

GENUINE EMPATH



The Reroute

A quick decision path for when your plans just changed

The route changed. Not the destination.
A short path to help your body catch up to the news.

Before You React

HOW TO USE THIS PAGE

Something just shifted without asking your permission — a plan, a time, a person, a place — and your whole system is already bracing for whatever comes next. That's not overreacting. That's what a nervous system built to notice everything does when the ground moves.

So first, before anything else: you don't have to have this figured out right away. A change in plans is information, not a crisis — even when it feels exactly like one.

How to Use This

Start at the top of the next page and follow the path down. Answer honestly, not however you think you should feel. Some answers lead to something you can do right now. Others just lead further down the page — follow it wherever it goes. You don't need to solve everything in the first line.

Why This Isn't Overreacting

A sensitive nervous system does a lot of its work in advance — mapping out what a day will feel like before it happens. When a plan changes without warning, that map disappears, and your body reacts to the missing map, not just the missing plan.

That's not fragility. That's a system that plans further ahead than most, running into a moment it didn't get to plan for.

One thing to remember, especially when this happens in public:

Needing a moment to catch up to sudden change isn't dramatic. It's just what happens when a mind that tracks everything gets handed something it didn't see coming.

The Reroute

A quick decision path for when your plans just changed

Start with question one, and follow whichever answer matches what's true for you right now.

1. Do you have to respond or decide anything in the next five minutes?

NO

Take the five minutes. Step away, breathe, let your body catch up to the news before you act on it.

YES — KEEP GOING

2. Is this an actual emergency — or does it just feel like one?

ACTUAL EMERGENCY

Handle only what's genuinely urgent right now. Everything else here can wait.

FEELS LIKE ONE, ISN'T — KEEP GOING

3. Can you buy yourself a little time first?

YES

"Let me check and get back to you."
"I need a few minutes, I'll follow up."
"Can I confirm by [time]?"

NO — MUST DECIDE NOW

Just answer one thing: what's the next physical action — not the whole new plan. Just what your hands do next.

What changed:

One thing that's still true, no matter what just shifted:

You don't have to have a plan for the whole day. You just have to get through the next five minutes.