

[DOCUMENT TYPE] BARE-METAL_RUNBOOK.pdf	[SYSTEM ALIAS] Node_Demo	[COMPILE DATE] 2026-09-25	[INTEGRITY HASH] 0x8F9B2C41 (Validated)
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[00] INCIDENT_BACKLOG // tickets pulled in MOD 1-5		git log --oneline
MOD 1 • FAILED TOP-DOWN COMMAND	Planned 2h of deep work, was stuck on social media after 10 minutes	
MOD 2 • DEADLOCKED PROCESS	Finishing the new architecture presentation for the CTO	
MOD 3 • TELEMETRY MISMATCH	Late-night Slack message from CEO	
MOD 4 • WILLPOWER ROLLBACK	Tried to rely on willpower to wake up at 5 AM, crashed and snoozed by Thursday	
MOD 5 • THRASHING INCIDENT	Spent 3 hours jumping between Jira and my IDE, accomplished nothing	

[01] PREDICTIVE_TELEMETRY // threat detection		tail -f /var/log/telemetry
TRIGGER CONDITION	Late-night Slack message from CEO	
HARDWARE TELEMETRY (PHYSICAL)	[x] Shallow breathing [x] Jaw tension [x] Elevated pulse	
PR NARRATIVE TO DISCARD (SOFTWARE)	~~"I am failing at this project and will get fired"~~	
DIAGNOSTIC	[WARN] Telemetry mismatch detected. System is mistaking a digital notification for a physical predator.	
[FAILED GUI COMMAND]	"I have to finish this deck tonight, no matter what." → legacy top-down override, deprecated in MOD 4	
[HARDWARE OVERRIDE]	Background threat-detection loop; Thermal throttling	

[02] SUB-MIND_DEADLOCK // process conflict		route -n
[NODE A] DRIVER • growth/exploration	[NODE B] FIREWALL • security/compliance	
TARGET Finish architecture presentation	SECURITY METRIC Fear of exhaustion	
RESOURCE DEMAND High CPU / Willpower	INTERRUPT METHOD Anxiety loop / Forced procrastination	
DIAGNOSTIC	[INFO] Node B is not a bug; it is a functioning firewall protecting the system from thermal-throttling. Deadlock = A ⇄ B contending for the same CPU.	
CONTENTED RESOURCE	Finishing the new architecture presentation for the CTO	

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[03] INCIDENT_RESPONSE_SCRIPT // execution                                chmod +x • run on next interrupt

> INITIATING OVERRIDE_SCRIPT.sh

IF system detects [x] Shallow breathing [x] Jaw tension [x] Elevated pulse
AND PR Department generates narrative "I am failing at this project and will get fired"
THEN EXECUTE:
  1. DROP PR_NARRATIVE (Identify as predictive software, not reality.)
  2. ACKNOWLEDGE NODE B (Validate firewall's attempt to prevent Fear of exhaustion.)
  3. INJECT FRICTION at Always-on external hardware (smartphone on desk) → Block
    distracting domains; phone in another room
  4. REMOVE FRICTION for Excessive startup power required (task feels too massive) →
    Open slide deck before shutdown; first slide pre-outlined
  5. ALLOCATE SINGLE THREAD (Target: Slides 1-8 drafted | Time: 90 min)
  6. SUPPRESS IRQs → Terminate Slack process; close email client, Headphones on; door
    closed; status set to DND
ELSE no interrupt pending → continue single-thread execution.

> END SCRIPT • exit 0 • runbook_state=STABLE
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[04] SYSTEM_STATE // post-mortem flags at compile time		systemctl status
MOD 1 • CEO ILLUSION	[KERNEL ACCEPTED]	
MOD 2 • SUB-MIND DEADLOCK	[PERMISSION DENIED]	
MOD 3 • TELEMETRY SPLIT	[TELEMETRY ISOLATED]	
MOD 4 • ENVIRONMENT SIDELOAD	[LATENCY INJECTED]	
MOD 5 • SINGLE THREAD	[FLOW STATE ACHIEVED]	
DIAGNOSTIC	[INFO] Flags other than the first option mark where friction remains. Re-run the affected module's Post-Mortem after the next live incident; recompile to update this table.	