The *I Can't Even* Reset **By Human AF**

A 1-page reset for when your brain is buffering

What To Do: Print it. Save it to your phone. Use it on bad days.

Educational, not medical advice.

🎯 START HERE

- ✅ **Pick your pile (Hot/Warm/Cold)**
- ✅ **Pick your state (Machine/Steady/Friction/Spark/Brain Soup)**
- ✅ **Do the 2-minute rule**
- ✅ **If spiraling → Crisis Protocol**

☰ THE THREE-PILE SYSTEM

The simple way to organize your ADHD brain

HOT PILE
- Time-sensitive tasks requiring immediate action today
- 3 items max

WARM PILE
- Important ongoing work with flexible timing
- Promotes to HOT when real deadlines appear

COLD PILE
- Non-urgent ideas and wishes
- Brain dump to free working memory

⚡ Energy State Tracker

〜 Machine
"HYPERFOCUS MODE"

NUDGE: Attack your HOT list. Set timers to eat/drink.

≋ Steady
"FUNCTIONAL ADULT"

NUDGE: Clean up the Machine's mess. Boring admin.

🕑 Friction
"STARTING IS MUD"

NUDGE: Break tasks into stupidly small steps.

☀ Spark
"CAPTURE MODE"

NUDGE: Write ideas down. Do NOT start new projects.

↘ Brain Soup
"SHUTDOWN IMMINENT"

NUDGE: Stop fighting. Go to Crisis Protocol.

⏱ THE TWO-MINUTE RULE

IF < 2 MINS → DO IT NOW
Do it immediately. Don't add it to the list. Just clear the tab.

IF SCARY → DO 2 MIN ONLY
Commit to only 2 minutes. Open the doc. Write one sentence. You are allowed to stop after 120 seconds.

⚠ CRISIS PROTOCOL

1. Name the Switch
Say it out loud: 'I am dysregulated right now.' Naming the state creates space between you and the overwhelm.

2. Physical Reset
Splash cold water on your face or hold an ice cube. Pull your nervous system out of the storm and into the physical world.

3. Externalize ONE Thing
Pick ONE tiny task. Don't 'do' it. Just write the micro-step (e.g., 'Open laptop') on a physical note.

4. Emergency Dopamine
Watch one funny video or listen to one favorite song. Create a positive neurochemical spark to restart your engine.

5. Reduce All Demands
Lower your standards to 'Survival Mode.' Cancel non-essential plans. It is okay to just function until you reboot.