

BUILT FOR CHAOS: SUPPLEMENTAL RESOURCE

THE HUMAN AF GO-BAG

Emergency Protocols for Executive Dysfunction

This is **not** a productivity system.

This is a **pull-cord**.

When your brain enters shutdown, task paralysis,
or an isolation cascade, you cannot rely on
willpower to restart the engine.

You rely on protocols.



Keep this document accessible.

Use it when you cannot think.

**BUILT FOR
CHAOS**

Designed for neurodivergent brains.
Authentic Mess Studios, LLC

THE HUMAN AF METHOD

SIX STEPS FOR WHEN YOUR BRAIN WON'T COOPERATE

01 NOTICE

Observe without judgment.
What is actually happening right now?

02 NORMALIZE

This is how your brain works.
Not a flaw. Not a failure.

03 NAME

Label it precisely.
"Task Paralysis." "Dopamine Crash." "Isolation Spiral."

04 NARROW

What is the single smallest possible next action?
Not the plan. Not the project. Just the next move.

05 NUDGE

Take only that action. Not the one after it.
Just this one.

06 NURTURE

Care for the brain that got you through it.
Refuel. Don't punish.

MY BRAIN'S MANUAL

THE OPERATING GUIDE YOUR BRAIN ACTUALLY CAME WITH

01 FUEL SOURCES

What genuinely energizes and engages my brain

02 KRYPTONITE

What reliably drains, derails, or shuts me down

03 CEO SCHEDULE

My actual best hours for different kinds of work

TIME OF DAY BEST USED FOR

MORNING

AFTERNOON

EVENING

LATE NIGHT

04 WARNING SIGNS

My personal early indicators that something is wrong

THE THREE-PILE SYSTEM™

THE ONLY SORTING SYSTEM YOUR BRAIN ACTUALLY NEEDS

01 HOT PILE

Does this have a real deadline or immediate consequence in the next 24-48 hours?"

If it's not actually hot, it's not Hot.

→ **Maximum 3 items. Do these first.**

02 WARM PILE

Important but not urgent.

Every warm item needs a fuel plan or it won't happen

FUEL OPTIONS (UCNS)

U	URGENCY	set a real deadline
C	CHALLENGE	make it harder or more interesting
N	NOVELTY	change location or approach
S	SOCIAL	add accountability or body double

03 COLD PILE

No deadline. No immediate consequences.

Park it. Don't lose it. Don't stress about it.

Cold is not failure. Cold is managed.

→ **Review weekly. Promote to Warm when ready.**

ENERGY-TASK MATCHING GUIDE

STOP FORCING THE WRONG TASKS INTO THE WRONG HOURS

-STATE 01-

PRODUCTIVITY MACHINE

Your peak state. Protect these hours.

SIGNS YOU'RE HERE

Sharp focus. Ideas flowing. Problems seem solvable.

BEST USED FOR:

- Deep creative or analytical work
- Learning something new or complex
- Hard conversations and important decisions
- Writing, strategizing, building
- **Anything requiring full executive function**

-STATE 02-

STEADY CRUISE

Functional but not firing on all cylinders.

SIGNS YOU'RE HERE

Capable, not inspired. Getting things done.

BEST USED FOR:

- Email, messages, routine communication
- Administrative tasks and scheduling
- Reviewing and editing – not creating
- Meetings that don't require you to lead
- **Planning and organizing existing work**

ENERGY-TASK MATCHING GUIDE

STOP FORCING THE WRONG TASKS INTO THE WRONG HOURS

-STATE 03-

BRAIN SOUP

Low capacity. Not broken. Just depleted.

SIGNS YOU'RE HERE

Can't start. Can't decide. Everything feels hard.

BEST USED FOR:

- Simple physical tasks - dishes, laundry, filing
- Passive learning - podcasts, audiobooks
- Basic admin requiring no real decisions
- **Rest. Actual rest.**
- Do not make important decisions here

-THE RULE-

Match the tasks to the state.
Never judge the state.

**Protect your Productivity Machine hours
like they're gold.**

Because they are.

MY GOLDBLOCKS ZONE

THE ENVIRONMENT WHERE MY BRAIN WORKS

Not too much stimulation. Not too little. Just right.

-VARIABLE 01-

SOUND

MY OPTIMAL LEVEL

WHAT SENDS ME INTO SHUTDOWN

-VARIABLE 02-

PEOPLE

MY OPTIMAL SOCIAL PRESENCE

WHAT KILLS MY FOCUS

MY GOLDBLOCKS ZONE

THE ENVIRONMENT WHERE MY BRAIN WORKS

Not too much stimulation. Not too little. Just right.

-VARIABLE 03-

BODY

MY OPTIMAL PHYSICAL SETUP

HOW OFTEN I NEED TO MOVE OR CHANGE POSITION

-VARIABLE 04-

LOCATION

MY GO-TO FOR DEEP WORK

MY GO-TO FOR MAINTENANCE WORK

HOW OFTEN I NEED A CHANGE BEFORE NOVELTY WEARS OFF

MY GOLDBLOCKS ZONE

THE ENVIRONMENT WHERE MY BRAIN WORKS

Not too much stimulation. Not too little. Just right.

-SYNTHESIS-

MY OPTIMAL SETUP

The one I stop apologizing for.

SOUND

PEOPLE

BODY

LOCATION

HOW LONG BEFORE I NEED TO CHANGE SOMETHING

The goal is not to find the perfect environment.

The goal is to stop fighting the one your brain actually needs.

CRISIS PROTOCOL CARD

Fill this out now. Use it when you can't think.

-- RECOGNIZE THE SWITCHES --

SWITCH 01 TASK PARALYSIS

Can't start simple tasks • Everything feels impossible • Been sitting without moving for hours

SWITCH 02 EMOTIONAL DYSREGULATION

Crying over small things or feeling nothing • Irritable • Emotions swinging without warning

SWITCH 03 ISOLATION CASCADE

Not responding • Canceling plans • Feeling like a burden • Haven't contacted in days

-- ESCALATION LOGIC --

ONE SWITCH ——— SUPPORT MODE

TWO SWITCHES ——— **EMERGENCY PROTOCOL**

THREE SWITCHES ——— **GET HELP NOW**

-- PROTOCOLS --

ONE SWITCH

I'm struggling but functional

Task Paralysis

Externalize one tiny task. Use a body double.

Emotional

Name it. Physical reset. Decide nothing major.

Isolation

Low-stakes connection. Force visibility.

TWO SWITCHES

I'm in crisis

Tell someone immediately - text one of my contacts

Set alarms for basic needs - external structure only

If this lasts more than a week: call my provider

THREE SWITCHES

Acute crisis

Call or text 988 now

Text my closest contact: "I need help NOW."

Do not try to manage this alone.

Crisis Protocol Card, Continued

-- MY CRISIS CONTACTS --

PERSON 1

NAME _____ NUMBER _____

BEST TIME _____

PERSON 2

NAME _____ NUMBER _____

BEST TIME _____

PERSON 3

NAME _____ NUMBER _____

BEST TIME _____

-- PROFESSIONAL SUPPORT --

THERAPIST / COUNSELOR

NAME _____ NUMBER _____

PRESCRIBER / DOCTOR

NAME _____ NUMBER _____

AFTER HOURS CRISIS LINE _____

-- CRISIS RESOURCES --

988 Suicide and Crisis Lifeline (24/7)

Crisis Text Line Text HOME to 741741

LOCAL CRISIS CENTER _____

-- EMERGENCY SCRIPTS --

Use these when you can't find words

IF I CAN'T FORM WORDS, I'LL SEND THIS TEXT

"Not okay. Need support. Can you check in?"

IF SOMEONE ASKS WHAT I NEED, I'LL SAY

"I don't need advice. I just need you to know I'm struggling and not leave me alone with it."

-- THINGS THAT HELP WHEN NOTHING ELSE DOES --

People, pets, places, activities, sensory inputs (list):

DOPAMINE ENGINEERING CHEAT SHEET

How to fuel tasks your brain won't start on its own

Your brain doesn't have a motivational problem.
It has a dopamine gap. These are five ways to close it.

I

INTEREST

N

NOVELTY

C

CHALLENGE

U

URGENCY

S

SOCIAL

INTEREST

Connect the task to a current obsession or core value

- Tie outcome to exciting project
- Learn new skill/tool just to complete the task
- Lean into the "why" instead of the "what"
- **Artificially raise the stakes until it feels real**

NOVELTY

Change something - the task, the environment, or both

- Go to new location
- Use new format (voice memo, standing, walking, drawing)
- Try different time of day
- Pair with something new (music, podcast, ritual)
- Reframe as an experiment, not an obligation

CHALLENGE

Make the task harder or more interesting

- Add a constraint - faster, better, differently
- Turn it into a game or personal record to beat
- Set a rule that makes it more interesting
- Solve the meta-problem, not just the task itself
- Compete against your last attempt

URGENCY

Create a real deadline where none exists

- Set a timer and commit to the result publicly
- Schedule a hard stop (meeting, pickup, appointment)
- Tell someone what you'll have done and when
- Use a body double for a specific time window
- Artificially raise the stakes until it feels real

SOCIAL

Add a human element

- Use body double (silent or vocal)
- Accountability partner - tell someone your goal
- Work in public where others can see you working
- Virtual coworking session
- Promise a result to someone whose opinion matters

-- THE RULE -- One fuel type is enough to start. Stack two or three when the task is truly resistant. If nothing works, check the pile. A task that no fuel can move might be in the wrong pile.