The 14-Day Subtraction Protocol

A printable companion to the essay *"The intervention becomes the new stressor."* Two weeks. Three phases. One rule: subtract first, observe, then reintroduce only what earns its place.

How to use this sheet

1. Each morning, before phone or coffee, score your nervous-system state from 1 (wired/flat) to 10 (calm/alert). Write it in the small box.
2. Read the day's prompt. Do the action. Write one honest line in the notes column.
3. Tick the day. Do not skip ahead. The protocol works because it is sequential.

01 Phase 1 · Subtract

☐ Done Score (1–10): ☐

Drop your three most-attached items

Name the 3 inputs (supplement, app, ritual, substance) you feel most resistance to pausing. Those are the three. Remove them — today.

Notes

02 Phase 1 · Subtract ☐ Done Score (1–10): ☐

Score your baseline (1–10)

First thing on waking: rate your nervous-system state 1 (wired/flat) → 10 (calm/alert). No analysis. Just the number.

Notes

03 Phase 1 · Subtract ☐ Done Score (1–10): ☐

Notice the withdrawal noise

Cravings, irritability, doubt — write one line. This is the stack leaving, not a sign it was working.

Notes

04 Phase 2 · Observe ☐ Done Score (1–10): ☐

Hold the line — no additions

The urge to replace what you dropped will peak around now. Add nothing. Score on waking.

Notes

05 Phase 2 · Observe ☐ Done Score (1–10): ☐

Watch sleep + first hour of day

Are you falling asleep faster? Waking less? How does the first hour feel without the stack? One sentence.

Notes

06 Phase 2 · Observe ☐ Done Score (1–10): ☐

Track the signal under the noise

Score on waking. Note one thing that's quieter (mind, gut, jaw, breath) and one thing that's louder.

Notes

07 Phase 2 · Observe ☐ Done Score (1–10): ☐

Week-one review

Average your 7 scores. Write 2 lines: what changed, what surprised you. Do nothing else.

Notes

08 Phase 2 · Observe ☐ Done Score (1–10): ☐

Stay subtracted

Resist the urge to declare it 'done' and pile things back on. The baseline is still settling.

Notes

09 Phase 3 · Re-introduce ☐ Done Score (1–10): ☐

Re-introduce ONE item

Pick the one input you most believe in. Add it back at minimum effective dose. Nothing else.

Notes

10 Phase 3 · Re-introduce ☐ Done Score (1–10): ☐

Observe the re-introduction

Score on waking. Did the number move up, down, or stay flat? Be honest — the body knows.

Notes

11 Phase 3 · Re-introduce ☐ Done Score (1–10): ☐

Hold — no second addition

Five-day gap rule. Do not add the next item yet. Let this one's signal stabilise.

Notes

12 Phase 3 · Re-introduce ☐ Done Score (1–10): ☐

Decide: keep, halve, or drop

Based on 3 days of data: is this item earning its place? Keep, halve the dose, or drop it again.

Notes

13 Phase 3 · Re-introduce ☐ Done Score (1–10): ☐

Re-introduce item #2 (optional)

Only if item #1 clearly helped. Same rule: minimum dose, observe, 5-day gap before #3.

Notes

14 **Phase 3 · Re-introduce**

☐ Done Score (1–10): ☐

Write your new minimum stack

List only what earned its place. This is your baseline stack — smaller, sharper, and yours.

Notes

After Day 14

Your new minimum stack is whatever survived the re-introduction test. Everything else stays off until you have a clear reason to bring it back — and even then, one input at a time, with a 5-day gap.

If your average score climbed during Phase 2, the protocol did its job. The next breakthrough is usually a subtraction, not an addition.

Keep going with Kokorology

The Reset A guided nervous-system reset for the days after Phase 1. Use it on Day 4 or 5 when the urge to add things back peaks. kokorology.com/reset	**The Journal** Daily prompts that turn the 14-day baseline into a year-long practice. Digital, paper, and email-coach tiers. kokorology.com/journal	**Anchors** Topic-specific protocols (sleep, GLP-1, burnout, skin, performance). Bundle pricing scales the more you add. kokorology.com/anchors