

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.
-

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.