

The Degraded-Day Writing Protocol

Choose the smallest honest action the project can receive today. Sometimes that action is rest.

LEVEL 0

Rest

USE IT WHEN

Work would be harmful, unsafe, or make recovery harder.

DO THIS

No manuscript work. An automatic backup is optional; nothing else is required.

STOP Do not bargain with the decision later.

LEVEL 1

Maintain Contact

USE IT WHEN

You can orient yourself for five calm minutes, but output should not be the goal.

DO THIS

Read the last handoff, locate the current scene, or write one next-action note.

STOP Five minutes or one continuity action.

LEVEL 2

One Small Move

USE IT WHEN

You can finish one low-risk task without making another decision halfway through it.

DO THIS

Choose one prepared task. Draft a paragraph, mark a short passage, or write the next handoff.

STOP When the named task or timer ends.

LEVEL 3

Reduced Mode

USE IT WHEN

Real work is available, but a normal session would ask for more than you have.

DO THIS

Choose one role, one visible outcome, and one shortened session. Exclude everything else.

STOP At the boundary you selected, even if momentum appears.

Five stop rules

- 01** The chosen task is complete. Completion is not permission to expand the scope.
- 02** The timer ends. Finish the sentence or note the interruption point, then close.
- 03** The work is making your condition worse. Drop to a lower level.
- 04** You begin making expensive decisions carelessly. Do not delete, restructure, or commit.
- 05** You start negotiating with the protocol. A floor can quietly become a demand.

MY MAXIMUM REDUCED-MODE SESSION

_____ minutes Allowed role: _____

Three-line recovery handoff

I STOPPED AT:

THE NEXT VISIBLE ACTION IS:

DO NOT SOLVE YET:
