

WHELMISH

CalmFlow

Digital Detox OS

For dysregulated tech, feeds, and notifications.

AI Prompt Pack

BY WHELMISH

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AI Prompt Pack

AI Demand-Reduction Support

Bounded support for notification threat, feed spirals, bedtime inputs, calmer defaults, reachability without invasion, quiet tolerance, and screen reentry.

My space can get quieter without me disappearing from life.

Not monk mode. Not moral detox. Not delete-your-life advice. Not a productivity challenge.

Eight bounded systems. Copy, paste, reduce demand, stop.

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Your space can get quieter

If you are opening this while notifications feel like threat, feeds pull you in, bedtime gets eaten by screens, silence feels uncomfortable, or you want to be reachable without being invaded — this was made for that state.

You do not need to delete your apps. You do not need monk mode. You do not need a 30-day detox. You do not need to prove discipline.

This is a **demand-reduction AI toolkit**.

Short contained cycles: **name the noise** → **sort one boundary** → **one calmer default** → **stop**

You can: use one system only · stop mid-prompt · paste fragments · return later without catching up.

There is no wrong door.

How to use AI safely with this pack

Before you paste

1. Pick the system that matches the digital pressure you feel.
2. Copy the full prompt block, including the rules.
3. Do not ask AI for a giant settings overhaul when flooded.

Privacy

Do not paste passwords, full message threads with identifying details, or anything you do not want in a chat log. Use labels: "work chat" · "family group" · "news app" · "shopping app"

During

If AI shames you or says "just stop scrolling," say: **"No shame. Demand reduction only."**

If AI gives a 30-day detox, say: **"One default only. Permission to stop."**

After

One cycle, then close the chat. You do not need to change every setting today.

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What this is not

Not therapy, addiction treatment, medical advice, legal advice, workplace advice, or crisis support.

Not monk mode. Not a moral judgment about screens. Not a demand to delete your online life.

Not a productivity system disguised as screen boundaries.

If you are in danger or crisis, use appropriate emergency or trusted human support.

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Bounded digital demand reduction

Digital environments are built to keep asking. This pack reduces demand — it does not remove your life.

One prompt. One cycle. Then close the chat.

You should leave with **slightly quieter defaults**, not a shame-based detox plan.

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System Directory

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Suggested paths

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SYSTEM 01

Digital Noise Audit

When apps, pings, feeds, badges, and screen inputs feel like one loud demand.

Stop when: Your digital environment feels slightly more nameable.

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DIGITAL NOISE AUDIT — COPY/PASTE

Copy/paste — Digital Noise Audit

I am overwhelmed by digital noise, notifications, feeds, and screen inputs.

Do not shame me. Do not give me a 30-day detox. Do not tell me to delete everything. Do not create a productivity plan.

Sort what I paste into:

1. Actually needed
2. Useful but too loud
3. Feels urgent but can wait
4. Comparison / activation source
5. Bedtime input
6. Can be muted/hidden
7. One calmer default

Short bullets only. End with permission to stop.

Context:

[PASTE]

Stop when: My digital environment feels slightly more nameable.

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SYSTEM 02

Notification Boundary

Reachable does not have to mean interruptible.

Stop when: One notification demand is quieter.

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NOTIFICATION BOUNDARY — COPY/PASTE

Copy/paste — Notification Boundary

Help me create a notification boundary.

Do not shame me. Do not make me unreachable. Do not give me a giant settings plan.

Sort into: Immediate · Scheduled check · Badge only · Manual check · Mute · Remove ·

Emergency/human exception

Use only what I paste. One setting to change first.

Context:

[PASTE]

Stop when: One notification demand is quieter.

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SYSTEM 03

Feed Spiral Interrupt

A feed spiral is not always desire — sometimes tiredness looking for relief.

Stop when: The scroll loop feels slightly less automatic.

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FEED SPIRAL INTERRUPT — COPY/PASTE

Copy/paste — Feed Spiral Interrupt

I keep getting pulled into scrolling or feed spirals.

Do not shame me. Do not tell me to just stop. Do not give a discipline plan.

Help me identify:

1. What I may be needing before I scroll
2. What the feed gives me
3. What the feed costs me
4. One replacement matching the real need
5. One screen reentry rule

End with: "This is demand reduction, not moral failure."

Context:

[PASTE OR SKIP]

Stop when: The scroll loop feels slightly less automatic.

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SYSTEM 04

Bedtime Input Boundary

Tonight is not for letting the whole internet into your body.

Stop when: One bedtime boundary feels possible.

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BEDTIME INPUT BOUNDARY — COPY/PASTE

Copy/paste — Bedtime Boundary

Bedtime gets eaten by my phone and screens.

Do not shame me. Do not give a rigid detox. One softer boundary only.

Help me name:

1. What enters my nervous system before sleep
2. What it costs
3. What is allowed tonight
4. What is not allowed tonight
5. Phone location or display default
6. One low-demand replacement

Context:

[PASTE]

Stop when: One bedtime boundary feels possible.

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SYSTEM 05

Calm Defaults

One app. One setting. One zone. Then stop.

Stop when: One default is chosen.

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CALM DEFAULTS — COPY/PASTE

Copy/paste — Calm Defaults

I need one calmer digital default — not a whole phone overhaul.

Do not give me a checklist of every app. Do not shame me.

From what I paste, suggest exactly one default to try (badge, mute, placement, focus mode, grayscale, charger location, feed boundary).

Say what I am not changing today. End with permission to stop.

Context:

[PASTE]

Stop when: One default is chosen.

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SYSTEM 06

Reachable But Not Invaded

Protect connection without constant interruption.

Stop when: Reachability rule is clearer.

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REACHABLE BUT NOT INVADED — COPY/PASTE

Copy/paste — Reachable Not Invaded

I want to be reachable for what matters but not invaded by everything else.

Do not tell me to go offline. Do not shame me.

Help me sort:

1. Who/what needs real access
2. What does not deserve lock-screen access
3. What can move to manual check
4. One sentence: people who matter reach me through ___ ; everything else waits until ___

Context:

[PASTE]

Stop when: Reachability rule is clearer.

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SYSTEM 07

Quiet Tolerance Bridge

Do not force silence — bridge from chaos to softer space.

Stop when: One bridge step feels doable.

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QUIET TOLERANCE BRIDGE — COPY/PASTE

Copy/paste — Quiet Tolerance

Quiet feels uncomfortable when my nervous system is used to constant input.

Do not tell me to meditate for 30 minutes. Suggest one bridge only: lower volume, music without video, 2-minute sit, phone face down, one room without phone, etc.

Context:

[PASTE OR SKIP]

Stop when: One bridge step feels doable.

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SYSTEM 08

Screen Reentry Plan

Enter for one reason. Do not follow every doorway.

Stop when: Reentry plan fits on one card.

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SCREEN REENTRY PLAN — COPY/PASTE

Copy/paste — Screen Reentry

When I return to screens I fall through every app.

Do not shame me. Help me write:

1. What I am here for
2. What app/site
3. How long or stop cue
4. What I am not opening
5. Where I go after

Short. One session only.

Context:

[PASTE]

Stop when: Reentry plan fits on one card.

Copy/paste — Digital Detox OS Router

I am using Digital Detox OS and I do not know which prompt to use.

Do not shame me. Do not give a 30-day detox. Do not tell me to delete everything.

Route me to one system only:

01 Digital Noise Audit · 02 Notification Boundary · 03 Feed Spiral Interrupt · 04 Bedtime Boundary ·
05 Calm Defaults · 06 Reachable Not Invaded · 07 Quiet Tolerance · 08 Screen Reentry

Ask which sounds most true:

A. Digital noise everywhere · B. Notifications feel threatening · C. I keep scrolling · D. Bedtime screens
· E. I need one calmer default · F. I need reachability without invasion · G. Quiet feels uncomfortable ·
H. I need reentry rules

Recommend **one system** in one sentence. No plan. No shame.

My state:

[PASTE]

Stop when: I know which system to use.

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The digital demand is held

You did enough for this round.

No streaks. No failed detox. No punishment for scrolling.

Your space can get quieter without you disappearing.

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