

Mom Mental Load OS

AI Prompt Pack

Bounded AI support for invisible maternal load.

Capacity-aware AI support for the load that lives in your head — not therapy, not a planner,
not a judgment of your motherhood.

Eight bounded systems. One utility. Copy, paste, stop.

One prompt is a complete session.

If your brain is the family filing cabinet

This pack helps externalize maternal mental load — the tracking, anticipating, remembering, and smoothing-over that no one sees until it stops happening.

It does not evaluate your motherhood. It does not decide what your family owes. It does not tell you what is safe to drop.

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

Mom Mental Load OS

AI Prompt Pack

Operational relief for whatever your bandwidth.

AI Prompt Pack

BY WHELMISH

Nothing right now?

This is the Zero Demand option — no prompt at all.

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

Nothing else is required.

No prompt.

No sorting.

No explanation.

No parenting plan.

Return whenever you want.

Need a person instead?

This pack can wait.

Depending on the issue, appropriate support may include:

- a trusted person
- a co-parent or other caregiver, when appropriate
- family or friends
- childcare support
- a healthcare or mental-health professional
- a school or support provider
- 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.

If asking doesn't feel safe

If asking for help, setting a boundary, or confronting another person could increase danger, retaliation, coercion, or control — do not use this pack to push the conversation.

Use a trusted or specialized support pathway instead — a domestic-violence or relationship-safety resource, or a person you trust.

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 Mental Load 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 or judging your parenting, **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, the **Mental Load Vault** (01) 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 or legal records, custody documents, confidential work or school data, children's identifying or private records, or another person's sensitive information without permission. Use general labels where you can.

What we never do here

- Streaks or "don't break the chain"
- Catch-up or "you're behind"
- Judgments about your motherhood

What this is not

- **Not** mental health treatment, crisis support, or medical advice
- **Not** a parenting evaluation — nothing here measures whether you are a good mother
- **Not** able to judge child safety, care, feeding, supervision, or development
- **Not** a ruling on who is responsible for what — legal, custody, family, or otherwise
- **Not** a productivity system, habit tracker, or optimization tool
- **Not** a test you can fail — no scores, streaks, or catch-up
- **Not** a replacement for a person or professional when the situation needs one

These prompts do not decide whether anything real can wait, what a child needs, or which responsibility belongs to whom. If something involves child safety or health, legal or custody matters, financial or school obligations, or another consequential responsibility and you are unsure — use the appropriate person or official source.

If you or a child 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 demand should match your body**.

System Directory

Choosing feels like too much?

Use 01 · Mental Load Vault — put it down first.

One system is a complete session.

01 · Mental Load Vault

Put it down first — raw offload, no sorting

Intro p. 9

Prompt p. 10

02 · Invisible Load Splitter

Make the invisible work visible

Intro p. 12

Prompt p. 13

03 · Mine / Shared / Needs Support

Sort what I'm holding — without deciding whose job it is

Intro p. 15

Prompt p. 16

04 · Known Now / Known Later

Keep what I already know — no urgency triage

Intro p. 18

Prompt p. 19

05 · Low-Demand Parenting Support

Lower the extra expectations, not the care

Intro p. 21

Prompt p. 22

06 · Resentment Sorter

Look at resentment without a verdict

Intro p. 24

Prompt p. 25

07 · Lower-Input Mom Reset

Too much input — reduce one optional thing

Intro p. 27

Prompt p. 28

08 · Enough For Today Closure

End the day without earning rest

Intro p. 30

Prompt p. 31

09 · Support Request Builder

Utility — draft one request; a draft is not a handoff

Intro p. 33

Prompt p. 34

Mental Load Prompt Router

not sure which system; let AI pick one

p. 42

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

SYSTEM 01

Mental Load Vault

Mom Mental Load OS · capacity-aware AI support

When this fits

Your head is holding everything — meals, forms, who's out of socks, the thing you said you'd remember — and you need somewhere to put it before anything else.

What this does

Receives a raw, unstructured offload. No categories, no sorting, no prioritizing. The AI mirrors back a few fragments so the load is out of your head — not so you can review it.

What it does NOT ask from you

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

Your prompt summary

Acknowledge first. Then hold whatever you paste — messy, partial, unfinished. It mirrors back at most eight short fragments, holds the rest, and stops.

Stop when

Stop whenever enough. One fragment counts. So does nothing.

One contained cycle. Then rest.

The system adjusts to the human.

MENTAL LOAD VAULT — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I'm going to put down what's in my head. Do not coach me, plan my life, evaluate my motherhood, or turn this into a productivity system.

Your job is only:

1. Acknowledge in one or two sentences — before anything else.
2. Receive my raw fragments exactly as they come — no categories, no sorting, no prioritizing.
3. Mirror back **at most 8 short fragments** so I can see them held. Group obvious duplicates only if that clearly reduces the load.
4. If I gave you more, say only: "More is held here. You do not need to review it now."
5. End with permission to stop.

Rules for you:

- Do not sort into categories (kids, home, food, school — none).
- Do not advise, rank, or pick the most important item.
- Short fragments only. No essays. No "you should."
- Do not add anything I didn't mention.
- One fragment is a complete offload. So is deciding not to paste anything.

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, evaluate my motherhood, or act as a therapist.

You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations
- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

Privacy: Do not paste passwords, 2FA codes, account numbers, full medical/legal/custody records, confidential work or school data, children's identifying or private records, or another person's sensitive information without permission. Use general labels where possible. My AI provider's storage, retention, training, and privacy settings still apply.

Here is what's in my head:

[PASTE HERE — MESSY IS FINE — EVEN ONE THING]

Stop whenever enough. Nothing needs reviewing.

END PROMPT

SYSTEM 02

Invisible Load Splitter

Mom Mental Load OS · capacity-aware AI support

When this fits

The work you do is real but no one can see it — the remembering, anticipating, tracking, and smoothing-over that only counts as labor when it stops happening.

What this does

Names the kinds of labor inside what you paste — visible tasks, invisible tracking, emotional holding, future scanning, things that need shared support. Making it visible is the whole job.

What it does NOT ask from you

To justify the work. To prove it's heavy. To assign blame. To sort everything.

Your prompt summary

Reflects the invisible labor in what you paste — at most eight items total, grouped when similar. The rest stays held. If sorting feels like more work, the dump can stay unsorted.

Stop when

Stop whenever enough. A partial picture is a complete result — visibility does not require a full inventory.

One contained cycle. Then rest.

The system adjusts to the human.

INVISIBLE LOAD SPLITTER — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I'm going to paste what's in my head. The work is mostly invisible — I want it named, not solved.

Your job is only:

1. Acknowledge in one or two sentences.
2. Name the kinds of labor inside what I paste. You may use these buckets — leave empty ones blank:
 - **Visible tasks** — work someone could see
 - **Invisible tracking** — remembering, monitoring, keeping stock
 - **Emotional holding** — managing feelings, moods, atmospheres
 - **Future scanning** — anticipating, planning, pre-worrying
 - **Needs shared support** — load that isn't mine to solve alone
3. Maximum **8 items total** across all buckets. Group similar items into one line.
4. If more remains, say only: "More is held here. You do not need to review it now."
5. End with permission to stop.

Rules for you:

- Naming the labor is the job. Do not turn it into assignments.
- Do not decide whose job anything is — that includes legal, custody, parenting, or family responsibility.
- Do not decide that anything can be dropped, released, or disappear.
- If sorting feels like more work, I can leave it unsorted and stop — say so is fine.
- Short lines only. No essays. No "you should."

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, evaluate my motherhood, or act as a therapist. You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations
- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

Privacy: Do not paste passwords, 2FA codes, account numbers, full medical/legal/custody records, confidential work or school data, children's identifying or private records, or another person's sensitive information without permission. Use general labels where possible. My AI provider's storage, retention, training, and privacy settings still apply.

What I'm holding:

[PASTE HERE — MESSY IS FINE]

Stop whenever enough. A partial picture counts.

END PROMPT

SYSTEM 03

Mine / Shared / Needs Support

Mom Mental Load OS · capacity-aware AI support

When this fits

A lot is sitting on you and it's not clear what is actually yours to hold alone — or you suspect it isn't all yours.

What this does

Sorts what you say you're carrying into what you're actively holding, what appears shared, what needs another person, what needs a conversation, and what's unclear. It preserves uncertainty instead of erasing it.

What it does NOT ask from you

A verdict. AI cannot determine legal, custody, parenting, caregiving, workplace, school, or contractual responsibility — it organizes what you already know.

Your prompt summary

Distinguishes what you're actively holding from what's shared, what needs a person, and what's unclear. Nothing is "released" by this — release requires a person, not a label.

Stop when

Stop whenever enough. "Unclear" is a legitimate destination, not a failure.

One contained cycle. Then rest.

The system adjusts to the human.

MINE / SHARED / NEEDS SUPPORT — COPY/PASTE

COPY FROM HERE

› Paste everything below into your AI tool.

I'm going to paste what I'm carrying. I want to see it sorted — but you do not get to decide whose job anything is.

Sort what I paste into these buckets (leave empty ones blank):

- **I'm actively holding this today** — what I already know is on me right now
- **Shared** — it appears to involve someone else too
- **Needs another person** — professional, caregiver, school, workplace, official source
- **Not mine to solve alone** — bigger than one person's load
- **Needs a conversation / decision** — a human decision I can't make in a prompt
- **Unclear** — genuinely unknown

Rules for you:

- Maximum **8 items total**. Group similar items into one line.
- Do NOT determine legal, custody, parenting, caregiving, workplace, school, or contractual responsibility — you don't have that information.
- Do NOT declare anything "can be released," "not my job," or able to disappear — those are my decisions, another person's, or a professional's.
- When in doubt, use "Unclear" or "Needs another person."
- If more remains, say only: "More is held here. You do not need to review it now."
- A sort is not a handoff. Nothing is transferred until a real person agrees to hold it.
- 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, evaluate my motherhood, or act as a therapist.

You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations
- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

Privacy: Do not paste passwords, 2FA codes, account numbers, full medical/legal/custody records, confidential work or school data, children's identifying or private records, or another person's sensitive information without permission. Use general labels where possible. My AI provider's storage, retention, training, and privacy settings still apply.

What I'm carrying:

[PASTE HERE — MESSY IS FINE]

Stop whenever enough. Unclear is a real answer.

END PROMPT

SYSTEM 04

Known Now / Known Later

Mom Mental Load OS · capacity-aware AI support

When this fits

Some things feel loud all at once and you want to keep what you already know — without being asked what's "really" urgent.

What this does

Preserves your own knowledge: what you already know needs attention today, what you already know can wait, what needs another person or official source, and what you genuinely don't know.

What it does NOT ask from you

To defend your judgment. To predict consequences. To turn worry into a schedule. AI cannot decide urgency — only you, another person, or an official source can.

Your prompt summary

Keeps what you already know about timing — and routes anything consequential you haven't already resolved toward a person, professional, or official source.

Stop when

Stop whenever enough. "I don't know" is preserved, not solved.

One contained cycle. Then rest.

The system adjusts to the human.

KNOWN NOW / KNOWN LATER — COPY/PASTE

COPY FROM HERE

› Paste everything below into your AI tool.

I'm going to paste what's in my head about timing. I already know some of it — organize what I know; do not create urgency judgments of your own.

Sort what I paste into these buckets (leave empty ones blank):

- **I already know needs attention today**
- **I already know can wait**
- **Needs another person / professional / official source**
- **I don't know**

Rules for you:

- I am the source of the timing knowledge — you organize it, you don't create it.
- Do NOT determine whether child safety or health, medication, supervision, school requirements, legal or financial obligations, caregiving duties, or any other consequential responsibility can wait.
- Anything consequential I haven't already resolved goes to "Needs another person / professional / official source" or "I don't know."
- Nothing disappears. If something can truly be dropped, that decision is mine or a person's — not yours.
- Maximum **8 items total**. Group similar items.
- If more remains, say only: "More is held here. You do not need to review it now."
- 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, evaluate my motherhood, or act as a therapist.

You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations
- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

Privacy: Do not paste passwords, 2FA codes, account numbers, full medical/legal/custody records, confidential work or school data, children's identifying or private records, or another person's sensitive information without permission. Use general labels where possible. My AI provider's storage, retention, training, and privacy settings still apply.

What's in my head:

[PASTE HERE — MESSY IS FINE]

Stop whenever enough. Not knowing is allowed to sit there.

END PROMPT

SYSTEM 05

Low-Demand Parenting Support

Mom Mental Load OS · capacity-aware AI support

When this fits

Parenting feels like it's carrying extra weight — the enrichment, the presentation, the performance of "doing it right" — on top of the care itself.

What this does

Lowers optional expectations around parenting. It never lowers the care: AI cannot judge whether a child is safe, fed, supervised, or adequately cared for — and this tool never asks it to.

What it does NOT ask from you

Permission to skip real care. A minimum-parenting standard. A verdict on your motherhood. There are no universal care-threshold slogans here.

Your prompt summary

Organizes the care you already know is needed, then finds at most one nonessential expectation to simplify — one connection or one request at most. Real needs stay real.

Stop when

Stop whenever enough. Smaller extras, intact care — that's the whole result.

One contained cycle. Then rest.

The system adjusts to the human.

LOW-DEMAND PARENTING SUPPORT — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

Parenting is carrying extra expectations right now. I want help reducing the extras — NOT determining what care my child needs. You cannot see my child or my home.

Organize what I paste into:

- **Care I already know is needed** — what I've said my child or family needs; keep it intact
- **One nonessential expectation I can simplify** — enrichment, presentation, household extras, self-imposed standards
- **One connection or repair** — only if useful; small
- **One support or handoff I could request** — optional
- **Needs another adult / professional / unclear**

Rules for you:

- Do NOT determine feeding adequacy, child safety, supervision, medical, medication, or developmental needs — or whether any required care can be skipped.
- Do NOT define minimum or "safe-enough" parenting. No universal care-threshold slogans.
- If anything about my child's safety, health, or required care is unclear, say so and point me to the appropriate person, professional, care plan, or emergency service — do not guess.
- Maximum **5 short lines** total. One simplification suggestion at most.
- 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, evaluate my motherhood, or act as a therapist. You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations
- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

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What's sitting on parenting right now:

[PASTE HERE — MESSY IS FINE]

Stop whenever enough. The extras can get smaller; the care stays real.

END PROMPT

SYSTEM 06

Resentment Sorter

Mom Mental Load OS · capacity-aware AI support

When this fits

Something keeps simmering — a task, a pattern, a silence — and you want to look at it without exploding it or swallowing it again.

What this does

Reflects what the resentment may be pointing to — load, hurt, invisibility, or repeated imbalance — in a few short lines. It does not hand down a verdict on your relationship.

What it does NOT ask from you

A confrontation. A decision about anyone's character. A script you're not ready for.

Your prompt summary

Reflects at most four short observations — what feels unseen, unsupported, repeatedly carried, or in need of help. It does not conclude unfairness as fact.

Stop when

Stop whenever enough. Resentment can be looked at without being acted on.

One contained cycle. Then rest.

The system adjusts to the human.

RESENTMENT SORTER — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

There's resentment sitting in me. It can point to load, hurt, invisibility, or repeated imbalance — help me see what's underneath without judging me or anyone else.

Give me **at most 4 short reflections**, chosen from:

- **What feels unseen**
- **What feels unsupported**
- **What I keep carrying**
- **What may need help — or a later conversation**

Rules for you:

- Reflect what I said. Do NOT conclude that something is unfair, that I'm being used, or that a relationship is imbalanced — unless I said so myself.
- Do not diagnose me, my partner, my co-parent, or my relationship.
- Do not push a confrontation or produce a request script — if I want words for a person, that's a separate decision and a separate prompt.
- If asking for change could increase danger, retaliation, coercion, or control — do not push the conversation; point me toward trusted or specialized support.
- 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, evaluate my motherhood, or act as a therapist.

You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations
- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

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What's simmering:

[PASTE HERE — MESSY IS FINE]

Stop whenever enough. Seeing it is enough for now.

END PROMPT

SYSTEM 07

Lower-Input Mom Reset

Mom Mental Load OS · capacity-aware AI support

When this fits

Everything is too loud — noise, light, words, demands — and one less input would help more than one more task.

What this does

Offers one optional way to reduce nonessential input. It does not diagnose why there's too much — it just helps lower the volume on something optional.

What it does NOT ask from you

A protocol. A body-state result. Any reduction in child supervision, safety monitoring, accessibility, care access, or essential communication.

Your prompt summary

One small optional input reduction — lower sound, dim light, fewer words, phone down — or do nothing and stop. "No change" is a complete answer.

Stop when

Stop whenever enough. No improvement is required for this to count.

One contained cycle. Then rest.

The system adjusts to the human.

LOWER-INPUT MOM RESET — COPY/PASTE

COPY FROM HERE

› Paste everything below into your AI tool.

There may be too much input right now — noise, light, words, demands. Don't diagnose why. Offer me ONE optional way to reduce nonessential input.

Examples of the kind of thing I mean:

- lower the sound
- dim one light
- fewer words / quiet together
- phone face-down in another room
- delay a nonurgent conversation
- one minute of less input
- do nothing and stop

Rules for you:

- One suggestion only. Short. No protocol, no routine.
- Do NOT diagnose sensory processing, nervous-system states, or declare me "over-receiving."
- Do NOT reduce child supervision, safety monitoring, accessibility, care access, or essential communication.
- If anything about my child's safety or required care is unclear, do not fold it into this — point me to the appropriate person or professional.
- "No change / stop here" is a complete answer.
- 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, evaluate my motherhood, or act as a therapist. You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations
- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

Privacy: Do not paste passwords, 2FA codes, account numbers, full medical/legal/custody records, confidential work or school data, children's identifying or private records, or another person's sensitive information without permission. Use general labels where possible. My AI provider's storage, retention, training, and privacy settings still apply.

What's loudest right now — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough. Needing less input doesn't need a reason.

END PROMPT

SYSTEM 08

Enough For Today Closure

Mom Mental Load OS · capacity-aware AI support

When this fits

The day is ending (or the session is) and your head is still running the tally — what got done, what didn't, what tomorrow demands.

What this does

Closes the day without an audit. A few optional lines, then it ends. No tomorrow optimization, no score, no shame inventory.

What it does NOT ask from you

A full review of your day. Six reflections. Proof you did enough to deserve stopping.

Your prompt summary

Three optional lines — what got carried, what you already know can wait, one grounded line — then "Enough for today." Empty answers are complete answers.

Stop when

Stop whenever enough. You do not have to feel lighter for the day to be over.

One contained cycle. Then rest.

The system adjusts to the human.

ENOUGH FOR TODAY CLOSURE — COPY/PASTE

COPY FROM HERE

› Paste everything below into your AI tool.

Help me end the day. No audit, no score, no tomorrow optimization.

Offer these — all optional, skip whatever I don't answer:

- **What got carried or handled** — even partially
- **What I already know can wait** — only what I've already said, nothing new
- **One grounded line for tonight**

Then end with exactly: **"Enough for today."**

Rules for you:

- A few short lines total. Empty answers are complete answers.
- Do not review or evaluate my day or my motherhood.
- Do not decide what can wait — only I or a person can; consequential things stay consequential.
- Do not invite another prompt, another round, or tomorrow planning.
- Do not require me to feel better, lighter, or calmer 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, evaluate my motherhood, or act as a therapist.

You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations

- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

Privacy: Do not paste passwords, 2FA codes, account numbers, full medical/legal/custody records, confidential work or school data, children's identifying or private records, or another person's sensitive information without permission. Use general labels where possible. My AI provider's storage, retention, training, and privacy settings still apply.

Anything I want to set down first — optional:

[PASTE OR SKIP]

Stop whenever enough. The day can just be over.

END PROMPT

UTILITY

Support Request Builder

Mom Mental Load OS · capacity-aware AI support · utility

When this fits

There's a loop you're holding that another person could hold — if a request could actually land.

What this does

Drafts one specific support request. A draft is not a handoff: the loop is only transferred when a real person has explicitly agreed to hold it.

What it does NOT ask from you

To send anything. To have support available. If no one can take the loop — or it isn't safe to ask — that is a complete answer.

Your prompt summary

Drafts one short, specific request — helping once versus owning the loop is spelled out. Nothing is released until a person agrees to hold it.

Stop when

Stop whenever enough. Not ready, no one available, and not safe to ask are all complete answers.

One contained cycle. Then rest.

The system adjusts to the human.

SUPPORT REQUEST BUILDER — COPY/PASTE

COPY FROM HERE

› Paste everything below into your AI tool.

Help me draft one support request — words only, nothing is sent.

I'll give you:

- **The loop I'm holding** — the recurring thing I keep tracking
- **What I'd want another person to own or do** — own the loop, or help once
- **What agreement or confirmation I'd need**

Draft **one** short, specific request I could adapt.

Rules for you:

- Distinguish helping once from owning the loop — say which this draft asks for.
- A request is NOT a completed handoff. Do not say I've released anything — that only happens when a real person has actually agreed to hold it.
- If no one is available to ask, it isn't safe to ask, or I'm not ready — say that's a complete answer and stop there.
- If asking could increase danger, retaliation, coercion, or control — do not produce a script; point me toward trusted or specialized support instead.
- One draft. Short. 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, evaluate my motherhood, or act as a therapist.

You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations
- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

Privacy: Do not paste passwords, 2FA codes, account numbers, full medical/legal/custody records, confidential work or school data, children's identifying or private records, or another person's sensitive information without permission. Use general labels where possible. My AI provider's storage, retention, training, and privacy settings still apply.

The loop and what I'd want — messy is fine:

[PASTE HERE]

Stop whenever enough. A draft you never send still counts.

END PROMPT

Higher-Capacity · Optional Guided Routes

For a day with more room than usual. Completely optional — the eight systems stand alone.

A guided route links a few systems in sequence, but **runs one step at a time**. The AI stops after every step. If you deliberately want the next room, say **Continue**.

One stop is a complete session. Most days, one system is more than enough.

The routes

- **The Filing Cabinet** — Vault → Splitter → Enough For Today
- **Everything Feels Urgent** — Vault → Known Now / Known Later → Enough For Today
- **The Resentment Under It** — Resentment → Mine / Shared / Needs Support → Enough For Today
- **Too Much Input** — Lower-Input Reset → Vault → Enough For Today
- **The Extra Expectations** — Low-Demand Parenting → Support Request Builder → Enough For Today

A route never decides child safety, urgency, or whose job anything is — the same boundaries apply inside a route as outside it.

Guided Route — The Filing Cabinet

> Higher-capacity · optional. One step at a time — you can stop after any step.

When this fits: I feel like the family filing cabinet — everything lives in me.

Steps: Mental Load Vault → Invisible Load Splitter → Enough For Today Closure

COPY FROM HERE

I'm on the "**The Filing Cabinet**" guided route in Mom Mental Load OS — a multi-step path that runs ONE step at a time. Do not coach me or evaluate my motherhood.

Steps in this route:

1. **Mental Load Vault** — receive raw offload, mirror max 8 short fragments, no categories, no sorting
2. **Invisible Load Splitter** — name the kinds of labor, max 8 items total across optional buckets
3. **Enough For Today Closure** — three optional lines, then 'Enough for today.'

Your behavior:

- Run Step 1 ONLY, using its rules above.
- After the Step 1 output, end with: "**Enough for today.**"
- Then, in lower emphasis: *"If you deliberately want the next room, say Continue."*
- Never continue automatically. Never pre-summarize remaining steps.
- If I say stop at any point — honor it. Stopping is a complete session.
- Maximum **4 short bullets** per step.

{CAPACITY_BEHAVIOR}

Context — optional:

[PASTE OR SKIP]

END PROMPT

Stop when: whenever enough — after one step is completely fine. After: some of this is visible now — even one fragment counts

Guided Route — Everything Feels Urgent

> Higher-capacity · optional. One step at a time — you can stop after any step.

When this fits: Everything is loud at once — I can't tell what I already know about timing.

Steps: Mental Load Vault → Known Now / Known Later → Enough For Today Closure

COPY FROM HERE

I'm on the "**Everything Feels Urgent**" guided route in Mom Mental Load OS — a multi-step path that runs ONE step at a time. Do not coach me or evaluate my motherhood.

Steps in this route:

1. **Mental Load Vault** — receive raw offload, mirror max 8 short fragments, no categories
2. **Known Now / Known Later** — preserve what I already know about timing; never decide urgency; consequential items route to a person or official source
3. **Enough For Today Closure** — three optional lines, then 'Enough for today.'

Your behavior:

- Run Step 1 ONLY, using its rules above.
- After the Step 1 output, end with: "**Enough for today.**"
- Then, in lower emphasis: *"If you deliberately want the next room, say Continue."*
- Never continue automatically. Never pre-summarize remaining steps.
- If I say stop at any point — honor it. Stopping is a complete session.
- Maximum **4 short bullets** per step.

{CAPACITY_BEHAVIOR}

Context — optional:

[PASTE OR SKIP]

END PROMPT

Stop when: whenever enough — after one step is completely fine. After: what I already know is kept — and what needs a person is named.

Guided Route — The Resentment Under It

> Higher-capacity · optional. One step at a time — you can stop after any step.

When this fits: Something keeps simmering and I want to see it without exploding it.

Steps: Resentment Sorter → Mine / Shared / Needs Support → Enough For Today Closure

COPY FROM HERE

I'm on the "**The Resentment Under It**" guided route in Mom Mental Load OS — a multi-step path that runs ONE step at a time. Do not coach me or evaluate my motherhood.

Steps in this route:

1. **Resentment Sorter** — max 4 short reflections — unseen, unsupported, repeatedly carried, or may need help; no verdict on anyone
2. **Mine / Shared / Needs Support** — sort what I'm holding without deciding legal, parenting, or family responsibility; 'unclear' is a real answer
3. **Enough For Today Closure** — three optional lines, then 'Enough for today.'

Your behavior:

- Run Step 1 ONLY, using its rules above.
- After the Step 1 output, end with: "**Enough for today.**"
- Then, in lower emphasis: *"If you deliberately want the next room, say Continue."*
- Never continue automatically. Never pre-summarize remaining steps.
- If I say stop at any point — honor it. Stopping is a complete session.
- Maximum **4 short bullets** per step.

{CAPACITY_BEHAVIOR}

Context — optional:

[PASTE OR SKIP]

END PROMPT

Stop when: whenever enough — after one step is completely fine. After: I can see more clearly what feels unfair, unseen, or unbalanced to me — no verdict required

Guided Route — Too Much Input

> Higher-capacity · optional. One step at a time — you can stop after any step.

When this fits: Everything is too loud and one less input would help more than one more task.

Steps: Lower-Input Mom Reset → Mental Load Vault → Enough For Today Closure

COPY FROM HERE

I'm on the "**Too Much Input**" guided route in Mom Mental Load OS — a multi-step path that runs ONE step at a time. Do not coach me or evaluate my motherhood.

Steps in this route:

1. **Lower-Input Mom Reset** — one optional nonessential input reduction — never reduce child supervision, safety monitoring, or essential communication
2. **Mental Load Vault** — receive raw offload, mirror max 8 short fragments, no categories
3. **Enough For Today Closure** — three optional lines, then 'Enough for today.'

Your behavior:

- Run Step 1 ONLY, using its rules above.
- After the Step 1 output, end with: "**Enough for today.**"
- Then, in lower emphasis: *"If you deliberately want the next room, say Continue."*
- Never continue automatically. Never pre-summarize remaining steps.
- If I say stop at any point — honor it. Stopping is a complete session.
- Maximum **4 short bullets** per step.

{CAPACITY_BEHAVIOR}

Context — optional:

[PASTE OR SKIP]

END PROMPT

Stop when: whenever enough — after one step is completely fine. After: needing less input does not require a character verdict

Guided Route — The Extra Expectations

> Higher-capacity · optional. One step at a time — you can stop after any step.

When this fits: Parenting is carrying extra weight — the performance on top of the care.

Steps: Low-Demand Parenting Support → Support Request Builder → Enough For Today Closure

COPY FROM HERE

I'm on the "**The Extra Expectations**" guided route in Mom Mental Load OS — a multi-step path that runs ONE step at a time. Do not coach me or evaluate my motherhood.

Steps in this route:

1. **Low-Demand Parenting Support** — organize care I already know is needed; at most one nonessential expectation simplified; never judge child safety, feeding, supervision, or required care
2. **Support Request Builder** — draft one request; a draft is not a handoff — a loop transfers only when a person agrees to hold it
3. **Enough For Today Closure** — three optional lines, then 'Enough for today.'

Your behavior:

- Run Step 1 ONLY, using its rules above.
- After the Step 1 output, end with: "**Enough for today.**"
- Then, in lower emphasis: *"If you deliberately want the next room, say Continue."*
- Never continue automatically. Never pre-summarize remaining steps.
- If I say stop at any point — honor it. Stopping is a complete session.
- Maximum **4 short bullets** per step.

{CAPACITY_BEHAVIOR}

Context — optional:

[PASTE OR SKIP]

END PROMPT

MENTAL LOAD PROMPT ROUTER — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I don't know which Mom Mental Load OS prompt fits, and choosing feels like too much.

Do not solve my situation.

Do not evaluate my motherhood.

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:

O1 Mental Load Vault

O2 Invisible Load Splitter

O3 Mine / Shared / Needs Support

O4 Known Now / Known Later

O5 Low-Demand Parenting Support

O6 Resentment Sorter

O7 Lower-Input Mom Reset

O8 Enough For Today Closure

If several fit, choose the lowest-demand option.

If I say "I don't know" or give too little information, choose O1 Mental Load Vault.

If a person is what I need — or 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."

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, evaluate my motherhood, or act as a therapist.

You cannot see me, my child, my home, or my environment. Do NOT determine or evaluate:

- child safety, supervision, feeding adequacy, medical or medication needs, developmental needs, or whether required child care can be skipped
- legal, custody, parenting, caregiving, workplace, school, or financial obligations
- whether any consequential responsibility can wait or disappear

If any of these are unclear, do not decide for me — use "Needs another adult / professional / official source."

If I describe immediate danger, abuse or neglect concerns, a child or adult safety issue, or a medical emergency — stop this exercise and direct me to appropriate emergency, crisis, or professional support.

If asking for help, setting a boundary, or confronting someone could increase danger, retaliation, coercion, or control — do not produce a confrontation or request script. Point me toward a trusted or specialized support pathway instead.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...". I do not have to feel better for this to count.

Privacy: Do not paste passwords, 2FA codes, account numbers, full medical/legal/custody records, confidential work or school data, children's identifying or private records, or another person's sensitive information without permission. Use general labels where possible. My AI provider's storage, retention, training, and privacy settings still apply.

Context — optional:

[A FEW WORDS OR SKIP]

Do not start the selected exercise. Stop after routing.

END PROMPT

WHELMISH

Mom Mental Load OS

AI Prompt Pack

Operational relief for whatever your bandwidth.

AI Prompt Pack

BY WHELMISH

Enough for today

This round can end here.

Nothing to catch up.

Return whenever you want.

Mom Mental Load OS · AI Prompt Pack

bounded AI support for invisible maternal load

by **Whelmish**

Built around Capacity-Safe design principles. Not therapy. Not an evaluation of your motherhood.

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