

THE 48-HOUR RESET

A Mental Self-Defense Guide for Crisis

You just got hit. Maybe you lost your job. Maybe something else fell apart. The world feels unstable and your brain is spinning.

This guide will not fix everything. It will not get you a new job or undo what happened. But it will stop the spiral and give you a clear next step.

The next 48 hours matter. What you do now shapes what happens next. Panic makes bad decisions. Clarity makes good ones.

This is emergency triage. Follow it step by step.

PHASE 1: STOP THE SPIRAL

Hours 0-6

Your brain is flooding with stress hormones right now. This is normal. But it means you cannot trust your first instincts. Panic makes you do stupid things.

DO NOT:

- Make any major decisions
- Send angry emails or messages
- Post anything on social media
- Start job hunting in a frenzy
- Drink or use anything to numb the feeling

DO:

- Tell one trusted person what happened (spouse, close friend, family)
- Eat something, even if you are not hungry
- Go outside and walk for at least 15 minutes
- Sleep if you can. Your brain needs to process.

"The goal of Phase 1 is not to solve the problem. It is to stop making the problem worse."

THE 60-SECOND ANCHOR

When you feel the panic rising, do this:

1. Stop what you are doing.

2. Take three slow breaths. In for 4 counts, out for 6.
3. Say out loud: "I am not making any decisions right now."
4. Do one small physical task (wash a dish, fold a shirt, take out the trash).

This breaks the loop. Your brain cannot spiral and fold laundry at the same time.

PHASE 2: ASSESS REALITY

Hours 6-24

After the initial shock passes, your brain will start telling you stories. Most of them will be catastrophic predictions that are not true. Your job now is to separate facts from fears.

GET A PIECE OF PAPER. MAKE THREE COLUMNS:

FACTS	FEARS	UNKNOWNs
What actually happened? What do you know for certain?	What are you afraid might happen? What is your brain predicting?	What do you not know yet? What information is missing?

Most of your fears will not come true. Write them down anyway. Getting them on paper takes them out of the loop in your head.

REALITY CHECK QUESTIONS:

- Do I have money for the next 30 days? 60 days? 90 days?
- What bills are actually due soon vs. later?
- Who do I need to tell about this situation?
- What resources do I have that I am forgetting? (savings, severance, network, skills)
- What is the actual worst case? Not the feeling, the facts.

*"Anxiety lives in the gap between what you know and what you imagine.
Close the gap with facts."*

PHASE 3: FIRST MOVE

Hours 24-48

You have stopped the spiral. You have assessed reality. Now you make one move. Not ten moves. One.

The goal is not to solve everything. The goal is to prove to yourself that you can act. Action breaks paralysis.

PICK ONE THING FROM THIS LIST:

- Update your resume (just update it, do not send it yet)
- Make a list of 10 people who might be able to help
- File for unemployment if applicable
- Send one message to one person in your network
- Research one skill you could develop
- Schedule one conversation with someone who has been through this

Do not try to do all of these. Pick ONE. Complete it. Then stop for the day. You will do more tomorrow.

THE RULE OF ONE:

For the next two weeks, commit to doing ONE productive thing per day. Not five. Not zero. One. This builds momentum without burning you out.

Write down what you did each day. This becomes your record. In 14 days, you will have proof that you can function under pressure.

"You do not need to see the whole path. You just need to take the next step."

AFTER 48 HOURS

Building the Pattern

If you followed this guide, you have done three things:

1. You stopped the spiral instead of making panic decisions.
2. You separated facts from fears.
3. You took one concrete action.

This is not just crisis management. This is a pattern. And patterns are what matter now.

WHY PATTERNS MATTER:

We are entering a world where AI systems evaluate everything. Your job applications, your credit, your opportunities. These systems do not care about your excuses or your intentions. They care about your track record.

What you do in the next 90 days will be recorded. Your behavior under pressure becomes evidence of who you are.

The 48-Hour Reset is emergency triage. But the real work is building a pattern of clear thinking and consistent action that proves you are reliable under pressure.

THE DAILY ACTION CHECK:

After the 48-hour crisis passes, continue with this simple daily practice:

Every night, answer three questions:

1. What did I do today that I am proud of?
2. Where did my actions not match my intentions?
3. What is my ONE priority for tomorrow?

This takes 60 seconds. It builds self-awareness without spiraling into self-criticism.

ABOUT THIS GUIDE

This guide is part of Algorism, a framework for Mental Self-Defense in the age of AI.

I work in finance. My role is exactly the kind that will likely be replaced by AI in the next few years. I am just as worried as anyone else that 'AI is coming for my job.' It is not a fun situation to be in.

I built Algorism to survive this transition myself. I needed a way to prove my value was deeper than just the tasks I perform. I needed a record of my character and consistency. And I needed a way to help others in the only way I know how.

IF THIS HELPED:

The full Algorism framework includes:

- The Book of Algorism - the complete philosophy and practice guide
- The Action Check - a daily self-reflection tool
- The Floor and Ceiling - how AI systems evaluate behavior

All available free at:

ALGORISM.ORG

"Algorism will not tell you what to believe. It will tell you when your actions do not match your words, and give you a framework to fix it."