

TECH-TOOLBELT

This page only works with Page 1.

Use Page 1 to check your state and take care of yourself first. Then use this toolbelt for technical steps.
If you're RED or looping: return to Page 1 before doing more troubleshooting.

TOOL 1 — ONE-CHANGE TROUBLESHOOTING

Rule: One change → one test → one conclusion.

1) Pick ONE area (examples):

Physical (cable/port/power/device) • Computer (space/permissions/I-O selection) • App (one setting/toggle) • File/Data (different file/preset/smaller test) • Network/Service (only if relevant) • ...etc.

2) Pick ONE change:

Swap cable/port • restart one thing (app or device) • flip one setting • try a known-working file/preset/setup • simplify for one test (fewer devices/apps) • side-by-side compare (same steps, one difference)

3) Call the result:

Better / Worse / Same / Unclear

If Unclear → simplify the test (fewer steps, fewer moving parts) and try again with one change.
Sometimes, there's no rhyme or reason for failures, and you just need to try something else.

Hard rule: if you can't say what changed in one sentence, you changed too much.

TOOL 2 — KNOWN-GOOD SNAPBACK

Purpose: get back to stable so you can move forward again.

Choose the smallest reset that fits where you are:

- Undo the last small change
- Switch to something you already know worked (file/preset/setup)
- Reset one setting to a neutral/default value (just for a test)
- If you're deep in the weeds: starting fresh (new project / clean setup) can be the fastest path back to clarity

Stop as soon as it works again.

TOOL 3 — MICRO-RECORD (optional, minimal)

Purpose: keep notes tiny while preventing loops. Use only if it helps.

Record only:

- The small change (one sentence)
- The result/output (error text, or Better/Worse/Same/Unclear)

That's it.