

# STATUS: SYSTEM OVERHEAT

EMERGENCY AUDIT // THE BURNOUT CHECK

DATE: [                    ]  
CAPACITY %: [                    ]

SYSTEM WARNING: DO NOT ADD NEW TASKS. YOUR CAPACITY IS COMPROMISED. SUBTRACTION IS THE ONLY FIX.

## 01 // DIAGNOSTIC SCAN (THE CRISPY INDEX)

### PHYSICAL INDICATORS

"I am tired but wired. My body hurts."

- SLEEP IS BROKEN
- MYSTERY PAINS (JAW/HEAD)
- SENSORY OVERLOAD

### COGNITIVE INDICATORS

"I feel stupid. I can't choose simple things."

- FORGETTING WORDS
- INDECISION LOOP
- TIME BLINDNESS

### EMOTIONAL INDICATORS

"I feel robotic, cynical, or enraged."

- DETACHMENT / APATHY
- SNAP IRRITABILITY
- DOOM PILE SHAME

## 02 // THE DROP PROTOCOL

### THE SOCIAL DROP PEOPLE

Who are you ghosting? Let it go explicitly.

- SEND "I'M OFFLINE" TEXT
- CANCEL ONE PLAN

### THE DOMESTIC DROP HOME

What chore is allowed to fail this week?

- USE PAPER PLATES
- IGNORE LAUNDRY PILE

### THE STANDARD DROP EGO

Lower the bar. Frozen pizza is fine.

- ORDER TAKEOUT
- HALF-ASS ONE TASK

## 03 // RECOVERY MODE SETTINGS

### STOP HERE. COMPLETE SECTION 02 FIRST.

- Rest is not a project. Do not "optimize" it.
- "I am at capacity" is a complete sentence.
- No over-explaining your delays.
- Sleep > Deadlines.

### 3 THINGS TO SUBTRACT (KILL LIST)

01.
02.
03.

## 04 // PROHIBITED ACTIONS

### NO OPTIMIZING

Do not read books on "how to rest." Do not track your sleep data. Stare at a wall.

### NO APOLOGIZING

You are not lazy. You are out of fuel. Apologizing uses energy you do not have.