

A305X

NOT MY FLUCKING PROBLEM.

THE DAILY DRAMA DUMP



LESS EXPLAINING. MORE LIVING.

A NOTEBOOK FOR OVERDUE BOUNDARIES

NOT MY FLUCKING PROBLEM.

THE DAILY DRAMA DUMP

THIS NOTEBOOK BELONGS TO

ONE THING I AM MAKING ROOM FOR

Take care of your part. Offer help by choice. Make shared work explicit. Leave other people room to make their own choices.

A305X / ORIGINAL GUIDED NOTEBOOK / 2026

HOW TO USE THIS THING.

One situation. Two pages. A little more room in your day.

01 / PICK A CASE

Use the session that fits what is on your mind. Work in order or skip around. The dates are yours to choose.

02 / PUT IT ON PAPER

Use the left page to describe the event, the request, and the assumptions that arrived with it.

03 / CHECK OWNERSHIP

Mark mine, shared, not mine, or unsure. If the agreement is unclear, a question can be your next step.

04 / FIND YOUR WORDS

Use the right page to choose a response and write a sentence you could actually say out loud.

05 / MAKE ONE MOVE

Pick a small, useful action. A limit becomes clearer when you know what you will do next.

06 / CLOSE THE FILE

Keep the lesson. Return to your life. Leave a page unfinished when you have already found what you need.

WHOSE JOB IS THIS?

Give responsibility a name before giving it your afternoon.

MINE

My actions, my commitments, or a repair I owe. Name a useful next step instead of making a permanent case against myself.

SHARED

A task, decision, or consequence we have agreed to handle together. Clarify the jobs, limits, and next conversation.

NOT MINE

Another person's choices or work that has not been agreed with me. Choose whether to help, and name the limits of that help.

UNSURE

The expectation is vague or the facts are incomplete. Ask a practical question before taking on the whole situation.

THE QUESTION I NEED TO ASK

DEPARTMENT 01 / 14 CASES

INCOMING NONSENSE

Receive the information. Decline the automatic promotion to crisis manager.

Before a problem gets a desk in your head, find out what it actually is. Separate the event, the request, and the story your imagination has already put on payroll.

THE OPERATING RULE

A notification is information. Your next move is a choice.

THE CASE LOG.

One short label per session. Notice the pattern without writing another performance report.

CASE	WHAT IT WAS ABOUT	STATUS
01		
02		
03		
04		
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13		
14		

Try a status: mine / shared / returned / pending.

CASE 01 / DUMP / DATE _____

THE PING

Your phone has opinions about your availability.

What arrived, and what does it actually ask of me?

What did I assume before checking the facts?

What is the real consequence of waiting?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 01 / DECIDE / DATE _____

THE PING

Your phone has opinions about your availability.

What response fits the importance of this request?

What do I want to return to after dealing with it?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 02 / DUMP / DATE _____

THE REPLAY

The conversation ended. The rerun did not.

Which moment am I replaying?

What do I know, and what am I guessing?

What answer am I hoping the replay will produce?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 02 / DECIDE / DATE _____

THE REPLAY

The conversation ended. The rerun did not.

Is there a useful conversation I can still have?

What will I do instead of another mental screening?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 03 / DUMP / DATE _____

THE YES HANGOVER

Yesterday's enthusiasm has sent an invoice.

What did I agree to, and why?

What is this commitment costing me now?

Which part am I still willing to do?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 03 / DECIDE / DATE _____

THE YES HANGOVER

Yesterday's enthusiasm has sent an invoice.

What honest adjustment can I ask for?

What will make my next yes more deliberate?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 04 / DUMP / DATE _____

THE URGENCY HAT

Some requests arrive wearing someone else's emergency.

Who called this urgent, and on what evidence?

What deadline or consequence is actually involved?

What would I interrupt to make room for it?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 04 / DECIDE / DATE _____

THE URGENCY HAT

Some requests arrive wearing someone else's emergency.

What priority can I agree on with the other person?

What can happen later without creating real harm?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 05 / DUMP / DATE _____

THE GROUP CHAT

A meeting with no door and seventeen notification sounds.

What part of this conversation concerns me?

Which messages contain a request I need to answer?

What am I afraid will happen if I go quiet?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 05 / DECIDE / DATE _____

THE GROUP CHAT

A meeting with no door and seventeen notification sounds.

What notification or participation limit would help?

What deserves my attention away from the chat?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 06 / DUMP / DATE _____

THE LOOK

One facial expression. An entire courtroom in your head.

What did I actually see or hear?

What meaning did I attach to it?

What other explanation is possible?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 06 / DECIDE / DATE _____

THE LOOK

One facial expression. An entire courtroom in your head.

Do I need clarification, or can I leave this alone?

What fact will I use instead of reading minds?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 07 / DUMP / DATE _____

THE ADVICE PARCEL

Unrequested wisdom still takes up shelf space.

What advice was offered?

What useful part, if any, can I take from it?

What part does not fit my circumstances or values?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 07 / DECIDE / DATE _____

THE ADVICE PARCEL

Unrequested wisdom still takes up shelf space.

How can I acknowledge the offer without adopting it?

What decision remains mine to make?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 08 / DUMP / DATE _____

THE SMALL THING

The last straw rarely announces that it is the last straw.

What small event set me off?

What was already taking up my energy?

What part of my reaction belongs to this event?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 08 / DECIDE / DATE _____

THE SMALL THING

The last straw rarely announces that it is the last straw.

What care or practical change do I need today?

What is a fair-sized response to the actual problem?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 09 / DUMP / DATE _____

THE INVISIBLE JOB

Some jobs are assigned entirely inside your own head.

What task have I quietly appointed myself to?

Who actually asked me to do it?

What would happen if I checked the expectation?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 09 / DECIDE / DATE _____

THE INVISIBLE JOB

Some jobs are assigned entirely inside your own head.

What responsibility can I clarify or share?

What task can leave my list once the facts are clear?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 10 / DUMP / DATE _____

THE COMPARISON TAB

Someone else's highlight reel has opened a budget review.

What comparison am I making?

Which parts of the other person's situation do I not know?

What matters in my own current circumstances?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 10 / DECIDE / DATE _____

THE COMPARISON TAB

Someone else's highlight reel has opened a budget review.

What would progress look like without their scoreboard?

What small improvement would I choose for myself?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 11 / DUMP / DATE _____

THE FEED

The internet can supply outrage in wholesale quantities.

What content has stayed with me today?

What can I usefully influence in this situation?

What attention has it taken from the people or work nearby?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 11 / DECIDE / DATE _____

THE FEED

The internet can supply outrage in wholesale quantities.

What informed action or viewing limit would fit my values?

What will I give my attention to after closing the app?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 12 / DUMP / DATE _____

THE BORROWED MOOD

You can notice a storm without becoming its weather report.

Whose mood am I carrying into the rest of my day?

What did they actually ask of me?

What am I feeling that belongs to my own situation?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 12 / DECIDE / DATE _____

THE BORROWED MOOD

You can notice a storm without becoming its weather report.

What kind support can I offer within my limits?

What will help me return to my own pace?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 13 / DUMP / DATE _____

THE MAYBE FILE

Uncertainty has requested permanent office space.

What question is still unanswered?

What information can I reasonably obtain?

What part will remain uncertain for now?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 13 / DECIDE / DATE _____

THE MAYBE FILE

Uncertainty has requested permanent office space.

What decision can I make with the information I have?

When will I review this, instead of checking constantly?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 14 / DUMP / DATE _____

THE OPEN TABS

Attention is impressive. Unlimited attention is fictional.

Which unfinished matters are crowding my head?

Which one needs a real next step today?

Which items can be written down and scheduled?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 14 / DECIDE / DATE _____

THE OPEN TABS

Attention is impressive. Unlimited attention is fictional.

What can I close, cancel, or consciously leave pending?

What would enough look like at the end of today?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

SHIFT REPORT.

A short look back. Keep what is useful; make one adjustment.

Which kinds of noise kept arriving?

When did I pause before responding?

What deserved my attention after all?

What will I stop treating as an emergency?

LEAVE IT HERE.

Write the version with every detail, every imaginary reply, and every unnecessary committee member. Then write the one fact you actually need to carry forward.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.

DEPARTMENT 02 / 14 CASES

OUTSIDE MY DEPARTMENT

Responsibility deserves a name before it gets your whole afternoon.

Take care of your part. Offer help by choice. Make shared work explicit. Other people still get to make their own decisions, including the inconvenient ones.

THE OPERATING RULE

Own your part. Clarify the shared part. Return the rest.

THE CASE LOG.

One short label per session. Notice the pattern without writing another performance report.

CASE	WHAT IT WAS ABOUT	STATUS
15		
16		
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28		

Try a status: mine / shared / returned / pending.

CASE 15 / DUMP / DATE _____

THE RESCUE REFLEX

Helpful is a choice. Automatically available is an exhausting job.

What problem am I rushing to solve for someone?

What help have they actually requested?

What could they reasonably do for themselves?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 15 / DECIDE / DATE _____

THE RESCUE REFLEX

Helpful is a choice. Automatically available is an exhausting job.

What support can I offer without taking over?

What boundary will keep the responsibility clear?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 16 / DUMP / DATE _____

THE DISAPPOINTMENT

Another person's disappointment can exist without a new assignment.

Who may be disappointed by my decision?

What expectation or promise is involved?

What part do I need to acknowledge or repair?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 16 / DECIDE / DATE _____

THE DISAPPOINTMENT

Another person's disappointment can exist without a new assignment.

What can I explain once, clearly and kindly?

What reaction will I allow them to have?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 17 / DUMP / DATE _____

THE REPUTATION DESK

Public relations for every version of you is a large department.

What do I want someone to believe about me?

What facts or actions are actually within my control?

What explanation am I repeatedly trying to perfect?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 17 / DECIDE / DATE _____

THE REPUTATION DESK

Public relations for every version of you is a large department.

What would acting in line with my values look like?

Whose opinion can I stop managing today?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 18 / DUMP / DATE _____

THE FAMILY SCRIPT

An old role can keep sending invitations after you outgrow it.

What role am I expected to play here?

What part of that role do I still choose?

What part no longer fits my life?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 18 / DECIDE / DATE _____

THE FAMILY SCRIPT

An old role can keep sending invitations after you outgrow it.

What new expectation can I state plainly?

What will I do if the old script starts again?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 19 / DUMP / DATE _____

THE SHARED SINK

Shared problems become clearer when someone writes down the jobs.

What shared task is causing friction?

What agreement already exists, if any?

What have I assumed the other person should know?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 19 / DECIDE / DATE _____

THE SHARED SINK

Shared problems become clearer when someone writes down the jobs.

What fair division can I propose?

How will we check that the new arrangement works?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 20 / DUMP / DATE _____

THE BAD PLAN

Seeing a pothole does not make you the road department.

What choice is someone making that worries me?

What concrete concern can I communicate?

What is their decision to make?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 20 / DECIDE / DATE _____

THE BAD PLAN

Seeing a pothole does not make you the road department.

What help or limit can I offer once my concern is heard?

What consequence will I decline to quietly absorb?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 21 / DUMP / DATE _____

THE WORK HANDOFF

A task needs an owner more than it needs another hopeful sigh.

What work is drifting toward me?

What was my agreed role?

Who has the authority or responsibility to decide the next step?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 21 / DECIDE / DATE _____

THE WORK HANDOFF

A task needs an owner more than it needs another hopeful sigh.

What handoff can I document clearly?

What will I do while the ownership question is resolved?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 22 / DUMP / DATE _____

THE PERFECT HELPER

Useful people are allowed to have opening hours.

What standard am I trying to meet by always helping?

What does this standard cost my own commitments?

What help can I realistically provide well?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 22 / DECIDE / DATE _____

THE PERFECT HELPER

Useful people are allowed to have opening hours.

What honest limit would make my help more sustainable?

How can I be kind without making an unlimited promise?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 23 / DUMP / DATE _____

THE UNSENT APOLOGY

Courtesy is useful. Apologizing for existing is a large subscription.

What am I preparing to apologize for?

What action of mine actually needs acknowledgment?

What part is simply a preference or limit I am allowed to have?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 23 / DECIDE / DATE _____

THE UNSENT APOLOGY

Courtesy is useful. Apologizing for existing is a large subscription.

What accurate apology or clear statement would fit?

What extra self-blame can I leave out?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 24 / DUMP / DATE _____

THE TIME LOAN

Your calendar is real even when someone else's request is vague.

What time am I being asked to give?

What will that time displace?

What length or scope has actually been agreed?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 24 / DECIDE / DATE _____

THE TIME LOAN

Your calendar is real even when someone else's request is vague.

What smaller offer could I make willingly?

What ending time or limit will I communicate?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 25 / DUMP / DATE _____

THE GUILT LETTER

A guilty feeling can be heard before it gets signing authority.

What choice is bringing up guilt?

What responsibility, value, or promise might be involved?

What facts support the feeling, and what facts challenge it?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 25 / DECIDE / DATE _____

THE GUILT LETTER

A guilty feeling can be heard before it gets signing authority.

What repair or fair boundary would address the real issue?

What choice will I make after checking the evidence?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 26 / DUMP / DATE _____

THE CHANGED MIND

New information is allowed to enter the building.

What decision do I want to change?

What new information or limit matters?

Who needs notice, and what impact should I acknowledge?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 26 / DECIDE / DATE _____

THE CHANGED MIND

New information is allowed to enter the building.

What revised agreement can I offer?

What can I say without turning the change into a trial?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 27 / DUMP / DATE _____

THE IMPOSSIBLE STANDARD

Some measuring sticks have no end.

What standard am I trying to satisfy?

Who set it, and what purpose does it serve?

What would a reasonable standard require?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 27 / DECIDE / DATE _____

THE IMPOSSIBLE STANDARD

Some measuring sticks have no end.

What measure of enough can I use instead?

What task can I finish under that fairer standard?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 28 / DUMP / DATE _____

THE CAPACITY CHECK

Being able to do a thing does not put it automatically on your schedule.

What could I technically take on?

What energy, time, and resources would it use?

What existing responsibility needs that capacity?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 28 / DECIDE / DATE _____

THE CAPACITY CHECK

Being able to do a thing does not put it automatically on your schedule.

What choice fits my actual capacity today?

What will I tell the person who is waiting for an answer?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

SHIFT REPORT.

A short look back. Keep what is useful; make one adjustment.

What did I take on without an agreement?

Where was a shared responsibility left unclear?

When did helping feel like a willing choice?

Which responsibility will I now hand back or renegotiate?

LEAVE IT HERE.

Write a handover note for one responsibility you have been carrying without an agreement. Name your part, the other person's part, and the conversation or practical step needed to make the handover real.

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DEPARTMENT 03 / 14 CASES

THE BOUNDARY DESK

Clear words. Real limits. A smaller committee reviewing your decisions.

A useful boundary says what you will do. It can be calm, specific, and short. Practice the sentence here, then choose a step you can actually follow through on.

THE OPERATING RULE

State the limit. Name your next step. Follow through.

THE CASE LOG.

One short label per session. Notice the pattern without writing another performance report.

CASE	WHAT IT WAS ABOUT	STATUS
29		
30		
31		
32		
33		
34		
35		
36		
37		
38		
39		
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41		
42		

Try a status: mine / shared / returned / pending.

CASE 29 / DUMP / DATE _____

THE FIRST NO

A complete sentence sometimes needs a practice page.

What request do I want to decline?

What part of my answer is already clear?

What explanation is genuinely useful to the other person?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 29 / DECIDE / DATE _____

THE FIRST NO

A complete sentence sometimes needs a practice page.

What short refusal can I practice saying?

What will I do if the request is repeated?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 30 / DUMP / DATE _____

THE OFFICE HOURS

Availability works better with an actual closing time.

When am I being contacted or asked to work?

What hours or circumstances can I reasonably offer?

What exception, if any, would I choose deliberately?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 30 / DECIDE / DATE _____

THE OFFICE HOURS

Availability works better with an actual closing time.

How will I communicate my availability?

What practical setting or action will support that limit?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 31 / DUMP / DATE _____

THE SCOPE CREEP

A small favor can quietly arrive with a second suitcase.

What did I originally agree to do?

What additional work is now being requested?

What can I still offer within the original agreement?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 31 / DECIDE / DATE _____

THE SCOPE CREEP

A small favor can quietly arrive with a second suitcase.

What new terms or limit need to be discussed?

What will I do until that discussion happens?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 32 / DUMP / DATE _____

THE PERSONAL QUESTION

Curiosity is not a visitor pass to every room.

What information am I being asked to share?

What part do I feel comfortable discussing?

What part would I like to keep private?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 32 / DECIDE / DATE _____

THE PERSONAL QUESTION

Curiosity is not a visitor pass to every room.

What response can redirect or end the question?

How can I stay with my choice if someone presses?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 33 / DUMP / DATE _____

THE INTERRUPTIONS

Attention has a restart cost.

What keeps interrupting my work or rest?

What needs immediate access, and what can wait?

What uninterrupted period would help today?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 33 / DECIDE / DATE _____

THE INTERRUPTIONS

Attention has a restart cost.

What arrangement can I communicate to others?

What will I change in my environment to support it?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 34 / DUMP / DATE _____

THE NEGOTIATION

A clear limit can still leave room for a real agreement.

What do I need to protect in this situation?

What outcome does the other person need?

What options fit both sets of needs?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 34 / DECIDE / DATE _____

THE NEGOTIATION

A clear limit can still leave room for a real agreement.

What specific agreement can I propose?

What condition would make the agreement no longer workable?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 35 / DUMP / DATE _____

THE EXPLANATION LOOP

Your fourth explanation may be doing your first explanation's job.

What point have I already made?

What new information would actually help here?

What am I hoping another explanation will change?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 35 / DECIDE / DATE _____

THE EXPLANATION LOOP

Your fourth explanation may be doing your first explanation's job.

What clear closing sentence can I use?

What action will end the loop on my side?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 36 / DUMP / DATE _____

THE PLAN CHANGE

Plans deserve notice. Your limits deserve a place in the conversation.

What plan no longer works for me?

What impact will changing it have?

What notice or alternative can I reasonably offer?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 36 / DECIDE / DATE _____

THE PLAN CHANGE

Plans deserve notice. Your limits deserve a place in the conversation.

What honest message will I send?

What will I protect when I make the replacement plan?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 37 / DUMP / DATE _____

THE LISTENING LIMIT

You can care about a story and still have a bedtime.

What conversation am I finding difficult to sustain?

What kind of listening can I offer today?

What time or topic limit do I need?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 37 / DECIDE / DATE _____

THE LISTENING LIMIT

You can care about a story and still have a bedtime.

How can I state that limit without dismissing the person?

What support or next conversation can I suggest, if appropriate?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 38 / DUMP / DATE _____

THE REPEATED REQUEST

A limit becomes useful when the sequel gets the same information.

What request is returning after I answered?

What limit did I communicate?

What practical follow-through is now needed?

OWNERSHIP

☐ Mine ☐ Shared ☐ Not mine ☐ Unsure

CASE 38 / DECIDE / DATE _____

THE REPEATED REQUEST

A limit becomes useful when the sequel gets the same information.

What calm restatement can I use?

What action is mine to take if the request continues?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 39 / DUMP / DATE _____

THE FAIR YES

A useful yes includes the actual terms.

What do I want to agree to?

What time, scope, or condition needs to be named?

What should the other person be able to rely on?

OWNERSHIP

☐ Mine ☐ Shared ☐ Not mine ☐ Unsure

CASE 39 / DECIDE / DATE _____

THE FAIR YES

A useful yes includes the actual terms.

What specific yes can I give without overpromising?

When will I check whether the arrangement still works?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 40 / DUMP / DATE _____

THE SLOW ANSWER

Checking your calendar is a valid part of being a person.

What decision am I being asked to make immediately?

What information or time do I need first?

What is a reasonable time for my answer?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 40 / DECIDE / DATE _____

THE SLOW ANSWER

Checking your calendar is a valid part of being a person.

What holding response can I give now?

What will I check before committing?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 41 / DUMP / DATE _____

THE SELF-BOUNDARY

You are also on the list of people who can overbook you.

What habit or promise to myself keeps overrunning its limits?

What makes the limit difficult to keep?

What smaller, clearer rule would be realistic?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 41 / DECIDE / DATE _____

THE SELF-BOUNDARY

You are also on the list of people who can overbook you.

What will I do when the familiar exception appears?

What support or reminder can I put in place?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 42 / DUMP / DATE _____

THE PRACTICE RUN

The first rehearsal is allowed to sound like a rehearsal.

Which boundary sentence do I want to practice?

What tone feels both clear and natural to me?

What pushback do I reasonably expect?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 42 / DECIDE / DATE _____

THE PRACTICE RUN

The first rehearsal is allowed to sound like a rehearsal.

What brief response can I prepare for that pushback?

Where can I try the sentence in a manageable situation?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

SHIFT REPORT.

A short look back. Keep what is useful; make one adjustment.

Which limit was easiest to state?

Where did I explain more than I needed to?

Which boundary needs a practical follow-through step?

What did I learn about saying something clearly and kindly?

LEAVE IT HERE.

Write the long speech you wish you could deliver. Then reduce it to a usable boundary: the limit, the action you will take, and any practical detail the other person genuinely needs.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

DEPARTMENT 04 / 14 CASES

RETURN TO SENDER

Finish your part. Leave the rest. Make some room for an actual life.

Release can be a practical act: a message, a repair, a handoff, a changed habit, or a decision to stop reopening a finished file. Keep the lesson and choose what happens next.

THE OPERATING RULE

Keep the useful lesson. Take the useful step. Close the file.

THE CASE LOG.

One short label per session. Notice the pattern without writing another performance report.

CASE	WHAT IT WAS ABOUT	STATUS
43		
44		
45		
46		
47		
48		
49		
50		
51		
52		
53		
54		
55		
56		

Try a status: mine / shared / returned / pending.

CASE 43 / DUMP / DATE _____

THE UNFINISHED ENDING

Some conversations refuse to provide a tidy final scene.

What ending am I still waiting for?

What outcome depends on someone else's choice?

What part can I finish without that outcome?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 43 / DECIDE / DATE _____

THE UNFINISHED ENDING

Some conversations refuse to provide a tidy final scene.

What personal closing action would be meaningful?

What will I do when I want to reopen the file?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 44 / DUMP / DATE _____

THE REPAIR

Owning a mistake is a job with a next step, not a life sentence.

What action of mine caused a problem?

What impact can I honestly acknowledge?

What practical repair or apology can I offer?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 44 / DECIDE / DATE _____

THE REPAIR

Owning a mistake is a job with a next step, not a life sentence.

What change will reduce the chance of repeating it?

What extra punishment can I stop adding after taking responsibility?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 45 / DUMP / DATE _____

THE OLD PROMISE

A promise from an older version of you may need a current conversation.

What promise or commitment is no longer workable?

What changed since I made it?

Who needs an honest update from me?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 45 / DECIDE / DATE _____

THE OLD PROMISE

A promise from an older version of you may need a current conversation.

What fair ending or revised agreement can I propose?

What will I learn before making a similar promise again?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 46 / DUMP / DATE _____

THE RESENTMENT RECEIPT

An unspoken expectation can keep charging interest.

What am I resentful about?

What expectation did I communicate, and what did I leave unspoken?

What part needs a request, a boundary, or a decision?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 46 / DECIDE / DATE _____

THE RESENTMENT RECEIPT

An unspoken expectation can keep charging interest.

What conversation can turn the complaint into something usable?

What will I stop silently keeping score of?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 47 / DUMP / DATE _____

THE MENTAL ARGUMENT

An imaginary opponent has very flexible office hours.

What argument am I having in my head?

What point do I want to make or defend?

Is a real conversation needed or possible?

OWNERSHIP

☐ Mine ☐ Shared ☐ Not mine ☐ Unsure

CASE 47 / DECIDE / DATE _____

THE MENTAL ARGUMENT

An imaginary opponent has very flexible office hours.

What useful sentence or action can I take out of the rehearsal?

What activity will I return to when the argument starts again?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 48 / DUMP / DATE _____

THE WRONG DOOR

Effort is valuable. So is noticing which door is actually open.

What outcome have I been trying to force?

What have my attempts shown me so far?

What option remains within my control?

OWNERSHIP

☐ Mine ☐ Shared ☐ Not mine ☐ Unsure

CASE 48 / DECIDE / DATE _____

THE WRONG DOOR

Effort is valuable. So is noticing which door is actually open.

What different route would fit the reality of the situation?

What effort can I stop spending on the closed route?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 49 / DUMP / DATE _____

THE ENOUGH LINE

A finished task is allowed to leave before perfection arrives.

What task keeps receiving one more revision?

What does the task actually need to accomplish?

What evidence says it meets that need?

OWNERSHIP

☐ Mine ☐ Shared ☐ Not mine ☐ Unsure

CASE 49 / DECIDE / DATE _____

THE ENOUGH LINE

A finished task is allowed to leave before perfection arrives.

What final check will make it ready to finish?

When and how will I stop revising it?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 50 / DUMP / DATE _____

THE REST FILE

Rest does not require a perfectly empty inbox.

What am I postponing rest until I complete?

What work genuinely needs doing before I stop?

What can wait with a clear note or plan?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 50 / DECIDE / DATE _____

THE REST FILE

Rest does not require a perfectly empty inbox.

What small period of rest can I choose today?

What will I say to myself when the unfinished list returns?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 51 / DUMP / DATE _____

THE GOOD THING

The day is allowed to contain something that is not damage control.

What ordinary good thing have I been overlooking?

What makes it valuable to me?

What attention or time could I give it today?

OWNERSHIP

☐ Mine ☐ Shared ☐ Not mine ☐ Unsure

CASE 51 / DECIDE / DATE _____

THE GOOD THING

The day is allowed to contain something that is not damage control.

What can I arrange to make that time possible?

What do I want to remember about enjoying it?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 52 / DUMP / DATE _____

THE RETURN VISIT

A familiar pattern can receive a different answer this time.

What old situation or habit has returned?

What early sign did I notice?

What did I learn from the previous round?

OWNERSHIP

☐ Mine ☐ Shared ☐ Not mine ☐ Unsure

CASE 52 / DECIDE / DATE _____

THE RETURN VISIT

A familiar pattern can receive a different answer this time.

What different response can I try now?

How will I recognize a small improvement?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 53 / DUMP / DATE _____

THE QUIET WIN

Progress does not always arrive with a marching band.

What small choice went better than before?

What did I do that helped?

What effort might I otherwise have overlooked?

OWNERSHIP

- ☐ Mine
- ☐ Shared
- ☐ Not mine
- ☐ Unsure

CASE 53 / DECIDE / DATE _____

THE QUIET WIN

Progress does not always arrive with a marching band.

How can I repeat or support this useful choice?

What simple acknowledgment will I give myself?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 54 / DUMP / DATE _____

THE USEFUL NEXT STEP

Thinking has had its turn. One practical move can have the next one.

What matter is ready for a concrete action?

What part of it is genuinely mine to do?

What is the smallest useful move available?

OWNERSHIP

☐ Mine ☐ Shared ☐ Not mine ☐ Unsure

CASE 54 / DECIDE / DATE _____

THE USEFUL NEXT STEP

Thinking has had its turn. One practical move can have the next one.

When and where will I take that step?

What can stay off the plan for now?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 55 / DUMP / DATE _____

THE RECOVERED ROOM

Space in your day can have a purpose you actually chose.

What time or attention have I recovered by setting a limit?

What would I like to use that space for?

What new obligation is trying to occupy it automatically?

OWNERSHIP

☐

Mine

☐

Shared

☐

Not mine

☐

Unsure

CASE 55 / DECIDE / DATE _____

THE RECOVERED ROOM

Space in your day can have a purpose you actually chose.

What choice will protect the space for what matters?

What will I do with a little of it today?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

CASE 56 / DUMP / DATE _____

THE CLOSED FILE

The stamp is small. The decision can still be yours.

What situation am I ready to file as handled for now?

What action, if any, remains scheduled?

What lesson will I keep without carrying the whole story?

OWNERSHIP

☐ Mine

☐ Shared

☐ Not mine

☐ Unsure

CASE 56 / DECIDE / DATE _____

THE CLOSED FILE

The stamp is small. The decision can still be yours.

What sign will tell me that reopening it is actually necessary?

What will I turn toward after closing this notebook?

THE SENTENCE I CAN ACTUALLY SAY

MY NEXT SMALL MOVE

SHIFT REPORT.

A short look back. Keep what is useful; make one adjustment.

Which matter can now stay closed?

What lesson is worth taking into the next situation?

Where do I still owe a clear action or repair?

What will I use the recovered time or attention for?

LEAVE IT HERE.

Write a closing note to the situation you are ready to stop rehearsing. Include any action you still owe, the lesson you will keep, and the ordinary good thing you will return to afterward.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

NOTES / 01

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

NOTES / 02

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

NOTES / 03

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

NOTES / 04

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

NOTES / 05

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

[illegible]

NOTES / 06

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

NOTES / 07

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

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NOTES / 08

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

NOTES / 09

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

NOTES / 10

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

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NOTES / 11

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

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NOTES / 12

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

NOTES / 13

UNFILED THOUGHTS.

Ideas, plans, and anything you want to keep.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PLEASE TAKE
YOUR DRAMA
TO ANOTHER
DEPARTMENT.

Write it down.
Let it go.
Keep your peace.

