

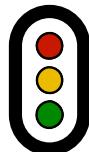
BIO-DEBUGGER

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

1

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)

2

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.

3

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).

4

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).

5

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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