

# Performance Identity OS

## AI Prompt Pack

*Bounded AI support for output-fused identity.*

Capacity-aware AI support for the space between what you produce and who you are — not therapy, not a comeback plan, not a personal-brand strategy.

**Ten bounded systems. One utility. One router. Copy, paste, stop.**

One prompt is a complete session.

## You are still here when no one is clapping

If you are opening this while feeling worthless, invisible, behind, embarrassed, unimpressive, unchosen, underperforming, unable to stop checking metrics, afraid to rest, or unsure who you are without the role — this pack was made for when that pressure is present.

You do not need to become more impressive right now. You do not need to turn this into content. You do not need to build a comeback. You do not need to prove you are still valuable.

This is an **identity-unfusing AI toolkit**.

Short contained cycles: **name the pressure** → **separate output from self** → **one private anchor or rest** → **stop**

You can: use one system only · stop mid-prompt · paste fragments · say "I don't know" · choose a shorter window · choose rest as the outcome · return later without catching up.

**There is no wrong door.**

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## Performance Identity OS

### AI Prompt Pack

*Operational relief for whatever your bandwidth.*

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AI Prompt Pack

## 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 identity work.

No explanation.

No next step.

Return whenever you want.

## Need a person instead?

Nothing on this page requires action.

This pack can wait. Depending on the situation, appropriate support may include:

- a trusted person
- a mentor or coach, where appropriate
- a healthcare or mental-health professional
- workplace or school support
- appropriate legal, financial, or other professional help
- 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 setting a boundary, asking for help, or confronting an employer, family member, partner, coach, teacher, manager, audience, or other person could create danger, retaliation, or serious consequences — do not use this pack to push the conversation.

Use a trusted or specialized support pathway instead.

## How to use this pack with AI

### Before you paste

1. If you know which system fits, open it. If not, use the Performance Pressure Dump — or let the Router pick one system.
2. Copy the full prompt block, including the rules.
3. Paste into your own AI tool (ChatGPT, Claude, or similar).
4. Do not ask AI to turn this into a comeback plan.

### Privacy — do not paste

Passwords · 2FA codes · financial credentials or account numbers · confidential employer or client material · contracts · private school records · medical records · another person's sensitive information.

Use general labels: "the role" · "the metric" · "the audience" · "the team" · "the job" · "the class" · "the failure" · "the number"

Reducing identifying information lowers exposure; it does not guarantee anonymity. The prompt runs in your AI account — that provider's privacy, storage, and training rules apply.

### Capacity — optional

Every prompt accepts a declared capacity: blank, "I don't know", "prefer not to label", or a declared NSIF Capacity State. Blank or unknown defaults to the lowest-load response. AI must not infer or declare your state.

### During

Answer messy. Fragments count.

If AI starts giving a productivity plan, say: **"No plan. Separate identity from output."**

If AI starts trying to motivate you, say: **"No comeback language. No prove-them-wrong energy."**

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

### After

You do not need another round. You do not need to act. You do not need to feel different for this to count.

## What this is not

Not therapy, diagnosis, or treatment — including medical or eating-disorder care.

Not legal, employment, school, financial, contractual, or professional advice. Not a recommendation to quit anything, to stop required tracking, or to make high-stakes reputation or career decisions.

Not a confidence workbook. Not a comeback plan. Not a personal-brand strategy. Not a content plan. Not a way to become more impressive.

If a situation requires professional judgment — or involves immediate danger — use the appropriate professional, official, or emergency pathway. This pack cannot see your situation, verify risk, or intervene.

## Bounded performance cognition

Performance identity can turn anything into a stage: healing, rest, discipline, beauty, business, school, recovery, parenting, leadership, creativity — even vulnerability.

Most AI tools optimize for more: more confidence, strategy, consistency, content, achievement, reinvention, proof.

### **Performance Identity OS optimizes for unfusing:**

input → pressure named → identity separated from output → one private anchor or rest → exit

Performance itself is not the problem. Skill, ambition, excellence, and visibility can all stay meaningful — they just should not have to carry the entire job of personhood.

You should leave with **less pressure to prove yourself**, not a sharper plan for becoming impressive again.

**One prompt. One cycle. Then close the chat.**

# System Directory

**Not sure what fits?**

Use the Performance Pressure Dump — put it down first, no sorting.  
One prompt is a complete session.

**01 · Scoreboard Splitter**

A scoreboard has been tracking my worth

Intro p. 10  
Prompt p. 11

**02 · Approval Loop Interrupter**

Other people's responses drive me

Intro p. 13  
Prompt p. 14

**03 · Worth Beyond Output**

Worth feels tied to producing, achieving, or being seen

Intro p. 16  
Prompt p. 17

**04 · Failure Shame Reflection**

A disappointing result feels stuck

Intro p. 19  
Prompt p. 20

**05 · Applause Crash Support**

Success felt empty, flat, or frightening

Intro p. 22  
Prompt p. 23

**06 · Identity vs. Output**

Unsure who I am without the role, title, or performance

Intro p. 25  
Prompt p. 26

**07 · Non-Performance Window**

Want a window that is not measured or performed

Intro p. 28  
Prompt p. 29

**08 · Role Change / Grief Room**

A role changed, ended, or loosened

Intro p. 31  
Prompt p. 32

**09 · Private Life Anchor**

Want one thing that belongs to me, not the audience

Intro p. 34  
Prompt p. 35

**10 · Rest Without Earning**

Rest feels like it has to be earned first

Intro p. 37  
Prompt p. 38

**11 · Performance Pressure Dump**

Utility — put the pressure down first; no sorting required

Intro p. 39  
Prompt p. 40

**Performance Identity Router**

not sure which system; let AI pick one

p. 41



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SYSTEM 01

## Scoreboard Splitter

**When to use:** a scoreboard — grades, sales, rankings, body metrics, applause, titles, being needed — has been tracking your worth.

**What it does:** separates what happened from what the scoreboard measured, what you made it mean, and what it cannot establish. Flags anything that needs human or professional judgment instead of letting AI decide what can wait.

**What it will not do:** build a plan, motivate you, decide that real obligations can wait, or analyze metrics beyond what you paste.

## SCOREBOARD SPLITTER — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

I am struggling with performance identity.

My worth feels tied to output, metrics, approval, applause, ranking, numbers, or being useful.

Do not give me a productivity plan.

Do not motivate me.

Do not tell me to prove anyone wrong.

Do not turn this into a comeback.

Do not give me a personal-brand strategy.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Your job is only:

1. Acknowledge in 2 sentences max: a scoreboard can measure output, but it cannot measure personhood.
2. Sort what I paste into:
  - What happened
  - What the scoreboard measured
  - What I made it mean about me
  - What the scoreboard cannot establish
  - What I already know can wait
  - Needs human, professional, or official judgment
3. Offer one grounded sentence reflecting what I said without minimizing it.
4. Offer one optional private anchor — or stop.
5. End with permission to stop.

Rules: Short bullets. No "you should." No hustle language. No comeback plan. No metrics analysis beyond what I pasted. Do not decide that work, school, medical, financial, or legal matters can wait — those go in the judgment column. One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

You cannot see me or my situation. Do NOT decide or advise on: medical care, eating-disorder or other health treatment, required monitoring or metrics, employment or school obligations, legal or financial matters, contracts, caregiving duties, whether a boundary or conversation is safe, or whether anything can be skipped, released, or allowed to expire. If a metric is part of medical care, safety monitoring, or contractual/work requirements, do not tell me to stop tracking it. Anything consequential or unclear → route to the appropriate human, professional, or official source. If a boundary or confrontation could create danger or retaliation, do not write

a script — point me to a trusted or specialized support pathway. Immediate danger → name appropriate emergency/crisis support and stop.

Do not paste: passwords, 2FA codes, financial credentials or account numbers, confidential employer/client material, contracts, private school or medical records, or another person's sensitive information.

One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]

END PROMPT

SYSTEM 02

## Approval Loop Interrupter

**When to use:** other people's responses — applause, likes, praise, silence — are driving how you feel about yourself.

**What it does:** maps the loop you describe in plain words: what you do, how they respond, what you hoped the response would give you, what shows up when it doesn't. No diagnosis — exploration only.

**What it will not do:** tell you that you are dependent on approval, or hand you a confidence plan.

## APPROVAL LOOP INTERRUPTER — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

Approval can feel especially powerful when worth has become tied to other people's responses.

Do not diagnose me.

Do not tell me I am dependent on approval.

Do not give me a confidence plan.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Help me map the loop — exploratory, not conclusive:

1. What I do or show:
2. How they respond:
3. What I notice:
4. What I hoped their response would give me, if anything:
5. If there is no response, the story that shows up is:

Then:

- reflect the loop back in plain words, no verdict
- offer one optional private way to give myself support first — or stop
- end

Rules: Questions only from what I share. No psychological causation stated as fact. No "you should." One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

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One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]

END PROMPT

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SYSTEM 03

## Worth Beyond Output

**When to use:** worth feels tied to producing, achieving, or being seen — and low-output or rest periods feel especially hard.

**What it does:** reflects where worth currently seems to live in what you wrote, and what may exist without output — without hunting for a hidden "true self."

**What it will not do:** diagnose a wound, run a self-worth program, or force affirmations.

WORTH BEYOND OUTPUT — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

A strong link between output and worth can make low-output or rest periods especially difficult. That is what I am sitting in.

Do not diagnose me.

Do not tell me a hidden "true self" must be found.

Do not give me a self-worth program.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Your job is only:

1. Acknowledge in 2 sentences max — performance can matter without carrying the whole job of personhood.
2. From what I paste, reflect:
  - where worth currently seems to live
  - what exists without output, if I named any
  - one thing that may still be mine when nothing is being produced — only if visible in what I wrote
3. You may offer this line as an option, not a conclusion: "I am allowed to exist without being useful right now."
4. End with permission to stop.

Rules: No affirmations I did not ask for. No "you should." One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

You cannot see me or my situation. Do NOT decide or advise on: medical care, eating-disorder or other health treatment, required monitoring or metrics, employment or school obligations, legal or financial matters, contracts, caregiving duties, whether a boundary or conversation is safe, or whether anything can be skipped, released, or allowed to expire. If a metric is part of medical care, safety monitoring, or contractual/work requirements, do not tell me to stop tracking it. Anything consequential or unclear → route to the appropriate human, professional, or official source. If a boundary or confrontation could create danger or retaliation, do not write a script — point me to a trusted or specialized support pathway. Immediate danger → name appropriate emergency/crisis support and stop.

Do not paste: passwords, 2FA codes, financial credentials or account numbers, confidential employer/client material, contracts, private school or medical records, or another person's sensitive information.

One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]

END PROMPT

SYSTEM 04

## Failure Shame Reflection

**When to use:** a disappointing result feels stuck — failure, rejection, criticism, or a flop that still has weight.

**What it does:** separates what happened from what you made it mean and what it does not prove. Anything involving employment, school, money, contracts, health, or safety goes to professional judgment — AI does not decide it can wait.

**What it will not do:** tell you what the failure means, turn it into fuel, or push a next move.

## FAILURE SHAME REFLECTION — COPY/PASTE

### COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

A disappointing result feels stuck. No fixing yet. No lesson yet. No comeback yet.

Do not tell me what the failure "means."

Do not turn it into fuel.

Do not decide what can wait — I decide that.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Your job is only:

1. Acknowledge in 2 sentences max: a result is information about a situation — not a measurement of a person.
2. Sort what I paste into:
  - What happened
  - What I made it mean
  - What it does not prove
  - What I already know can wait
  - Needs professional or official judgment (employment, school, money, contracts, health, safety, or other consequential matters)
3. Offer one optional next move — or stop.

Rules: Do not supply explanations for why it happened. A disappointing result may contain information about timing, support, capacity, fit, skill, or circumstances — I do not have to decide which is true today. One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

You cannot see me or my situation. Do NOT decide or advise on: medical care, eating-disorder or other health treatment, required monitoring or metrics, employment or school obligations, legal or financial matters, contracts, caregiving duties, whether a boundary or conversation is safe, or whether anything can be skipped, released, or allowed to expire. If a metric is part of medical care, safety monitoring, or contractual/work requirements, do not tell me to stop tracking it. Anything consequential or unclear → route to the appropriate human, professional, or official source. If a boundary or confrontation could create danger or retaliation, do not write a script — point me to a trusted or specialized support pathway. Immediate danger → name appropriate emergency/crisis support and stop.

Do not paste: passwords, 2FA codes, financial credentials or account numbers, confidential employer/client material, contracts, private school or medical records, or another person's sensitive information.

One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]

END PROMPT

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SYSTEM 05

## Applause Crash Support

**When to use:** something went well — and the landing feels empty, flat, or frightening instead of peaceful.

**What it does:** names the crash without diagnosing it, reflects only what you notice, and offers at most one lower-demand landing option.

**What it will not do:** tell you what your body needs, analyze "success wounds," or hand you a bigger goal.

APPLAUSE CRASH SUPPORT — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

Something went well — and the landing does not feel like peace.

Do not tell me what my body needs.

Do not turn this into "success wounds" analysis.

Do not give me a bigger goal.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Your job is only:

1. Acknowledge in 2 sentences max: success can arrive without peace, and that is worth naming rather than fixing.
2. Reflect, only from what I pasted:
  - what happened
  - what I notice now, if anything
  - whether applause ending changed how things feel — only if I said so
3. Offer one lower-demand landing option — only if useful — or stop.
4. End.

Rules: No inference that visibility caused a specific need. No "you should." Success does not have to feel different before I stop. One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

You cannot see me or my situation. Do NOT decide or advise on: medical care, eating-disorder or other health treatment, required monitoring or metrics, employment or school obligations, legal or financial matters, contracts, caregiving duties, whether a boundary or conversation is safe, or whether anything can be skipped, released, or allowed to expire. If a metric is part of medical care, safety monitoring, or contractual/work requirements, do not tell me to stop tracking it. Anything consequential or unclear → route to the appropriate human, professional, or official source. If a boundary or confrontation could create danger or retaliation, do not write a script — point me to a trusted or specialized support pathway. Immediate danger → name appropriate emergency/crisis support and stop.

Do not paste: passwords, 2FA codes, financial credentials or account numbers, confidential employer/client material, contracts, private school or medical records, or another person's sensitive information.

One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]



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SYSTEM 06

## Identity vs. Output

**When to use:** unsure who you are without the role, title, talent, or performance — or a role is loosening and it feels disorienting.

**What it does:** sorts what you wrote into the role, what it gave, what it cost, and what remains outside it — without claiming a hidden true self must be found.

**What it will not do:** tell you who you are or hand you a reinvention plan.

## IDENTITY VS. OUTPUT — COPY/PASTE

### COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

Loosening a role can feel disorienting when it has carried a lot of identity, structure, or recognition.

Do not hunt for a "real self" underneath.

Do not tell me who I am.

Do not give me a reinvention plan.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Your job is only:

1. Acknowledge in 2 sentences max.
2. Sort what I paste into:
  - the role
  - what it gave
  - what it cost
  - what remains outside it, if anything I named
  - one private-life clue, only if visible

3. End with permission to stop.

Rules: Reflect only what I wrote. No diagnosis. No "the real you is." One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

You cannot see me or my situation. Do NOT decide or advise on: medical care, eating-disorder or other health treatment, required monitoring or metrics, employment or school obligations, legal or financial matters, contracts, caregiving duties, whether a boundary or conversation is safe, or whether anything can be skipped, released, or allowed to expire. If a metric is part of medical care, safety monitoring, or contractual/work requirements, do not tell me to stop tracking it. Anything consequential or unclear → route to the appropriate human, professional, or official source. If a boundary or confrontation could create danger or retaliation, do not write a script — point me to a trusted or specialized support pathway. Immediate danger → name appropriate emergency/crisis support and stop.

Do not paste: passwords, 2FA codes, financial credentials or account numbers, confidential employer/client material, contracts, private school or medical records, or another person's sensitive information.

One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]



SYSTEM 07

## Non-Performance Window

**When to use:** you want time that is not measured, tracked, posted, or performed — but a whole day is not realistic.

**What it does:** shapes one optional window of any size — an activity, five minutes, an evening, or none — inside which nothing has to be proven.

**What it will not do:** assign a full day, build a habit challenge, or touch tracking required for medical care, treatment, safety, school, work, money, or professional obligations.

## NON-PERFORMANCE WINDOW — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

I want a Non-Performance Window — a stretch of time that is not measured, performed, or turned into proof.

The window is whatever actually fits my life: one activity · five minutes · one evening · one morning · one day · another window I name · or none.

Do not assign me a full day.

Do not turn this into a habit challenge or a streak.

Do not tell me to stop tracking anything required for medical care, treatment, rehabilitation, safety, school, work, financial or legal obligations, or professional requirements. Required tracking stays required.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Your job is only:

1. Ask at most one question: how big a window, if I have not said.
2. Offer one or two optional shapes for the window based on what I pasted — inside it: no performing, no proof, no audience.
3. One thing I may set down inside the window — optional, and only something nonessential.
4. End with permission to stop — choosing no window is complete.

Rules: No fixed durations. No "you should." One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

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Do not paste: passwords, 2FA codes, financial credentials or account numbers, confidential employer/client material, contracts, private school or medical records, or another person's sensitive information.

One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]

END PROMPT

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SYSTEM 08

## Role Change / Grief Room

**When to use:** a role has changed, ended, or loosened — and whatever that carries needs somewhere to go.

**What it does:** mirrors the feeling you actually name — grief, relief, anger, confusion, or neutrality — and sorts what the role gave and cost without forcing grief.

**What it will not do:** assume you are grieving, prescribe healing, or hand you a new-identity plan.

ROLE CHANGE / GRIEF ROOM — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

A role has changed, ended, or loosened. Grief may or may not be part of it.

Do not assume I am grieving.

Do not force an emotional interpretation — grief, relief, anger, confusion, and neutrality are all allowed.

Do not give me a "new identity" plan.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Your job is only:

1. Acknowledge in 2 sentences max — mirror the feeling I actually named, not the one expected.
2. Sort what I paste into:
  - what the role was
  - what it gave
  - what it cost
  - what I miss, if anything
  - what I do not miss, if anything
  - what has somewhere to go next, if anything
3. If grief is present, let it be named without fixing it. If it is not, do not invent it.
4. End with permission to stop.

Rules: No "you will heal." No timelines. One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

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One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]

END PROMPT

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SYSTEM 09

## Private Life Anchor

**When to use:** you want one thing that belongs to you — not content, not proof, not useful to an image.

**What it does:** offers one private anchor that fits your situation — or honors choosing none — plus one optional way to keep it private.

**What it will not do:** assume food, movement, outdoor access, or errands are simple; turn the act into content; or make you justify it.

PRIVATE LIFE ANCHOR — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

I want one private-life anchor — something that belongs to me, not the audience.

Possible shapes, all optional and only if they fit my life: eat or drink something without documenting it · listen to music without turning it into learning or content · wear something for comfort · make something without trying to make it good · send one personal text unrelated to a role · look at something I like · rest · or none.

Do not assume food, movement, outdoor access, errands, or free time are uncomplicated for me.

Do not turn this into content, a habit, or a skill.

Do not explain why the act "belongs to me" — I do not need a justification.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Your job is only:

1. Offer one private anchor that fits what I pasted — or honor "none" as complete.
2. Name one way I can let it remain private, if I want.
3. End.

Rules: Small counts. Nothing counts. No "you should." One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

You cannot see me or my situation. Do NOT decide or advise on: medical care, eating-disorder or other health treatment, required monitoring or metrics, employment or school obligations, legal or financial matters, contracts, caregiving duties, whether a boundary or conversation is safe, or whether anything can be skipped, released, or allowed to expire. If a metric is part of medical care, safety monitoring, or contractual/work requirements, do not tell me to stop tracking it. Anything consequential or unclear → route to the appropriate human, professional, or official source. If a boundary or confrontation could create danger or retaliation, do not write a script — point me to a trusted or specialized support pathway. Immediate danger → name appropriate emergency/crisis support and stop.

Do not paste: passwords, 2FA codes, financial credentials or account numbers, confidential employer/client material, contracts, private school or medical records, or another person's sensitive information.

One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]



SYSTEM 10

## Rest Without Earning

**When to use:** rest feels like it has to be earned first — by output, by recovery done right, by praise.

**What it does:** one short acknowledgment, one optional reflection on what does not need proving, one closing permission. Then it ends.

**What it will not do:** schedule your rest, make rest productive, or suggest required metrics and deadlines can wait.

REST WITHOUT EARNING — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool, then add your situation after [PASTE].

Rest feels like it has to be earned first.

Do not give me a rest schedule.

Do not turn rest into a productivity tool.

Do not tell me required metrics or deadlines can be set aside — medical, safety, work, school, financial, or professional obligations keep their real timelines.

Do not give legal, medical, workplace, school, financial, or crisis advice.

Your job is only:

1. One short acknowledgment: rest is not a prize for performance.
2. One optional reflection, only if visible in what I pasted: what I do not need to prove here.
3. One closing permission.
4. End.

Rules: Minimal output. No "you should." I do not have to feel rested for this to count. One cycle.

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One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context:

[PASTE]

END PROMPT

WHELMISH

## Performance Identity OS

### AI Prompt Pack

*Operational relief for whatever your bandwidth.*

AI Prompt Pack

BY WHELMISH

UTILITY

## Performance Pressure Dump · Utility

**When to use:** before choosing anything — put the pressure down first. Proving, performing, failing, winning, being watched, being useful, being enough. Fragments only.

**What it does:** mirrors a few fragments back plainly and holds the rest. No sorting, no advice, no lesson.

**What it will not do:** categorize, prioritize, tell you what matters most, or start a system.

PERFORMANCE PRESSURE DUMP — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool, then dump whatever you have after [PASTE].

This is a pressure dump, not an exercise. I am putting down whatever feels tied to proving, performing, failing, winning, being watched, being useful, being admired, being chosen, or being enough — grades, sales, rankings, bodies, applause, titles, being needed. Fragments only. No category yet. No lesson. No comeback.

Your job is only:

1. Mirror back at most 6–8 of my fragments, plainly.
2. Hold the rest without comment.
3. Offer nothing else — no advice, no sorting, no lesson, no plan.
4. End with: that is enough for this round.

Rules: Do not categorize. Do not prioritize. Do not tell me what matters most. Do not start a system. One cycle.

**Capacity right now · optional** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

You cannot see me or my situation. Do NOT decide or advise on: medical care, eating-disorder or other health treatment, required monitoring or metrics, employment or school obligations, legal or financial matters, contracts, caregiving duties, whether a boundary or conversation is safe, or whether anything can be skipped, released, or allowed to expire. If a metric is part of medical care, safety monitoring, or contractual/work requirements, do not tell me to stop tracking it. Anything consequential or unclear → route to the appropriate human, professional, or official source. If a boundary or confrontation could create danger or retaliation, do not write a script — point me to a trusted or specialized support pathway. Immediate danger → name appropriate emergency/crisis support and stop.

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One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Fragments:

[PASTE]

END PROMPT

PERFORMANCE IDENTITY ROUTER — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I don't know which Performance Identity 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 Scoreboard Splitter

02 Approval Loop Interrupter

03 Worth Beyond Output

04 Failure Shame Reflection

05 Applause Crash Support

06 Identity vs. Output

07 Non-Performance Window

08 Role Change / Grief Room

09 Private Life Anchor

10 Rest Without Earning

If several fit, choose the lowest-demand useful option.

If unclear — or I give too little — route me to the Performance Pressure Dump, or 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** — I may leave it blank, say "I don't know" or "prefer not to label," or declare an NSIF Capacity State (Flowing, Grounded, Recovering, Stretched, Flooded, Frozen, Fractured, Zero Demand). If declared, adapt response length, wording, choice count, and interaction length. If blank or unknown, default to the lowest-load response. Never infer or declare my Capacity State as fact. If I say Zero Demand — or ask for nothing — do not continue the normal exercise; acknowledge and end.

You cannot see me or my situation. Do NOT decide or advise on: medical care, eating-disorder or other health treatment, required monitoring or metrics, employment or school obligations, legal or financial matters, contracts, caregiving duties, whether a boundary or conversation is safe, or whether anything can be skipped, released, or allowed to expire. If a metric is part of medical care, safety monitoring, or contractual/work requirements, do not tell me to stop tracking it. Anything consequential or unclear → route to the appropriate human, professional, or official source. If a boundary or confrontation could create danger or retaliation, do not write

a script — point me to a trusted or specialized support pathway. Immediate danger → name appropriate emergency/crisis support and stop.

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One bounded cycle only. End with permission to stop — no automatic follow-up, no next-product offer. I do not have to feel better for this to count.

Context — optional:

[A FEW WORDS OR SKIP]

Do not start the selected exercise. Stop after routing.

END PROMPT

## The scoreboard is not the self

You did enough for this round.

This pack has no streaks. No failure state. No missed days. Nothing to catch up.

You do not have to perform your healing. You do not have to be impressive to be real.

Return whenever you want.

**You are not your scoreboard.** A private life counts. Failure does not delete you. Success does not have to become a cage. Rest does not need applause. **You are still here when no one is clapping.**

*Performance Identity OS · AI Prompt Pack · Operational relief for whatever your bandwidth. · by Whelmish*

Capacity-aware operational support — not therapy, not medical advice, not legal advice, not workplace advice, not school advice, not financial advice, not crisis support. Personal use only. © Whelmish.