

Incident Response for the Self — Checklist (v1.0)

DETECT — One-line name + timestamp (e.g., “Doomscroll spiral after DM — 2025-08-26T14:10Z”).

DECLARE — Severity & Scope. Severity: S3 (critical) / S2 (major) / S1 (minor) / S0 (noise). Hit areas: Time / Money / Relationships / Health / Work.

CONTAIN (24–48h) — Log out/mute triggers. Kill notifications for culprit apps. Block domains at the router (temp). Phone grayscale/remove dock icons. Write one rule for 48h.

ERADICATE (20 min) — Identify the smallest root cause. Remove ONE lever that kills 80% of repeats (unfollow X / delete shortcut / turn off “up next”).

RECOVER — Restore calendar + messages only. Do one boring task to re-anchor.

LESSONS & RECEIPTS (10 min) — Event → Impact → Fix → “Proves / Can’t prove”. Hash this note (SHA-256). Archive link.

Severity map: S3 (money lost/relationship hit/>3h gone), S2 (deadline bent/>90m gone/mood tanks the day), S1 (20–60m detour), S0 (caught it early).

What this proves: frequency/duration/blast-radius can drop with a protocol. What this can’t prove: purity. The win is shorter half-life and fewer S2/S3s.