



NETERSYNC
HUMAN REALITY ENGINE

YOU COMMENTED. HERE IT IS.

STABILIZE

*The full deck.
Nine moves out of shutdown collapse,
one letter at a time.*

Don't do all nine. Come back to one letter each day
and give your system one coherent signal.

S

Stop the Spiral.

The spiral is whatever makes the collapse worse:
staying in bed all day, binge eating, endless
scrolling, TV until you dissociate, one bad day
becoming a whole identity.

*You do not have to fix your whole life today.
Just stop feeding the spiral in one place.*

"What is the one spiral I can interrupt today?"

T

Time.

Collapse means your system is at capacity.
You cannot punish your way out of this state.

*Not fake rest, scrolling for six hours while your
nervous system keeps bracing.
Actual rest.*

*"What would real rest look like if I stopped negotiating
with my collapse?"*

Anchor Points.

An anchor point is a coherent action. One thing.
Every day. The smallest action that, done daily,
points you in a more stable direction.

*Barefoot on the earth at rising. Open the curtains.
One home-cooked meal. Bed at 9pm like your life depends on
it.*

*Don't build a new identity.
Build one coherent anchor at a time.*

*"What is the smallest daily anchor that would make my
system feel safer?"*

Building Blocks.

Your avatar needs materials to rebuild: amino acids, minerals, protein, salt, sunlight, sleep, hydration. Collapse on one plane affects the other three.

*Even if you eat the pizza, take the amino acids.
Give the body something it can build with.*

"What building block can I give my body today, even if everything else is messy?"

Inputs.

Every input either adds static or restores signal.
Food. TV. Music. People. Light. Rooms. Scrolling.
Self-talk.

*If food is the spiral, start with what you watch.
If the bed is the spiral, start with opening the window.*

"Which input is easiest to clean up today?"

L

Love.

Collapse does not respond to self-hatred. It
tightens.

Love is not a concept here. *It is a stabilizing input.*

*Hug yourself. Hand on your heart. Speak gently.
Tell someone you're in it. Let your body feel contact.*

*"How can I give my system one unmistakable signal of
love today?"*

I

Interrupt Isolation.

Collapse wants you hidden:

*"Don't answer." "Don't tell anyone." "Disappear until
you're better."*

*You don't need to explain everything. Send one honest
signal:*

"I'm in collapse. I don't need fixing. I just need contact."

"Who can I let see one true sentence?"

Zoochosis Check.

Animals trapped in boxes lose rhythm. Humans do too. Too much artificial light, too much screen reality, too little horizon, too little nature.

*Get your avatar out of the box. Trees. Sky. Water.
Wind. Sun.*

*Nature is the reference signal. The invisible box often
traps you the most.*

*"What's a more coherent view, space, or environment I
can access today?"*

Echoes of Stability.

Even in collapse, there are echoes of the timeline where you were stable: a song, a meal, a walk you used to take, a rhythm, a scent.

Find one echo. Follow it back. Not to become who you were.

To remind your system stability is still encoded inside you.

"What is one echo of stability I can touch today?"

The whole map, *one card*:

- S** *Stop the Spiral.* Stop feeding the collapse in one *area*
- T** *Time.* Give your system actual rest, not fake rest.
- A** *Anchor Points.* One coherent action, every day.
- B** *Building Blocks.* Give the body materials it can rebuild with.
- I** *Inputs.* Swap one static input for one *coherent one*
- L** *Love.* Let your body feel one unmistakable signal of care.
- I** *Interrupt Isolation.* Send one honest sentence to one person.
- Z** *Zoochosis Check.* Get your avatar out of the box and into nature.
- E** *Echoes of Stability.* Follow one echo of your stable timeline back.

One letter a day. *Not all nine.*

Pick the letter that names today's loop. Do its
one move. Let that be enough.

*Collapse is not laziness.
It's a system at capacity, and you now have the
map.*

NEXT MECHANIC → @goddess_ion