

# 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.**