

GENUINE EMPATH



Too Big To Start

A one-page reset for the thing you keep putting off

A simple way to shrink the task you're dreading
down to a first step small enough to actually take.

Before You Start

HOW TO USE THIS PAGE

You're here because something's been sitting there, unstated, for longer than it has any right to. That's not a discipline problem. That's dread doing exactly what dread does.

So first, before anything else: you don't need a good reason for why this feels hard. It doesn't have to be a big task for the dread to be real.

How to Use This

Simple. Fill in one line at a time, in order. Don't skip ahead to the first step — the questions before it are what make that step small enough to actually work. If a field feels too hard to answer, leave it blank and come back to it. This isn't a test.

You don't have to finish the whole page in one sitting. Fill in one line, walk away, and come back to it in ten minutes or ten days. The task will still be there. So will this page.

Why Smaller Isn't Cheating

For a sensitive nervous system, an unclear task rarely feels like one thing to do. It feels like fifty things, all at once, all unsorted. That's not weakness. That's a mind trying to process the whole shape of something before your body's ready to move on any single part of it.

Think of it less like climbing a mountain and more like finding the one stone you can actually reach next. You don't need to see the whole path. You just need the next stone.

One thing to remember, especially on the days this feels impossible:

Needing a task to be small enough to start isn't laziness. It's how a mind that takes in everything protects itself from taking on too much at once. That's not something to fix. That's something to work with.

Too Big To Start

A page for the thing you keep putting off

Something's been sitting on your list for days. Maybe weeks. It's not even that big — you know that. But every time you think about starting, your whole body says not yet.

That's not laziness. That's dread talking. And dread doesn't respond to willpower. It responds to size. So let's make it smaller.

The thing I keep avoiding:

The story my mind keeps telling me about it:

"It'll take forever." "I'll get it wrong." "I don't even know where to start."

The smallest possible first step:

So small it feels almost silly. Not "clean the garage" — "open the garage door."

Still feels too big? Shrink it again:

One thing that would make starting easier:

Music, a timer, a cup of tea, doing it alongside someone.

When I'll do just the first step:

You don't have to finish it today. You just have to make it small enough to start.