

# BIO-DEBUGGER

Access-First Protocol for Technical Overwhelm • Educational (not medical advice) • Use what helps; skip what doesn't

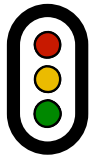
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## 1) STATE CHECK

**GREEN (1):** I can think clearly. I'm learning.

**YELLOW (2):** I'm strained; I can continue only if I simplify.

**RED (3):** I'm flooded (panic/anger/shutdown/tears/urge to quit)



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## 2) RED TRACK — 90-SECOND RESET

### A. PAUSE (20 sec)

Pause → Step back → Observe (body + urge) → Prepare to proceed with a deliberate action.

### B. EXHALE RESET (45 sec)

Inhale 2–3 sec → Exhale 6–8 sec × 5 rounds.

### C. ORIENT (30 sec)

Name 5 things you see → feel feet/hands → turn your head slowly and re-locate yourself in the room.

**If you're still RED after 2 rounds: STOP RULES (Block 5). Do not continue.**



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## 3) YELLOW TRACK — REDUCE LOAD

- ☐ Close extra tabs/windows (leave only what you're using).
- ☐ Turn off notifications / mute chat for 10 minutes.
- ☐ Reduce sensory intensity (brightness/audio).
- ☐ Write the goal in one sentence: "I am trying to \_\_\_\_."
- ☐ Make the next step "tiny" (Block 4), maybe research one thing.
- ☐ Set a timer: 5 minutes (then reassess state).



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## 4) NEXT TINY STEP

- ☐ Reproduce once (same steps, observe exactly what happens and collect info/errors).
- ☐ Single-variable change (research and change ONE thing → test once).
- ☐ Return to known-good (revert preset/file/version/settings).



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## 5) STOP RULES

**Stop and switch strategies if any are true:**

- ☐ I've made 3 changes without understanding cause/effect.
- ☐ I'm repeating the same steps and learning nothing new.
- ☐ My body alarm is high (shaking, nausea, tunnel vision, shutdown).
- ☐ I'm arguing with myself / self-attacking / "I'm broken" thoughts.

**Switch to (choose ONE):**

- ☐ 5-minute break + water + return to Block 1
- ☐ Park it: write "next step" and stop for today

**Stopping is a skill. Pausing protects future progress.**



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