<html>

<head>

<meta charset="UTF-8">

<title>Nervous System Rewrite Terminal 🌐</title>

<style>

body { background:#fdfcf5; color:#333; font-family:Arial, sans-serif; padding:20px; }

.prompt { margin:12px 0; padding:12px; border:1px solid #ccc; border-radius:6px; background:#fff; }

.title { font-size:16px; font-weight:bold; }

.btn { margin-top:8px; padding:6px 10px; background:#4a90e2; color:#fff; border:none; border-radius:4px; font-size:14px; }

.btn:active { background:#357ab7; }

</style>

</head>

<body>

<h1>🧠 Nervous System Rewrite</h1>

<p>Tap to copy a cinematic prompt, then paste into ChatGPT and speak your response.</p>

<!-- Table of prompts -->

<div class="prompt">

<div class="title">🪞 Mirror Test</div>

<button class="btn" onclick="copyText('What part of me do I hide from the world, and why?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">👤 Shadow Confession</div>

<button class="btn" onclick="copyText('What ugly thought did I have recently that scared me?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🧊 Freeze Frame</div>

<button class="btn" onclick="copyText('Tell me about a moment that emotionally froze me in time.')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🗣️ Words That Wound</div>

<button class="btn" onclick="copyText('What did someone say years ago that still haunts me?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🚪 Door I Didn’t Open</div>

<button class="btn" onclick="copyText('What opportunity did I say no to, and why?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🛡️ The Protector</div>

<button class="btn" onclick="copyText('What fear is secretly running my life right now?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🎥 Main Character Energy</div>

<button class="btn" onclick="copyText('If this moment were a movie, what would the scene be called?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🔍 Hidden Pattern</div>

<button class="btn" onclick="copyText('What keeps repeating in my life—and what is it trying to teach me?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🎭 Performed Self</div>

<button class="btn" onclick="copyText('Where am I performing instead of being—who am I trying to impress?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🫂 Ghosts in the Room</div>

<button class="btn" onclick="copyText('Who am I still trying to prove myself to?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">📻 The Loop</div>

<button class="btn" onclick="copyText('What’s the oldest message playing on repeat in my head?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">📖 Rewrite the Scene</div>

<button class="btn" onclick="copyText('If I could relive a regret with full self-love, how would it go?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">⛓️ Fear Chain</div>

<button class="btn" onclick="copyText('Name a fear. Trace it down—what’s the root?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">💡 The Moment I Knew</div>

<button class="btn" onclick="copyText('What one moment changed me without me realizing it?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🌀 Trigger Tracker</div>

<button class="btn" onclick="copyText('What triggered me recently, and what old part of me is activated?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🌊 Calm Before Me</div>

<button class="btn" onclick="copyText('Who am I when deeply at peace—describe that me.')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">📦 Unopened Gift</div>

<button class="btn" onclick="copyText('What talent have I never claimed—and why not?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🕳️ The Abyss Question</div>

<button class="btn" onclick="copyText('What truth about myself scares me because it might unravel everything?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">💬 Last Words</div>

<button class="btn" onclick="copyText('If I could speak freely to anyone, what would I say?')">📋 Copy</button>

</div>

<div class="prompt">

<div class="title">🎤 Reintroduce Myself</div>

<button class="btn" onclick="copyText('Who am I when I have nothing to prove?')">📋 Copy</button>

</div>