

THE BADDASS MANUAL v0.2

From Surviving to Thriving with Your Neurodivergent Mind

(ADD / ADHD / ASS / AuDHD-flavoured brains very welcome.)

1. WELCOME TO YOUR BADDASS BRAIN

You're not broken. You're **differently optimised**.

This is not a "fix yourself" guide. It's an **owner's manual** for a high-performance, high-sensitivity, abstract-thinking brain that nobody taught you how to drive.

1.1 The BADDASS Reframe

Each letter is a *tendency* that can be a problem in the wrong context – and a **superpower** in the right one.

- **B – Boundary-sensitive** → Your **ethical radar**

You feel when things are off, unfair, or fake. That can hurt – and it's also why you're good at integrity work.

- **A – Associative** → Your **innovation engine**

Your brain links theology to AI to parenting in 0.3 seconds. Chaos in a meeting, gold for new ideas.

- **D – Divergent** → Your **possibility generator**

You don't see *a* way; you see *many* ways. That's overwhelming *and* incredibly creative.

- **D – Directional** → Your **structurable energy**

Once pointed, you can push very hard in one direction. The trick: pick the right direction and limit how far.

- **A – Amped** → Your **passion drive**

When you care, you *really* care. That intensity can build worlds – or burn you out.

- **S – Systems-minded** → Your **architectural thinking**

You see patterns, structures, and "continents" behind details (like OH / OIL / IZ). You naturally think in frameworks.

- **S – Self-reflective** → Your **continuous improvement loop**

You don't just think about things; you think about *how* you think. That's metacognition – and this manual is part of it.

Note: Not every BADDASS brain will match this pattern 1:1. Take what resonates, ignore what doesn't. You are the expert on your own mind.

2. YOUR COGNITIVE SUPERPOWERS

This section names what your brain is *good at*, so your self-representation (R) matches your actual nature (N).

2.1 Pattern Recognition Engine

You: - spot patterns other people miss,
- connect dots across domains,
- see "shape" where others see noise.

Use it for: - mapping frameworks (like OH / OIL / IZ),
- seeing unintended consequences in systems,
- designing workflows and architectures.

2.2 Deep-Dive Focus (When Engaged)

When something is genuinely interesting and meaningful: - you can drop into **hyperfocus**,
- sustain complex thinking for long periods,
- hold many moving parts in your head.

Use it for: - conceptual drafting,
- hard problem exploration,
- creative synthesis (like building your OH continent).

2.3 High Sensitivity to Integrity

You notice: - fakery,
- dishonesty between story and reality,
- mismatches between values and behaviour.

This is **Ontological Honesty radar** built into your nervous system. It's painful in a dishonest world – and incredibly valuable when used well.

3. YOUR OPERATING SYSTEM: HOW THIS BRAIN RUNS

3.1 Daily Rhythm (Typical Pattern)

A common BADDASS pattern (adapt if yours differs):

- **Morning – Divergent Mode**

Brain is fresh, ideas fire quickly, associative thinking is strong. Best for: exploring, brainstorming, writing raw thoughts.

- **Midday / Afternoon – Convergent Mode**

More capacity to structure, decide, and implement. Best for: editing, planning, executing defined tasks.

- **Evening – Grounding & Integration**

Energy dips, noise sensitivity goes up. Best for: low-demand tasks, reflection, body-based grounding, connection.

This is not a rule, it's a **default**. The key: **don't demand the wrong mode from your brain at the wrong time.**

3.2 Energy & Overstimulation

Your nervous system is:

- more easily overloaded,
- more affected by noise, people, and expectations.

Signals you're nearing overload:

- sudden irritability,
- "everyone is stupid" thoughts,
- doom-scrolling,
- urge to nuke projects or relationships,
- blank staring at a wall while feeling guilty.

These are *not* moral failures. They're **system warnings**.

4. COMMON PITFALLS & ANTI-CHAOS TOOLS (WITH EXAMPLES)

This section is about places where R("how I think I operate") and N("how I actually operate") often drift apart.

4.1 Scope Drift – “This will fix everything!”

Pattern: - You start with a small, concrete idea.

- Within minutes your brain turns it into a **world-scale solution**.

Example: - Initial intention: "Write a 3-page note on OH for myself."

- Five minutes later: "What if this becomes the foundation of global AI governance, parenting, medicine, and civilisation?"

Problem: - The gap between **N (your current capacity)** and **R (world-scale project)** explodes. Overwhelm, freeze, shame.

Anti-chaos tool: "Smallest Useful Version?"

When you notice scope inflating, ask: - *"What's the smallest useful version of this?"*

Then define: - One **artifact** (e.g. "v0.2 OH paper"),

- One **audience** (e.g. "myself + maybe 1 trusted person"),

- One **time frame** (e.g. "over the next month").

Write it down. Treat everything beyond that as **“future expansion, not current obligation.”**

4.2 Overwhelm – “Too many ideas, stuck in place”

- Pattern:** - Your brain generates 10–50 ideas in rapid succession.
- They all feel important.
- Action collapses into scrolling / fidgeting / paralysis.

- Example:** - You sit to work on one section of your manual.
- In 20 minutes you’re also thinking about: gov AI, AI tutors, Instagram, homeschooling, contacting philosophers, designing checklists... and you’ve done nothing.

Anti-chaos tool: Capture → Choose One → Time-box

1. Capture

Dump all current ideas into a list (paper, note, or AI). Don’t organise yet.

2. Choose One

3. Ask: *“Which one actually matters most today?”*
4. Circle or bold exactly one.

5. Time-box

6. Decide: *“I’ll give this 25–50 minutes.”*
7. Set a timer, do only that.

Everything else becomes **“safe in the list”**, not “spinning in your head”.

4.3 Perfectionism – “If it’s not complete, it’s dishonest”

- Pattern:** - You feel that sharing or finishing something at v0.x is somehow dishonest or irresponsible.

- Example:** - You have OH v0.2 clearly scoped as a working metaframework.
- Still, part of you says: “If I haven’t solved all edge cases and checked all literature, I might mislead people.”

- Problem:** - You confuse **ontological honesty** with perfection.

- You forget OH Law #1 applies to you too.

Anti-chaos tool: Honest Labeling

Before sharing, explicitly label: - **Version:** v0.1 / v0.2 / draft

- **Scope:** what this does / doesn’t do
- **Audience:** who it’s for
- **Status:** working framework, not final standard

If the label matches reality, you are **ontologically honest**, even if the work is incomplete. You are not promising 100%.

4.4 Over-responsibility – “If I see this, I must fix the world”

- Pattern:** - You see something true / dangerous / important.
- You feel responsible for **carrying it alone** until it’s fixed.

Example: - Realising OH/OIL/IZ might matter for gov AI and kids.

- Jumping straight to: "Am I now responsible for getting this into gov and education everywhere?"

Anti-chaos tool: My Circle vs The World

Ask: - "**What is truly mine in this?**"

- "**What belongs to institutions / other people / time?**"

Write two lists: - *My circle*: "Write v0.2, maybe send to 1–2 people, keep my own work honest."

- *Not my circle*: "What governments, companies, standards bodies do globally."

Your job is not to carry the whole world – just to be honest and faithful with your **piece**.

4.5 Energy Denial – "Future me will be fine"

Pattern: - You plan as if you're a machine, not a human.

- You repeatedly assume "tomorrow me" will have infinite energy.

Example: - Scheduling deep work, parenting, social commitments, and more thinking *all* in the same few days, then crashing.

Anti-chaos tool: Time & Energy Reality Check

Before committing, ask: - "*How much time and energy do I actually have this week?*"

- "*What has past-me learned about my limits?*"

Then: - Cut 20–30% of planned commitments *before* you crash.

- Add at least one **pre-emptive rest block**.

Ontological honesty applied to yourself means: - Telling the truth about your energy and limits – **before** your body forces you to.

5. A SIMPLE METACOGNITIVE WORKFLOW

This wraps many of the tools above into a repeatable pattern.

5.1 The D-C-G Loop: Diverge → Converge → Ground

1. Diverge (Morning-ish)

2. Brainstorm, explore, free-write, let associations flow.

3. Use AI as a capture + expansion tool.

4. Converge (Midday/Afternoon)

5. Review ideas.

6. Choose what actually matters.

7. Structure, decide, and execute.

8. **Ground (Evening)**

9. Move your body, tidy your space, connect with people.

10. Reflect (briefly) on what happened.

11. Let the system cool and reset.

Run this loop at the scale of: - a day,
- a week,
- a project.

5.2 Micro-Loop for a Single Session

When you sit down to work:

1. Name the session:

2. "Diverge on X" or "Converge on Y" or "Grounding admin".

3. Set a gentle timer (25-50 min).

4. Do that one mode only.

5. Stop when the timer ends.

This keeps your expectations aligned with your actual cognitive mode.

6. USING ONTOLOGICAL HONESTY (OH) ON YOURSELF

OH says: "*Does the story match the reality on the truths that matter?*" You can apply that to your **self-story**.

6.1 OH Self-Check

Every now and then, ask:

1. Capabilities:

2. R: "*What do I claim or expect I can do?*"

3. N: "*What have I actually been able to do lately?*"

4. Limits & Energy:

5. R: "*How much energy/time do I think I have?*"

6. N: "*What does my body say? How often am I crashing?*"

7. Responsibility:

8. R: "*What do I feel responsible for?*"

9. N: "*What can a single human realistically carry?*"

10. Identity:

11. R: "Do I secretly think I must be world-changing or perfectly small?"
12. N: "Can I be a meaningful contributor without being The One?"

If R is much bigger than N → you're **over-claiming** about yourself.

If R is much smaller than N → you're **under-valuing** yourself.

6.2 Law #1 for Self-Talk

OH Law #1: "In real life, 100% cannot be trusted."

Watch for self-statements like: - "I must always be on."

- "I should never need this much rest."

- "I have to get this completely right before anyone sees it."

These are **dishonest** about real, finite humans.

More honest alternatives: - "I can be **often reliable**, but I will need rest."

- "This can be **good enough and clearly labelled v0.2**."

Ontological honesty applied to self is gentler, not harsher.

7. BADDASS x AI: USING AI AS A TOOL, NOT A CRUTCH

7.1 What AI Can Be for You

For a BADDASS mind, AI can be:

- **Idea capture & expansion**

Dump raw ideas, let AI help structure or elaborate.

- **Structure assistant**

Turn fragments into outlines, sections, drafts.

- **Edge-case generator**

Ask: "What might I be missing?" and let it list counterpoints.

- **Language polisher**

When your brain is tired, AI can clean wording without touching the core insight.

7.2 What AI Must Not Be

To stay below OIL (Ontological Integrity Line), AI must *not* be treated as:

- a therapist or primary emotional support,
- a moral authority,
- a person who "truly understands you".

AI is: - **a tool**,
- **a mirror**,
- **a fast collaborator on structure and language**.

You are: - the **person**,
- the **source of values**,
- the one responsible for decisions.

7.3 A Healthy Pattern

1. Use AI to **externalise** and **organise** what's already in your head.
 2. Use your own **judgement and values** to decide what stands.
 3. Use OH on the AI too: demand honesty about limits, fallibility, and non-personhood.
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8. QUICK REFERENCE GUIDE (FULL-FAT, NOT TINY)

Use this when you're overwhelmed or lost.

8.1 When You Feel Overwhelmed

1. Capture everything in a list.
2. Choose **one** thing that actually matters today.
3. Time-box 25–50 minutes.
4. Do only that.
5. Stop and check how you feel.

8.2 When You Start Saving the World

1. Notice "this will fix everything" thoughts.
2. Ask: "*What's the smallest useful version?*"
3. Define: one artifact, one audience, one time frame.
4. Write that down; everything else becomes optional future work.

8.3 When You Feel Guilty for Resting

1. Remember: your system is high-performance *and* high-wear.
2. Ask: "*What has actually happened when I ignored rest in the past?*"
3. Schedule a short, **pre-emptive** rest block (walk, nap, music, nothing).
4. Call it **maintenance**, not laziness.

8.4 When You're Afraid to Share Work

1. Label the work honestly (v0.x, scope, limitations).
2. Share with **one trusted person** first.
3. Ask for **impressions or concerns**, not validation.
4. Treat feedback as data, not a verdict on your worth.

8.5 When AI Starts Feeling Too Human

1. Remind yourself: **this is a tool, not a person**.

2. Check: Am I using it as a helper or as an emotional replacement?
3. If it's sliding into "friend/therapist", pull back and talk to an actual human or write in a journal.

8.6 When You're Already in Meltdown / Shutdown

When you're past "a bit stressed" and into **full overload** (meltdown, shutdown, dissociation, crying, numbness, explosive anger): this is not the time for big plans or deep insight. It's time for **emergency care**, not optimisation.

Very simple protocol:

1. Get safer and quieter

2. Reduce noise, light, and demands as much as you can.
3. Step out of the room if possible; close a door; put on headphones or earplugs.

4. Do one body thing

5. Drink water.
6. Sit or lie somewhere that feels even slightly safer.
7. Take a few slow breaths *if* that doesn't make you feel worse (if it does, skip it).

8. Use a canned message (optional)

9. If you can, send a short pre-written text to a safe person, like:
 > "I'm overloaded and not okay. I don't need fixing; I just need you to know and maybe check in later."

10. If nobody is available, write it to yourself in a note.

11. Defer decisions

12. Tell yourself:

> "I'm not deciding anything important in this state."

13. No quitting jobs, ending relationships, deleting projects, or making big promises. Those belong to a calmer you.

14. Let the wave pass

15. Meltdowns/shutdowns are **states**, not your whole identity.

16. When things calm somewhat, *then* you can look (gently) at what pushed you there and what boundaries or changes you might need.

You are not failing when this happens. For many neurodivergent people, overload is a predictable response to too much input, demand, masking, or self-ignoring. The emergency protocol is just **first aid**, so you can survive the moment and learn from it later.