Avoidance Reset Pack

For the sealed, the circling, and the quietly humming.

4 WORKSHEETS INSIDE

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   The inbox version of looking
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   The envelope version of looking
3. Paperwork Triage
   One pass, three verdicts, no reading
4. Two-Option Decision Card
   Close the decision that circles at 2am

Every sheet is fillable. Type into it in any PDF reader, or print it and write.

A worksheet, not a system. Half-filled counts.

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Email Opening Script

Open it without owing it a reply yet. Reading is the whole job.

A worksheet, not a system. Half-filled counts.

1 What I'm afraid it says

2 What it actually says *open it, read it once, write the gist*

3 What kind of reply it needs

- [ ] None (glorious)
- [ ] Two lines
- [ ] A proper answer, but not right now
- [ ] A holding reply today, real answer by _____

4 One next step

> *The imagined contents are always worse company than the real ones.*

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Bill Opening Sheet

The drawer has been humming for weeks. Facts have edges. Fog doesn't.

A worksheet, not a system. Half-filled counts.

1 What I'm opening

2 What I'm afraid it says

3 What it actually says *amount and date, that's all*

4 Honestly now

- [ ] Something is actually on fire
- [ ] Nothing is on fire, it just needed opening
- [ ] It needs one action, which is:

5 That one action, and when

> *A known number, even a bad one, is smaller than an unknown one.*

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Paperwork Triage

One pass, one decision per item, three options only.

A worksheet, not a system. Half-filled counts.

1 The pile, sorted once

Bin (an honest half)	Has a home — take it	Needs something

2 The needs-something box gets its own five minutes on *a day this week*

3 The rules

- [ ] One decision per item, no reading things properly
- [ ] Did not start filling anything in mid-sort
- [ ] Mystery cable grieved and binned

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Two-Option Decision Card

A good-enough decision today beats a perfect one pending.

A worksheet, not a system. Half-filled counts.

1 The decision

2 The honest shortlist — two options only

Option A — good enough because

Option B — good enough because

3 Settle it

- [ ] Both survivable? Then flip a coin
- [ ] Coin result obeyed (disappointment IS the answer)
- [ ] Decision made, case closed, no reopening at 2am

> *Sad about how the coin landed? You just found your real preference. Also allowed.*