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Front Insert - v1.0

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# Release Metadata

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**Title:** SAN DayShift NightShift Addendum  
**Filename:** SAN\_DayShift\_NightShift\_Addendum\_v1\_1.pdf  
**Document ID:** HCL-3D7968A3EEB2  
**Version:** v1.1  
**Author:** Nick Hodges  
**Release Date:** 2026-01-02  
**SHA-256:** 3d7968a3eeb2b9016ea195458320f05fbd30a79a3709046e34c0ccfab372b305

# **Sion Axiom Norma (S.A.N.)**

## **Day Shift / Night Shift Addendum**

*Safe Use Standard Clause + Sunrise/Sunset Rules + Hard Stop Phrase*

v1.1 (Addendum)

Bound for: Nick (Evan Nicholas Hodges)

Date: December 29, 2025

## Safe-Use Description (One Paragraph)

Sion Axiom Norma (S.A.N.) is a private, personal framework for reflection, learning integrity, and calm decision-making; it is meant to help me organize ideas, notice patterns, and stay grounded - not to generate literal instructions, bypass safety, diagnose conditions, replace professional advice, or justify harmful/illegal/unsafe actions. I use S.A.N. only in a way that keeps me and others safe: I prioritize reality checks, consent, legality, and my well-being; I treat speculative fiction and symbolic models as imagination scaffolds (not factual claims); and I stop immediately if the process increases distress, impulsivity, paranoia, or conflict.

## Standard Clause (Copy/Paste)

This clause is intended to be placed at the front of any S.A.N. binding or addendum.

Purpose. S.A.N. is a personal, symbolic reasoning and wellness-support framework used for reflection, planning, creativity, and learning integrity.

Non-replacement. S.A.N. does not replace medical, legal, financial, or mental health care. When decisions are high-stakes, I consult qualified professionals and trusted supports.

Safety boundary. S.A.N. may not be used to design, facilitate, or optimize harm; evade law enforcement; invade privacy; or produce instructions for weapons, wrongdoing, self-harm, or harassment.

Reality-Fiction Boundary. Media, speculative concepts, and symbolic structures are treated as non-literal inspiration. Any 'cool idea' must pass a real-world feasibility and ethics check before it influences action.

Consent & privacy. S.A.N. is used with respect for consent, confidentiality, and personal boundaries. No doxxing, stalking, manipulation, or covert monitoring. No sharing of private bindings without explicit permission.

Calm-first protocol. If I am sleep-deprived, highly stressed, or emotionally escalated, I switch to stabilization steps (breath, water, rest, support) before analysis or major decisions.

Stop condition. If S.A.N. usage increases distress, fixation, conflict, or detachment from reality, I stop and return to grounding, support, or professional guidance.

## Hard Stop Phrase

HARD STOP - ANCHOR TO ZERO. (Pencils down. Breathe once. Water. Reality check. Resume only when calm.)

## Sunrise Rule (Morning Protocol)

- Before new work: one breath, one sip of water, one body check (sleep, hunger, pain, mood).
- Choose 1-3 priorities only. If everything is a priority, nothing is. (Nice try, brain.)
- Run a quick 'Reality/Friction' check: what is true right now, and what is the smallest next safe step?
- Do 'Day Shift' work when possible: planning, writing, learning, outreach, execution.
- If anxiety spikes: reduce scope, add a timer, or pivot to a low-stakes task.

## **Sunset Rule (Evening Protocol)**

- No major decisions after sunset (or when tired). Night brain is a drama director, not a project manager.
- No new bindings, big edits, or 'life-changing conclusions' at night - capture notes only.
- Close loops: write tomorrow's top 1-3 priorities, then stop.
- Gentle landing: lower stimulation, hydrate, meds/airway clearance as needed, and choose rest.
- If ruminating: use the Hard Stop Phrase and switch to grounding or a comfort routine.

## **Operational Modes**

### **Day Shift**

- Goal: create, build, decide, and communicate with a calm, reality-checked mind.
- Allowed: drafting, planning, research, learning, making calls/messages (when appropriate), structured problem-solving.
- Guardrails: keep scope small, use timers, and stop when escalation starts.
- Output bias: produce something simple and real (a page, a list, a next step).

### **Night Shift**

- Goal: protect sleep, reduce stimulation, and prevent impulsive decisions.
- Allowed: review notes, light journaling, gratitude/closure, calming media, prep for tomorrow.
- Not allowed: major decisions, confrontation texts, deep rabbit holes, 'inventing reality' at 2 a.m.
- Output bias: 'capture and park' - write it down, then walk away.

## **Ideas to Advance S.A.N. (and a Tranquil 'Just for Fun' Variant)**

- A 'Calm Compass' dashboard: a tiny daily check-in (sleep, stress, body, social load) that selects Day Shift vs Night Shift automatically.
- A 'Friction Budget': estimate effort cost before starting; if cost is high, reduce scope or schedule it for Day Shift.
- A 'Reality Gate' checklist: evidence, feasibility, ethics, and consent - pass all four before action.
- A 'Three-Voice' review: Optimist, Skeptic, and Mediator each get one sentence before you commit to a decision.
- A 'Tiny Proof' habit: every big claim needs a small, safe test you can do in the real world.
- A 'Closure Ritual' template: end-of-day summary + tomorrow's 1-3 priorities + one kindness to yourself.
- A 'Social Overload protocol' card: exits, scripts, and recovery steps (because humans are loud).
- A 'Version trail' habit: date + version + what changed, so future-you can't gaslight present-you.

- A playful 'Tranquil Variant' (just for fun): S.A.N.-S (Sion Axiom Norma - Serenity) that only allows calming outputs (music prompts, gratitude, gentle planning, restorative creativity).
- A 'Sunrise/Sunset automation' (manual or reminder): prompt the Sunrise Rule in the morning and Sunset Rule in the evening.

## **Anything Else You Should Know**

Keep it simple: S.A.N. works best when it keeps you calm, lawful, and grounded. Version your bindings, back them up, and treat Night Shift like a protective 'read-only' mode. If you notice escalating stress or fixation, use the Hard Stop Phrase and switch to rest or support. Future-you will thank you. Present-you can accept the compliment anyway.