

Shiny Spoon Detox

New is not a reason. Useful is a decision.

NAME

state the problem the new tactic is supposed to solve

TRADEOFF

make displaced time, money, recovery, attention, or adherence visible

DECIDE

reject, defer, or define one controlled test

NOVELTY → EVIDENCE → USEFULNESS

Make the tactic earn a decision

A novelty filter is not a verdict

Map evidence confidence and practical usefulness for the new tactic. This guide does not verify the tactic, predict an outcome, or treat new, old, simple, or complex as proof.

DECLARED EVIDENCE CONFIDENCE	PRACTICAL USEFULNESS	EDITORIAL NEXT MOVE
Unknown	Any	Defer until the uncertainty is resolved.
Limited	Low	Reject for the named problem.
Limited	Conditional	Consider one bounded test only after its condition, tradeoff, signal, stop rule, and what stays are written.
Limited	High	Consider one bounded test only after the tradeoff, signal, stop rule, and what stays are written; high usefulness is a declared judgment, not evidence.
Credible	Low	Reject for the named problem; credible evidence does not create practical usefulness.
Credible	Conditional	Consider one bounded test only when the declared condition is met and the tradeoff, signal, stop rule, and what stays are written.
Credible	High	Consider one controlled test only after the tradeoff, signal, stop rule, and what stays are written.

Shiny Spoon Detox

PROBLEM → DISPLACEMENT → STOP RULE

Run the opportunity-cost audit

Novelty and opportunity-cost audit

What problem is the new tactic supposed to solve?

Problem and current-plan gap are named.
Confidence/usefulness separated; tradeoff/signal/stop/what stays written.

Only a complete decision record—including what stays—moves forward; this is an editorial gate, not an outcome claim.

Complete the worksheet and choose reject, defer, or one controlled test.

Write the decision without inventing a score

Complete the lines in order. Use words, not points, percentages, probabilities, or a fabricated return estimate. Name one decision only.

New tactic: _____

Named problem: _____

Current-plan gap: _____

Evidence confidence — unknown, limited, or credible, with the basis written: _____

Practical usefulness for the named problem — low, conditional, or high, with the reason written: _____

Ask what the tactic would displace in time, money, recovery, attention, or adherence: _____

WHAT STAYS — Part of the existing plan protected from displacement: _____

Name an observable signal and a stop rule before trying the tactic: _____

Decision — reject, defer, or one controlled test: _____

REJECT → DEFER → ONE TEST

Make one decision and return attention

Return to basics is an attention decision

Consider returning attention to the existing basic plan before adding complexity. Older and simpler are not automatically better; name what stays before adding anything.

Shiny Spoon Detox

01

NAME THE PROBLEM

Write the one problem the new tactic is supposed to solve and the current-plan gap it addresses.

02

PROTECT WHAT STAYS

Write what the tactic would displace and complete WHAT STAYS for the protected part of the existing plan.

03

MAKE ONE DECISION

Choose reject, defer, or one controlled test; do not combine decisions or invent a score.

04

RETURN ATTENTION

If rejecting or deferring, return attention to the existing plan. If testing, write the condition, tradeoff, signal, stop rule, and what stays first.

Does new mean bad?

No. Novelty is a prompt to inspect the decision, not proof for or against the tactic.

Does this guide decide whether the evidence is credible?

No. Record the basis you have verified; if confidence is unknown, mark it unknown and defer rather than guessing.

Can a tactic with limited evidence still enter the test lane?

This worksheet does not authorize a health or safety experiment. In a safe, non-clinical domain, limited evidence can enter only the bounded-test lane after the condition, tradeoff, signal, stop rule, and what stays are written.

What counts as the basic plan?

The existing plan you can name and observe—not a universal list supplied by this guide.

Surface-Area ROI Map

Use the companion map only after this novelty decision is complete; it must not manufacture a numerical return.

Unavailable in this private build. Keep the decision on this page; no route is active.