

# STATUS: PARALYSIS DETECTED

EMERGENCY INTERRUPT PROTOCOL // THE STUCK LOOP

DATE: [            ]  
TIME: [            ]

SYSTEM WARNING: DO NOT TRY TO WORK YET. WILLPOWER WILL LOSE. YOU NEED A BIOLOGICAL OVERRIDE.

## 01 // DIAGNOSTIC & QUICK PATH

### ERROR: BIOLOGY

"I feel fried. I have not eaten or moved in hours."

- DRINK WATER
- EAT PROTEIN
- BATHROOM BREAK

### ERROR: AVOIDANCE

"The task feels scary, vague, or too big."

- DO 2 MINS ONLY

NAME NEXT ACTION:

### ERROR: INERTIA

"Stopping feels harder than continuing."

- STAND UP. NO DEBATE.
- CHANGE TEMP
- ONE MANUAL CHORE

## 02 // THE PHYSICAL INTERRUPT

### STEP 01: SEVER PHYSICAL

Break the circuit. Thinking will not help.

- THROW PHONE ON COUCH
- CLOSE EYES (COUNT TO 5)

### STEP 02: SHOCK SENSORY

Change the nervous system state.

- SPLASH COLD WATER
- PLAY ONE LOUD SONG

### STEP 03: BRIDGE MANUAL

Do not return to desk yet.

- LOAD DISHWASHER
- TAKE TRASH OUT

## 03 // SAFE MODE REBOOT

### STOP HERE. COMPLETE SECTION 02 FIRST.

- Do not open the main project file.
- Open a blank document.
- Write 3 comically small steps.
- Work 10 minutes. Stop on purpose.

### MANUAL INPUT (COMICALLY SMALL STEPS)

01.
02.
03.

## 04 // PROHIBITED ACTIONS

### DON'T RESEARCH

Research is scrolling with a disguise. No new tabs. No organizing bookmarks.

### DON'T PUNISH

Shame is a dopamine drain. You cannot hate yourself into productivity.