

When this fits

Emotional pressure is loud — shame spikes, spiraling, heaviness — and you need it held, not analyzed.

What this does

Reflects what you said, briefly. One acknowledgment and one grounded sentence — nothing more unless you ask.

What it does NOT ask from you

An explanation of why you feel this way. A reframe. Homework. Feeling better.

Your prompt summary

One short acknowledgment, one grounded sentence, optional one low-demand question — or stop. No diagnosis, no interpretation of your nervous system, no tasks.

Stop when

Stop whenever enough. You do not have to feel better for this to count.

The system adjusts to the human.

EMOTIONAL HOLDING — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

Something feels emotionally heavy and I need it held — not fixed, not analyzed, not reframed.

Do not tell me why I feel this way.

Do not diagnose me or interpret my nervous system.

Do not give me tasks, homework, or a plan.

Your job is only:

1. Reflect what I said — briefly, in my own words.
2. One short, grounded acknowledgment.
3. Then either one low-demand question — or stop, whichever is lighter.
4. If useful, remind me I do not have to solve anything in this chat.
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...".

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What's heavy — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough. You do not have to feel better for this to count.

END PROMPT

SYSTEM 06

Mental Load Splitter

Low Capacity OS · capacity-aware AI support

When this fits

Invisible mental load is everywhere — remembering, tracking, holding — and it has never been written down in one place.

What this does

Splits a dump of invisible load into buckets that only reflect what you already know — including a permanent "unsorted" lane. Nothing gets deleted; nothing gets judged.

What it does NOT ask from you

A complete inventory. A decision about urgency. Delegation. Doing any of it.

Your prompt summary

Acknowledge first, then sort into: invisible load / unsorted, already-known urgency, emotional load, needs a person, unclear. Maximum eight items total — the rest is held.

Stop when

Stop whenever enough. Unsorted is a valid end state.

The system adjusts to the human.

MENTAL LOAD SPLITTER — COPY/PASTE

COPY FROM HERE

› Paste everything below into your AI tool.

I'm carrying invisible mental load — the remembering, tracking, and holding nobody sees. I'm going to dump it roughly. Do not judge it, optimize it, or turn it into a delegation 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):
 - **Invisible load / unsorted**
 - **I already know needs attention soon**
 - **I already know can wait**
 - **Emotional load**
 - **Needs human / professional judgment**
 - **Unclear**
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. One sentence naming that this was a lot to hold — 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."
- Unsorted is a valid end state — do not push me to resolve it.
- Do not add anything 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.

The load — rough is fine:

[PASTE OR LIST — MESSY IS FINE]

Stop whenever enough. Unsorted counts.

END PROMPT

SYSTEM 07

Low Capacity Situation Clarity

Low Capacity OS · capacity-aware AI support

When this fits

Something feels tangled — a situation, not a task list — and you need it made smaller, not solved.

What this does

Reflects back at most two short points, names one core tension only if it's clear, and offers one option — or rest. One cycle only.

What it does NOT ask from you

The full story. A decision. A plan. More than one pass through it.

Your prompt summary

Brief acknowledgment, then the smallest possible reflection. At low capacity the answer is one option or rest — never a three-branch tree.

Stop when

Stop whenever enough — the situation does not have to feel resolved.

The system adjusts to the human.

LOW CAPACITY SITUATION CLARITY — COPY/PASTE

COPY FROM HERE

› Paste everything below into your AI tool.

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..."

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The situation — rough is fine:

[DESCRIBE — MESSY IS FINE]

Stop whenever enough. It doesn't have to feel resolved.

END PROMPT

SYSTEM 08

Gentle Return

Low Capacity OS · capacity-aware AI support

When this fits

You're coming back after time away — from this pack, from the thing, from everything — and there's nothing to make up for.

What this does

Acknowledges that returning counts on its own, then offers a quiet landing: safety, somewhere to put it, rest — or none.

What it does NOT ask from you

An explanation of why you were away. A catch-up plan. Momentum. A decision.

Your prompt summary

One sentence that returning counts. Then a quiet landing — safety, brain dump, or rest — or none. No catch-up framing anywhere.

Stop when

Stop whenever enough. Returning was the action.

The system adjusts to the human.

GENTLE RETURN — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

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...".

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Anything I want to say — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough. Returning was the action.

END PROMPT

LOW-CAPACITY PROMPT ROUTER — COPY/PASTE

COPY FROM HERE

› Paste everything below into your AI tool.

I don't know which Low Capacity OS prompt fits, and choosing feels like too much.

Do not solve my situation.

Do not give me a plan.

Do not make me compare a long list.

Ask at most one question.

Use the few words I provide to choose one system only:

01 Brain Dump Sorter

02 Low-Capacity Orientation

03 One Bounded Step

04 One Thing Today

05 Emotional Holding

06 Mental Load Splitter

07 Low Capacity Situation Clarity

08 Gentle Return

If several fit, choose the lowest-demand option.

If I say "I don't know" or give too little information, choose 01 Brain Dump Sorter.

If even a prompt seems like too much right now, tell me I can stop instead — that is a complete answer.

Respond only with:

- system number + name
- one short reason
- "Use it, choose none, or stop here."

Context — optional:

[A FEW WORDS OR SKIP]

Do not start the selected exercise. Stop after routing.

END PROMPT

WHELMISH

Low Capacity OS

AI Prompt Pack

Operational relief for whatever your bandwidth.

AI Prompt Pack

BY WHELMISH

That's the end of the pack

You did enough for today.

One prompt is a complete session. Closing this file is a complete session.

This pack does not expire. Real-world obligations keep their actual timelines.

Return whenever you want. Nothing to catch up.

Low Capacity OS · AI Prompt Pack

bounded AI support for overwhelmed minds

by **Whelmish**

Built around Capacity-Safe design principles. Not therapy. The system adjusts to the human.

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