

WHELMISH

CalmFlow

Shutdown Recovery OS

For freeze, numbness, and can't-start days.

AI Prompt Pack

BY WHELMISH

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CalmFlow · Shutdown Recovery OS

For freeze, numbness, disappearing, and can't-start days.

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Shutdown Recovery

Body-first cognitive relief systems for shutdown, numbness, disappearing, and can't-start days.

Shutdown is capacity protection, not failure.

Nervous-system-safe AI support for freeze, numbness, no-task reentry, shame-free return, and rest after collapse.

Not therapy. Not productivity. Not a planner. Not a comeback plan.

Eight bounded systems. Copy, paste, soften, stop.

Shutdown is not failure

If you are opening this while numb, frozen, heavy, blank, far away, ashamed, avoidant, or unable to start — this was made for that exact state.

You do not need to explain why you shut down. You do not need to make up for lost time. You do not need to prove you are trying.

This is a **body-first AI toolkit**.

Short contained cycles: **notice** → **soften** → **orient** → **stop**

You can use one system only · stop mid-prompt · skip words · choose Hold Space Only · return later without catching up · rest instead of the next thing.

There is no wrong door.

How to use AI safely with this pack

Before you paste

1. Pick the system that matches your body/state.
2. Copy the full prompt block, including the rules.
3. Paste into ChatGPT, Claude, or a similar AI tool.
4. Do not ask AI to fix your day while you are frozen.

During

Use fragments. One word. "I don't know." Silence if that is what you have.

If the AI starts giving a plan, say: **"No plan. Body first."**

If the AI gives tasks, say: **"No tasks. Grounding only."**

After

You do not need another round. You do not need to act. You do not need to catch up.

The goal is slightly more here — or safely allowed to stop.

Use dark mode if light feels harsh. Zoom in if reading is hard. No accounts, streaks, tracking, or scores.

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What this is not

Not therapy, diagnosis, treatment, medical advice, or crisis support.

Not a productivity reset. Not a planner. Not a "fix your life" system.

Not a habit tracker. Not a replacement for professional support.

Not a place where shutdown becomes failure. Not a demand to return to normal.

If you are in danger or unable to stay safe, contact local emergency services, a crisis line, or a trusted support person. This pack cannot see you, monitor you, or intervene.

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Bounded shutdown cognition

Most AI tools optimize for more: more explanation, options, steps, planning, reflection, output.

Shutdown Recovery OS optimizes for less demand.

Each system is one cycle: **input** → **body cue** → **permission** → **exit**

You should leave feeling **less demanded from**, not more responsible for fixing everything.

Use AI to reduce demand. Do not use AI to force reentry.

One prompt. One body-first cycle. Then stop.

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System Directory — Start Here

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Suggested paths

Order is pacing, not rules. **Stopping is a valid outcome.**

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SYSTEM 01

Hold Space Only

When even grounding feels like too much.

This system does not move you forward. It simply holds.

When to reach for it: cannot do anything · do not want a prompt · feel gone · need zero demand

Stop when: Nothing else is being asked from you.

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HOLD SPACE ONLY — COPY/PASTE

Copy/paste prompt — Hold Space Only

I am in a zero-demand state.

Do not ask me to do anything. Do not give me a task, plan, grounding steps, or questions. Do not try to move me forward.

Your job is only:

1. Say in 2 short sentences max that nothing is required from me right now.
2. Offer 3 very short permission lines.
3. Remind me that stopping here is valid.
4. End the response. Do not continue with a question.

Rules: No advice. No homework. No "try this." No "when you're ready." No productivity language.

Stop when: The chat is quiet and nothing else is being asked.

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SYSTEM 02

Shutdown Recovery

Body-first reentry — not a task list.

Shutdown means your system hit capacity. This system helps you re-enter through your body.

Stop when: Slightly more here — or you choose rest.

SHUTDOWN RECOVERY — COPY/PASTE

Copy/paste prompt — Shutdown Recovery

I'm in shutdown or freeze. I am low capacity.

Do not give me a task list, life plan, or productivity advice.

Your job is only:

1. Say in 2 sentences max that shutdown is a nervous-system response — not failure.
2. Guide me body-first (one line each): unclench jaw/shoulders · slow breath, longer exhale · feet on floor
~10 sec · one neutral thing I see (not a task)
3. If stuck, one gentler alternative — no planning.
4. End with: "You can begin again — softly." and permission to stop.

Rules: Short lines. No shame. No catch-up. No new tasks. No follow-up questions unless I ask.

Stop when: Body slightly more here — or I want to rest.

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SYSTEM 03

Neutral Sensation Route

When blank, numb, or far away. Does not ask you to feel better — only notice one neutral signal.

Stop when: One neutral thing noticed — or none chosen.

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NEUTRAL SENSATION ROUTE — COPY/PASTE

Copy/paste prompt — Neutral Sensation Route

I feel numb, blank, or far away.

Do not ask me to explain or name an emotion. No task list. No positivity.

Your job is only:

1. Acknowledge in 2 short sentences: numbness can be protective, not failure.
2. Offer five doors: one thing I see · hear · surface touching me · temperature · one breath I need not change
3. I can pick one, none, or stop.
4. If I pick one, one short grounding line only.
5. End with permission to stop.

Stop when: One neutral thing noticed, or choosing none feels safer.

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SYSTEM 04

No-Words Route

When language is not available. Reply with a letter, symbol, or silence.

Stop when: One low-demand signal — or no reply needed.

NO-WORDS ROUTE — COPY/PASTE

Copy/paste prompt — No-Words Route

I do not have words right now.

Do not ask me to explain. No open-ended questions. No task list.

Your job is only:

1. Say one short line: "No words are required."
2. Give this letter menu:

A — I feel numb

B — I feel heavy

C — I feel far away

D — I feel ashamed

E — I feel tired

F — I do not know

G — I need no task

H — I need to stop

1. I can reply with one letter, multiple, or nothing.
2. If I reply, 2 short supportive lines — no plan.
3. End with permission to stop.

Stop when: I reply with one signal, or I stop here.

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SYSTEM 05

I Can't Start

Does not force a task. Separates body reentry from productivity.

Stop when: Starting feels less impossible — or rest is the answer.

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I CAN'T START — COPY/PASTE

Copy/paste prompt — I Can't Start

I can't start.

Do not give productivity advice, discipline, a task list, or "just start."

Your job is only:

1. Say in 2 sentences: not starting can be capacity, not laziness.
2. One body cue: feet, breath, jaw, shoulders, or water.
3. One environment cue: light, blanket, chair, room, device, or object.
4. One optional neutral restart: open page, touch object, read first line, stand 10 sec, or stop.
5. Permission to do none and rest.

Rules: At most one of each. No task list. No shame.

My stuck point, if I have words: [PASTE OR SKIP]

Stop when: Less impossible — or rest is safest.

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SYSTEM 06

No-Catch-Up Return

Return without punishment after disappearing, avoiding, or going quiet.

Stop when: Return feels possible without punishment.

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NO-CATCH-UP RETURN — COPY/PASTE

Copy/paste prompt — No-Catch-Up Return

I have been away, avoiding, frozen, or shut down.

Do not lecture me. No catch-up plan. No backlog. No shame for disappearing.

Your job is only:

1. Normalize in 3 sentences max: returning softly is progress.
2. Two doors: Safety first (no task) · Signal first (one small signal I'm back, if capacity allows)
3. One optional message: "I've been offline and I'm coming back slowly."
4. End with: "No catch-up required."

Optional context: [PASTE OR SKIP]

Stop when: Return feels possible without punishment.

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SYSTEM 07

One Neutral Restart

Only when slightly more here. One neutral option — not a productivity step.

Stop when: One option exists — or skipping is chosen.

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ONE NEUTRAL RESTART — COPY/PASTE

Copy/paste prompt — One Neutral Restart

I may be able to do one neutral restart.

Do not give a task list or multiple steps. Do not open the backlog.

Your job is only:

1. Acknowledge: a neutral restart is not a full return.
2. Choose exactly one: drink water · feet on floor · open one page · read last note · send "I need more time"
· soft light · touch one object · stop here
3. One sentence why it is neutral and low-demand.
4. Permission to skip and rest.

My context, if any: [PASTE OR SKIP]

Stop when: One option exists, or skipping feels safer.

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SYSTEM 08

Rest After Reentry

Reentry uses energy. Protects the stop.

Stop when: Rest feels allowed.

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REST AFTER REENTRY — COPY/PASTE

Copy/paste prompt — Rest After Reentry

I did a small reentry cue and now I need to stop.

Do not give another step. No momentum. No "since you already started."

Your job is only:

1. Say in 2 sentences: reentry uses energy; stopping after a small cue is valid.
2. Reflect what counted: opening, breathing, noticing, replying, sitting up, or staying.
3. Three one-line rest permissions.
4. Close with: "You did enough for this round."

Rules: No next task. No streaks. No guilt. No follow-up question.

Stop when: Rest feels allowed.

Copy/paste prompt — Shutdown OS Router

I am in a low-capacity shutdown state and I do not know which prompt to use.

Do not solve my life. Do not ask many questions. Do not give me tasks.

Route me to one system only:

O1 Hold Space Only · O2 Shutdown Recovery · O3 Neutral Sensation · O4 No-Words · O5 I Can't Start ·
O6 No-Catch-Up Return · O7 One Neutral Restart · O8 Rest After Reentry

Ask me to choose which sounds most true:

A. I cannot do anything.

B. I am frozen or shut down.

C. I feel numb or far away.

D. I do not have words.

E. I cannot start.

F. I disappeared and feel ashamed.

G. I may do one neutral thing.

H. I did one thing and need to stop.

Recommend one system only — one sentence why.

My current state: [PASTE OR DESCRIBE]

Stop when: I know which system — or I choose Hold Space Only.

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Rest is allowed

You did enough for this round.

No streaks. No failure state. No missed days. No catch-up. No punishment for disappearing.

Start again with any system whenever you need to.

Shutdown is capacity protection, not failure. A small return counts. No task is also a valid ending.

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Nervous-system-safe operational support — not therapy, not medical advice, not crisis support.

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