MONKEY.EXE

FIELD GUIDE / Four experiments for a less rigid mind

An independent field guide from the Sahilverse. Written for curious humans, not as a psychological diagnosis or productivity score.

THE WORKING RULE

The researcher checks the evidence. The builder makes the experiment. The monkey makes sure neither forgets to play.

01 — PUT A CLAIM ON TRIAL

Write one accusation your inner critic makes. Example: I have achieved nothing. Ask: compared with which reference class, in which time period, and using which evidence? Write a narrower claim you could actually investigate.

Your claim: _____

Evidence for: _____

Evidence against: _____

A more precise claim: _____

02 — FILE THREE RECEIPTS

Record one completed action, one thing you learned, and one commitment you still owe someone. The aim is a complete record, not forced positivity.

Action: _____

Learning: _____

Unfinished commitment: _____

03 — TRANSLATE A BIG PHRASE

Choose an impressive-sounding statement from your own work. Translate it into: who will do what, by when, for whom, and what would count as success?

Original phrase: _____

Human version: _____

Who benefits or bears the cost? _____

04 — A BOUNDED RABBIT HOLE

Curiosity deserves room, but not an infinite invoice. Choose a 25-minute experiment. State the question, what evidence you might collect, and when you will stop.

Question: _____

What I will try: _____

Stop condition: _____

What I noticed: _____

A FAIR WARNING

The monkey is not automatically right. Humour can challenge false certainty; it can also become avoidance. Metrics can distort a human life; they can also help us keep promises. Judge the tool by its purpose and consequences.

AFTER THE EXPERIMENT

What did you change your mind about? What responsibility remains? What question is worth asking next?

Return to the Sahilverse: https://sahiltayal.com/

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Interactive world: https://monkey.sahilwho.online/ (planned custom domain)