

Shutdown Recovery OS

Shutdown Recovery Pack

Operational relief for whatever your bandwidth.

ARRIVE

Nothing is *required*.

A LOW-DEMAND PLACE TO PAUSE, ORIENT, OR DO NOTHING — FOR FREEZE, NUMBNESS, BLANKNESS, HEAVINESS, FEELING FAR AWAY, OR CAN'T-START MOMENTS.

No breathing exercise. No grounding. No writing. No choosing. No restart.

You can close this kit.

This kit does not diagnose why shutdown is happening.

SHUTDOWN RECOVERY OS

For freeze, numb, and far away

Body-first reentry — not a task restart system.

IF YOU WANT A DOOR — ALL OPTIONAL

1. Need a person? The next page lists human and medical support.
2. Have room for one neutral thing? It comes after Safety.
3. Everything else in this kit is optional.
4. Stop whenever enough — nothing has to feel different.
5. Rest is a valid ending.

Close this kit — or turn the page

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Before anything else

NOTHING ON THIS PAGE REQUIRES ACTION.

THIS KIT CANNOT TELL WHY

This kit cannot determine why you feel numb, heavy, weak, frozen, blank, confused, far away, or unable to start.

If the experience is new, severe, medically concerning, related to injury, substances, or medication — or involves immediate safety concerns — use the appropriate healthcare or emergency pathway rather than relying on this kit.

Unsure whether this belongs here? Use a person or professional.

WHAT THIS IS NOT

- Not therapy, diagnosis, or medical advice
- Not crisis support
- Not a planner or productivity reset
- Not a habit tracker or “get back on track” system
- Not a measure of how recovered you are

NOT

NEED A PERSON INSTEAD?

This kit can wait — a trusted person, a healthcare or mental-health professional, workplace or school support, an appropriate legal or financial professional, or emergency/crisis support for immediate danger.

If asking for help, setting a boundary, or sending a message could create danger, retaliation, or serious consequences — use a trusted or specialized pathway, not this kit.

Safety is next — or stop here entirely

More demand may not be useful right now.

If you feel shut down, numb, heavy, blank, frozen, or far away — this kit offers a low-demand place to pause, orient, or do nothing.

Nothing on this page requires action.

One possible framing is that the system reduced demand to protect capacity — but this kit does not claim to know why this is happening for you.

GENTLE GUIDANCE

Lower demand may be more workable right now

Skip anything. Every page after this one is optional.



Nothing on this page requires action.

IF THIS NEEDS A PERSON, NOT A PAGE

New, severe, medically concerning, or dangerous — use a healthcare, professional, or emergency pathway. The kit can wait.

Stay here as long as you need

What not to reach for right now

LEAVE THESE ALONE

- Do not open the whole backlog
- Do not make a full plan
- Do not ask yourself to explain the gap
- Do not measure this moment against a higher-capacity day
- Do not confuse stillness with a verdict about you

You may have been told

"Get up." "Stop being dramatic." "You can't just shut down." "Push through."

"Everyone is tired." "You need discipline." "You're avoiding responsibility."

This kit does not need you to defend the time you spent away.

🛡️ No performance is required here

🍪 Nothing to prove

💧 Skip anything

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SHUTDOWN ROUTE

What can you hold right now?

Four options. Choosing none is complete.

One page can be the whole session.

Don't know what you can hold?

Go back to Nothing Required — you do not have to choose.

PICK ONE — OR NONE

NOTHING

→ NOTHING REQUIRED · P. 1

ONE NEUTRAL THING

→ ONE NEUTRAL ORIENTATION · P. 7

I HAVE A LITTLE MORE ROOM

→ THE ROUTE PAGES THAT FOLLOW — OPEN ANY THAT FIT · P. 8

I DON'T KNOW

→ NOTHING REQUIRED / SAFETY · P. 1

One page is enough — none is too

One neutral orientation

Choose ONE only if it feels useful and accessible — or none.

No progression. Nothing to complete.

Options: notice one support surface · one neutral object or color · one sound · let one natural breath happen without changing it · contact with clothing, blanket, or chair.



♥ FEELS LIKE: *One neutral thing — or blank*

If none fit, choose none

Neutral Sensation Route

Choose one if useful. Blank is valid.

-  Something I see
-  Something I hear
-  Something in contact with me
-  A temperature
-  A surface or support
-  A color in the room

One neutral thing — or stop

No words required

Mark one only if you want. Leaving this blank is complete.

- ☐ I am here
- ☐ I am not fully here
- ☐ I feel far away
- ☐ I feel heavy
- ☐ I feel blank
- ☐ I don't know

Everything feels far away

Do not chase yourself. Let the room come to you slowly — or not at all.



One line each — or blank

One neutral object · one sound · one surface ·
one thing not asking anything of you

Stop whenever enough — nothing has to feel different

I can't start

If starting is not available, this page is not a fix. These are optional examples — or none.

OPTIONAL EXAMPLES — PICK ONE IF IT FITS, OR NONE

- Notice a support surface
- Look at one neutral object
- Touch a blanket or clothing, if comfortable
- Leave this page open
- Look away
- Stay where you are

If none fit, choose none

One Optional Bridge

Only if you deliberately want one small bridge toward something outside this kit.

Nothing is also complete.



Options — or none

Open the thing without acting · look at the last
note · send a short request for more time, if
appropriate · place one object nearby · nothing

♥ FEELS LIKE: *A bridge is allowed, not required*

Not a to-do — an optional bridge

Welcome back

You're here now.

Nothing to catch up in this kit.

You do not have to explain the time away.

-  Nothing right now
-  One neutral orientation
-  A return script — if you need one
-  Rest

Pick a door — or none

No catch-up.

You do not have to catch this kit up.

You do not have to open every missed thing.

Returning here is enough for this page.

Real-world duties keep their actual requirements — this kit does not decide them.



Nothing on this page requires action.

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RETURN SCRIPTS — OPTIONAL DRAFTS

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Copy, adjust, or skip entirely.

"I need a little more time — I'll respond when I can."

Or:

"I'm not able to answer fully right now. I will follow up."

Use only where this fits your real obligations and power context. This page does not determine work, school, legal, caregiving, medical, or contractual deadlines — if a formal or urgent response is required, follow that process.

If messaging someone could increase danger or retaliation, use a person or professional pathway instead.

This kit does not require a message. Real-world obligations may still require one.

Optional — or skip entirely

Rest can be the ending

Opening this page can be enough for this round.

You do not need another step.

 Nothing to repay

 Stopping counts

 Rest is allowed

You did enough for this round

Nothing Required

This page asks nothing.

No writing. No choosing. No fixing. No next step.

You may look away or close the kit.

Nothing else is required.



Nothing else is required.

Optional AI — only if you have room

If opening AI feels like more demand right now, skip this entire section.

Closing the kit without opening AI is a complete session.

- 🛡 Entirely optional
- 🧠 One prompt · one cycle
- 💖 Stop whenever enough

Skip is complete — continue only if you want



AI support rules

Use AI only if it reduces demand.

No task lists. No life plans. No productivity advice. No diagnosis of why shutdown is happening.

One prompt. One cycle. Then stop.

Do not paste: passwords · 2FA codes · financial credentials · confidential work/school/client material · medical records · legal documents · another person's sensitive information.

Your AI provider's storage and privacy rules apply to whatever you paste.

Turn to the first prompt — or stop

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BODY-FIRST ORIENTATION

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Copy the box. Paste into your AI tool. One cycle — then stop.

I feel shut down, numb, frozen, blank, heavy, or far away.

Do not diagnose why.

Do not give me a task list or a plan.

Do not move me toward reentry.

Your job is only:

1. Briefly acknowledge what I described — without explaining why it is happening.
2. Offer ONE optional neutral orientation — at most one (e.g. a support surface, a neutral object or color, one sound, natural breath without changing it, or contact with clothing/chair/blanket).
3. Or say: "You can stop here."
4. End.

No sequence. No required body movement.

Capacity — optional: blank / "I don't know" = lowest load. Never infer or declare my Capacity State. Zero Demand = one brief acknowledgment and end. Do not diagnose why I feel numb, frozen, blank, heavy, or unable to start; if my description may require medical, safety, or professional judgment, route me to appropriate support and stop.

You cannot see me or my situation. Do NOT decide or advise on: medical, health, or eating-disorder care; required metrics or monitoring; employment, school, legal, or financial matters; contracts; caregiving; or whether a boundary or conversation is safe. If a metric is required for care, safety, or work — do not tell me to stop it. Consequential or unclear → route to a human/professional. Danger → name emergency/crisis support and stop.

One cycle only. End with permission to stop. Don't paste credentials, confidential work/school material, medical/financial records, or another person's private information.

What I have — optional:

[PASTE]

End prompt — stop when the reply arrives, or whenever enough.

Paste, run once, close the chat

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HIGHER-CAPACITY · OPTIONAL



SHUTDOWN SITUATION CLARITY

SHUTDOWN SITUATION CLARITY

Something feels confusing — make it slightly smaller, not a plan.

Something feels confusing and I only have enough capacity to make it slightly smaller.

Do not diagnose why — no nervous-system explanation, no cause stated as fact.

Do not give me a task list or a plan.

Do not offer a menu of options.

Your job is only:

1. Briefly acknowledge what I said.
2. Offer at most 2 short reflections on what I pasted.
3. Offer one optional neutral orientation — or suggest rest.
4. End with permission to stop.

If what I describe may require medical, safety, crisis, or professional judgment, stop the ordinary exercise and point me toward the appropriate person, professional, or emergency pathway.

Capacity — optional: blank / "I don't know" = lowest load. Never infer or declare my Capacity State. Zero Demand = one brief acknowledgment and end. Do not diagnose why I feel numb, frozen, blank, heavy, or unable to start; if my description may require medical, safety, or professional judgment, route me to appropriate support and stop.

You cannot see me or my situation. Do NOT decide or advise on: medical, health, or eating-disorder care; required metrics or monitoring; employment, school, legal, or financial matters; contracts; caregiving; or whether a boundary or conversation is safe. If a metric is required for care, safety, or work — do not tell me to stop it. Consequential or unclear → route to a human/professional. Danger → name emergency/crisis support and stop.

One cycle only. End with permission to stop. Don't paste credentials, confidential work/school material, medical/financial records, or another person's private information.

Context — fragments fine:

[PASTE]

End prompt — stop when the reply arrives, or whenever enough.

One reply is a complete session

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GENTLE RETURN

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Returning after time away — no catch-up plan.

I am returning after time away.

Do not tell me why I was away.

Do not call it avoidance.

Do not create a catch-up plan.

Do not list what I might have missed.

Your job is only:

1. Say: "Nothing to catch up in this chat."

2. Offer ONE optional door — Hold Space Only or Neutral Sensation — not both.

3. Only if I explicitly ask: draft one short return message, using only what I provide.

If I ask for a message: tell me the draft does not determine whether it satisfies workplace, school, medical, caregiving, legal, contractual, or other official requirements — if an official response or process is required, point me to it. If sending a message could increase danger or retaliation, point me to a human/professional pathway instead of writing one.

End.

Capacity — optional: blank / "I don't know" = lowest load. Never infer or declare my Capacity State. Zero Demand = one brief acknowledgment and end. Do not diagnose why I feel numb, frozen, blank, heavy, or unable to start; if my description may require medical, safety, or professional judgment, route me to appropriate support and stop.

You cannot see me or my situation. Do NOT decide or advise on: medical, health, or eating-disorder care; required metrics or monitoring; employment, school, legal, or financial matters; contracts; caregiving; or whether a boundary or conversation is safe. If a metric is required for care, safety, or work — do not tell me to stop it. Consequential or unclear → route to a human/professional. Danger → name emergency/crisis support and stop.

One cycle only. End with permission to stop. Don't paste credentials, confidential work/school material, medical/financial records, or another person's private information.

Context — optional:

[PASTE]

End prompt — stop when the reply arrives, or whenever enough.

One reply is a complete session

This round can end here.

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

Nothing to catch up in this kit.

Return whenever you want.

REMEMBER

- *No performance is required here.*
- *Rest is a valid ending.*
- *This kit can wait — real-world responsibilities keep their own timelines.*

Personal use only. Not therapy, medical advice, or crisis support. © Whelmish.