

NEURODIVERGENT OPERATIONS DIVISION

# THE HUNTER'S PLAYBOOK // VOL 01

FIELD MANUAL FOR THE NEURODIVERGENT EMPIRE

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## SECTION 01 - THE DIAGNOSIS

## THE HUNTER

DRD4 7R PHENOTYPE

ATTENTION	Interest-Based – fires on PINCH triggers
FOCUS	Hyper-focus: 14-hr deep locks
CRISIS	Calm. Adrenaline closes dopamine gap
IDEAS	Lateral & disruptive – leaky filter
RISK	Rapid-response. Moves on instinct
ROUTINE	Neurochemical starvation. Engine stalls
NATIVE ENV	Chaos, novelty, high stakes

VS

## THE FARMER

NEUROTYPICAL PHENOTYPE

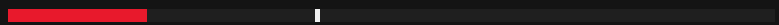
ATTENTION	Importance-Based – authority-driven
FOCUS	Sustained, steady, distributed
CRISIS	Stress cascade. Performance degrades
IDEAS	Sequential & incremental – gated filter
RISK	Measured analysis. Waits for data
ROUTINE	Thrives on process & repetition
NATIVE ENV	Structure, predictability, schedule

**DIAGNOSIS:** You are not broken. You are not lazy. You are not "too much."  
 You are **systematically, historically, catastrophically out of context.**  
 An apex predator in a swimming pool. The evaluation was fraudulent from the beginning.

## SECTION 02 — THE PINCH FUEL MATRIX

# Ignition Protocol

Your brain doesn't run on importance. It runs on **specific neurochemical triggers**. No trigger, no fuel. No fuel, no ignition. This isn't a character flaw — it's engineering. If a task scores **< 2 on PINCH**, you aren't lazy. You are **chemically under-fueled**. Stop fighting the filter. Start feeding the engine.

DOPAMINE LEVEL  **0.9** BELOW IGNITION THRESHOLD

## P — PASSION / DEEP INTEREST

*Ventral striatum fires dopamine before the work starts — the brain rewards anticipation of an interesting experience.*

- ▶ **Reframe as a war game.** You hate the P&L review? Map it as competitive intelligence. You're not doing accounting — you're mapping enemy resources. Sounds absurd. Your brain doesn't care. It works.
- ▶ **Write it for an audience that matters.** A report for nobody is a void. The same report framed as a direct pitch to someone whose opinion you respect activates an entirely different neural circuit.

## I / N — INTEREST & NOVELTY

*New stimuli = neurological priority interrupt. Novelty triggers automatic dopamine that routine categorically cannot produce.*

- ▶ **Change the entire environment.** Not a different desk — a different world. Loud bar, hotel lobby, a café in a part of town you've never been. The unfamiliar forces mild alert mode. Alert mode is fuel.
- ▶ **Rename the task.** "Q3 Compliance Review" generates zero. "Operation Clean Slate: Exposing Every Inefficiency in Q3" generates something. Your brain responds to framing with the naivety of a golden retriever. Use it mercilessly.

## C — COMPETITION

*Competitive pressure activates threat-response circuitry — norepinephrine + dopamine simultaneously. Focused aggression. The Hunter was built for this.*

- ▶ **Bet real money on a 30-min finish line.** Tell a colleague you'll finish the deliverable in thirty minutes or you're buying lunch. Take your wallet out while you say it. Real financial consequence converts a lukewarm task into a hunt.
- ▶ **Go public before you're ready.** Tell three people the thing will be done by a specific time. The social stakes are immediate and your brain treats public commitment as a survival-level threat. Which is exactly what you need.

## H — HURRY / URGENCY

*Time pressure triggers the adrenaline bridge — cortisol + epinephrine close the dopamine gap faster than anything else available.*

- ▶ **Build the artificial cliff.** Schedule the client presentation before the deck exists. Book the call, send the invite, then build with the deadline already locked. The gap between commitment and delivery is the fuel.
- ▶ **Compress the runway deliberately.** If you have four hours, give yourself ninety minutes. The ADHD brain expands to fill time and contracts magnificently under genuine scarcity. Stop giving yourself comfortable timelines. You don't perform on comfortable.

## ⚡ PRE-FLIGHT CHECKLIST — WHEN PARALYSIS HITS

- 01 Score the task on PINCH (0–5).** If it scores below 2, you are not lazy — you are chemically under-fueled. Stop trying to start with willpower.
- 02 Pick ONE trigger. Inject it NOW.** Change location. Set a bet. Start the timer. Reframe the audience. One intervention. Sixty seconds to implement.
- 03 Start absurdly small.** Don't open the project — open the document and write one sentence. The ignition problem is initiation, not continuation. Once the engine catches, it runs.

## SECTION 03 - BOUNDARIES &amp; EMERGENCY CONTROLS

## "Stay Out of the Car" Rules

You handed over the brief. The Operator is executing. Your one job now: **don't destroy it**. These aren't suggestions. They're structural constraints you agree to in advance – because your future self at 2 AM with a new idea and a full charge on their phone **cannot be trusted**.

## RULE 01

### THE 2 AM QUARANTINE

The idea that arrived tonight feels urgent because your brain has no circadian rhythm for dopamine. Everything feels urgent when the filter is down and the house is quiet and you're the only one awake with the full picture. **It isn't urgent. It's Tuesday.**

Create a staging folder. Every 2 AM insight, every shower pivot, every "what if we completely changed the pricing model" draft goes there – not into the Operator's inbox.

**MANDATE: Zero operational communications between 10 PM and 7 AM. No exceptions. Schedule the message. Quarantine the impulse.**

## RULE 02

### THE TUESDAY PIVOT BAN

You got bored. The current roadmap is three weeks old and your brain has already metabolized it completely. Now the whole thing feels slow and obvious and you're fairly certain you see a better path. **You probably can. You're also wrong about when to act on it.**

Changing the operational roadmap mid-execution because a Hunter got restless isn't strategy. It's self-sabotage wearing a vision statement. Every unscheduled pivot costs your Operator the mental overhead of re-architecting work already in motion.

**MANDATE: Roadmap changes go through the scheduled review cycle. Not before. If the idea can't survive two weeks in the staging folder, it wasn't load-bearing.**

## RULE 03

### CHECKPOINTS, NOT HOVERING

You agreed on milestones. Show up to the milestones. Review what was agreed. Then **leave**. Do not drop into the execution process to "check how things are going." Do not send a "just curious" message on a random Wednesday.

**MANDATE: You review outputs at agreed checkpoints. Everything between checkpoints belongs to the Operator. Stay in your lane.**

### ◀ CRISIS OVERRIDE — WHEN YOU TAKE THE WHEEL BACK

- ◊ **Infrastructure collapses.** Server down, product failure, real-time clock running. This is your native environment. The Operator steps back. You own it until the fire is out.
- ◊ **Existential external threat.** Competitor market move, PR crisis with a news cycle, key client in freefall. Requires Hunter pattern recognition and high-speed decision-making.
- ◊ **The vision is being built wrong.** Not differently – wrong. A load-bearing wall is being removed. You stop the build, correct the blueprint, then step back out.

**EVERYTHING ELSE IS DISCOMFORT, NOT A CRISIS. THE HUNTER WHO MASTERS THAT DISTINCTION BUILDS AN EMPIRE.**

**Stop apologizing for your operating system.  
Stop trying to be the reliable, consistent, process-oriented person  
who optimizes spreadsheets and attends every standing meeting.  
You are not that person. You were never that person.**

**The gates are open. The field is burning.**

**YOU WERE BORN RUNNING.**

### SORRY, YOU'RE NOT BROKEN

How Your ADHD Brain Works Exactly As Designed – by Reid Sterling  
Full book available now · [reidsterling.com](http://reidsterling.com)