

DAMAGED NATION

DN-FR-001

FIELD DOCUMENT

Independent. Unfiltered. Useful.

25-Point Damage Audit

A field diagnostic for drift, weak standards, and borrowed priorities

Briefing

25-Point Damage Audit

A field diagnostic for drift, weak standards, and borrowed priorities

What this document is for

This document helps you name where drift is quietly costing you attention, order, trust, and self-command.

It is not here to flatter you. It is here to show you what is leaking, what it is costing, and where to start the repair.

How to use it

- Score each line from 0 to 2.
- 0 means handled and stable.
- 1 means inconsistent, neglected, or sloppy under pressure.
- 2 means actively costing you time, money, trust, or clarity.
- Move quickly. Do not negotiate with the obvious.
- When you finish, circle the three highest-scoring lines and pick one repair move for the next 24 hours.

Use this packet to get clear, choose one next move, and carry that move back into real life before the noise resets your priorities.

Section Shift

Attention

- I reach for a feed before I reach for a plan.
- My phone controls the first hour of my day.
- I lose whole work blocks to interruption or drift.
- I react to headlines faster than I verify them.
- I cannot stay with one task long enough to finish cleanly.

Section Shift

Discipline

- My room, desk, or vehicle stays in a state I would not respect in another adult.
- I avoid small maintenance until it becomes a bigger repair.
- I make promises to myself and break them without consequence.
- I let tiredness become an excuse for avoidable sloppiness.
- I wait for motivation instead of following a routine.

Section Shift

Responsibility

- People close to me cannot rely on my timing.
- I postpone difficult conversations that would reduce confusion.
- I spend money to numb stress instead of solve the cause.
- I ignore paperwork, bills, or admin until they become urgent.
- I know what needs to be repaired and still keep stepping around it.

Section Shift

Physical Order

- My sleep is unstable enough to damage the next day.
- My meals are improvised badly more often than planned well.
- I use stimulation to get through basic tasks.
- My environment creates drag instead of support.
- I am weaker, softer, or more brittle than I need to be.

Section Shift

Self-Command

- I say yes to things that dilute my time or standards.
- I let boredom push me into noise.
- I confuse planning with action.
- I hide in theory when a basic drill would solve the problem.
- I know the right next step and still delay it.

Read The Score

- 0-10 Damage is present, but repair can happen fast if you stop negotiating.
- 11-25 Your routine is leaking in multiple places. Pick one domain and repair it this week.
- 26-40 Drift is becoming identity. Simplify aggressively and rebuild from basics.
- 41-50 Stop pretending this will fix itself. Take one domain in hand today and bring in structure.

Top Three Failure Map

Write the three lines that scored highest:

- Failure one:
- Failure two:
- Failure three:

Now answer these directly:

- Which failure is costing me the most each week?
- Which failure is easiest to fix in one day?
- Which failure keeps the others alive?

| | |
|---------------|--|
| Failure one | |
| Failure two | |
| Failure three | |
| Root pattern | |

Twenty Four Hour Repair Move

Choose one action you will complete before tomorrow:

- Remove one source of morning noise.
- Clean and reset one physical zone.
- Finish one admin or repair task you have stepped around.
- Put one written rule in place for the next seven days.

Write it here:

- My repair move:
- The time I will do it:
- What I need removed first:

| | |
|-------------|--|
| Repair move | |
| Time | |
| Friction | |

| | |
|---------------------|--|
| Proof of completion | |
|---------------------|--|

Seven Day Hold The Line

For the next week, do not chase a total life overhaul. Hold one line.

- One standard I will keep daily:
- One thing I will stop feeding:
- One place I will restore to order:
- One person or responsibility I will stop leaving vague:

| | |
|---------------------------|--|
| Daily standard | |
| Noise to cut | |
| Space to restore | |
| Responsibility to clarify | |

Next Step

If this audit exposed a discipline problem, a standards problem, or a reliability problem, move into The Useful Man Manual.

Use this PDF to see the damage. Use the manual to build the structure that keeps it from taking hold again.

NEXT STEP

If this document exposed a deeper pattern, continue with The Useful Man Manual. Use the field packet to identify the problem. Use the manual to build the structure that keeps you grounded when the noise returns.

Damaged Nation