

DAMAGED NATION

DN-FR-002

FIELD DOCUMENT

Independent. Unfiltered. Useful.

Information Diet O.S.

A reset protocol for attention capture, outrage loops, and mental noise

Briefing

Information Diet O.S.

A reset protocol for attention capture, outrage loops, and mental noise

What this document is for

This document is for readers who can feel the feed trying to occupy their mind before they have had a chance to think for themselves.

Its job is to help you strip down your inputs, identify what is priming you, and rebuild a cleaner information routine around reality instead of emotional capture.

How to use it

- Do this with your phone nearby but facedown.
- Keep the process honest and mechanical.
- Do not ask whether a source agrees with you first. Ask what it does to your nervous system, your pace, and your judgment.

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

Before You Begin

- Do this with your phone nearby but facedown.
- Keep the process honest and mechanical.
- Do not ask whether a source agrees with you first. Ask what it does to your nervous system, your pace, and your judgment.

Signs Of Mental Capture

- You feel informed, but cannot explain what actually happened.
- You carry outrage from people you have never met into rooms that need steadiness.
- You know the rhetoric of a topic faster than you know the facts.
- Your mood changes with the feed before your own priorities get a vote.
- You confuse constant exposure with understanding.
- You cannot tell whether a belief came from firsthand judgment or repeated phrasing.

Input Audit

List what regularly enters your mind each day.

- News sites:
- Social platforms:
- Podcasts:
- Group chats:
- Video channels:
- Personalities or commentators:

Now tag each one:

- Signal if it increases clarity, context, or direct understanding.
- Noise if it leaves you agitated, distracted, or overconfident without substance.
- Mixed if it does both and needs stronger rules.

Capture Pattern Check

For each source, answer:

- Does it rush me toward a feeling before a fact?
- Does it make me perform certainty?
- Does it keep me returning out of compulsion rather than usefulness?
- Does it reward contempt, panic, or tribal heat?
- Would I be calmer and better informed if I saw it half as often?

Outrage Inventory

Write down the topics that reliably pull you into reactive thinking.

- Topic one:
- Topic two:
- Topic three:

Now answer:

- What exactly do I know here?
- What am I only repeating?
- What action is actually available to me?
- What part of this is emotional theater dressed as civic responsibility?

Seven Day Feed Reset

- Day 1: No feed before your own plan is written.
- Day 2: Remove non-essential alerts and badges.
- Day 3: Cut one high-noise source completely for the week.
- Day 4: Replace doom scrolling with one long-form source.
- Day 5: Delay all reactive commentary until after you verify the primary facts.
- Day 6: Spend one full block of time offline while doing real work.
- Day 7: Review what changed in your mood, pace, and concentration.

Replacement Inputs

An information diet only works if you replace junk with something better.

- Primary reporting or direct-source documents
- Long-form interviews that reveal structure rather than posture
- Domain specialists with evidence instead of constant heat
- Local, practical information tied to where you actually live
- Books, manuals, or essays that stay readable after the trend cycle dies

Rules For Future Intake

Write your operating rules here:

- I do not start the day with:
- I verify claims by:
- I limit commentary to:
- I stop consuming when:
- I return to real work by:

Reality Check

After one week, answer these without performance:

- Am I calmer or just deprived of stimulation?
- What sources were making me easier to steer?
- What became clearer once I stopped marinating in reaction?
- What still deserves my attention because it leads to real understanding?

What changed	
What still captures me	

What became clearer	
Rule to keep	

Next Step

If this reset showed that interruption, compulsive checking, and feed drift are governing your days, move into The Attention War.

If it exposed media conditioning, borrowed phrasing, or narrative capture, pair it with Brainwash Proof.

The goal is not ignorance. The goal is contact with reality strong enough to resist manipulation.

NEXT STEP

If this document exposed a deeper pattern, continue with The Attention War. 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