REDUCED-CAPACITY PLAN

Chapter 17

Build it on a better day. Run it when the moves aren't enough.

No plan yet? Two lines: what can't be missed, what can wait.

Runs until you can think again. Then step back up: section 4.

THE FIRST MOVES *when you pull the alarm, in order*

1. Stop adding what I can choose. Work I can't turn down goes in section 2.
2. Open this page and follow it.
3. *my own first move:* _____

1 WHEN I PULL THE ALARM

My line, in words a tired me can't argue with.

I pull the alarm when _____

defaults: the moves stop closing the gap · something that must continue slips · conditions crash

My early signs · when one shows up, I check my line

catch-up days · irritability · slipping details · sleep that stops restoring me

_____ _____ _____

If these keep repeating, they're worth mentioning to your clinician too. Not because something is wrong: because they can see what a worksheet can't.

2 WHAT MUST CONTINUE

Start from your Access Map's center.

Must continue

Access Map center · dependents · the covered shift

what continues	*reduced standard*

Protecting on purpose

family dinner · the 1:1s · a real lunch

what continues	*reduced standard*

The standard can drop. The seat stays.

3 WHAT WILL WAIT, BE SHARED, OR BE CUT

W wait · S share · C cut: three of the moves.

Defaults in effect

- ☐ no new commitment I can turn down
- ☐ default answer: not now
- ☐ auto-reply on · work email stops at _____

Waiting, shared, or cut

inbox · meetings · laundry · social · committees · perfection

what	W	S	C
_____	Ⓦ	Ⓢ	Ⓒ
when · who takes it · who to tell _____			
_____	Ⓦ	Ⓢ	Ⓒ
when · who takes it · who to tell _____			
_____	Ⓦ	Ⓢ	Ⓒ
when · who takes it · who to tell _____			
_____	Ⓦ	Ⓢ	Ⓒ
when · who takes it · who to tell _____			

authorized to decide without me, and what

_____

4 STEPPING BACK UP

When I can think again: look at what led here, change what I can, then one thing at a time.

first thing back: _____ *then:* _____

Heads-up, only if someone's expectations change

home "I'm running with less Capacity than usual. I'm keeping _____ going, and _____ will wait. I'll let you know when that changes."

work, if safe "_____ is covered by _____ . Could you take _____ ?"

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