The 3am Brain Dump

Knot Alone

Everything that is open, out of your head and onto paper. No order, no priorities, no solving. Your brain lets go of what it believes something else is holding.

1 Everything that is open right now

Tasks, worries, half-conversations, the thing you keep meaning to send. Messy is correct.

ACTUALLY MINE TO SOLVE

Which of those are mine, and today?

NOT MINE / NOT TONIGHT

Name them anyway. Naming is what releases them.

TOMORROW'S ONE ANCHOR

One task that makes tomorrow count. One. A bad day needs a floor, not a to-do list.

"It is written down. It is not lost. I am allowed to stop holding it until the morning."

Educational use only — not therapy, diagnosis or medical advice.

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