



THE RABBIT HOLE SERIES · BOOK 2

The Yap Method Advanced

From talking to a machine
to **building a second brain**

DOUG WONG · ADHDYAP.COM

WELCOME BACK

You learned to empty the backpack. Now we build the shelf.

This is Book 2. If you haven't read *The ADHD Rabbit Hole* yet, go read it first – it's short, it's mostly pictures, and everything here stands on it.

Book 1 taught the emergency move: YAP → MAP → TAP → SNAP. Dump the backpack, see the piles, do one tiny thing, save your game. If you've run that loop even a few times, you've noticed something: **the maps pile up**. Yesterday's piles, last Tuesday's SNAP card, that one map where you finally listed every worry about the move...

Right now those maps are scattered through a chat history like receipts in a junk drawer. Which means you've hit the second ADHD wall. Not "I can't get it out of my head" – Book 1 fixed that. The new wall: **"I know I figured this out already... where did it go?"**

This book is about turning your yaps into a place. A small, boring, four-folder place where past-you keeps handing present-you exactly what you need. The productivity world calls it a "second brain." I call it **the shelf** – because that's all it is: a place to put the papers after you've flattened them, so you never have to flatten them twice.

Part 1 & 2

The shelf: four folders, links instead of filing, and the six advanced moves real coaches run daily.

Part 3

The honest app aisle: what the tools cost, what they actually do, and why you need fewer than you think.

Part 4

The 30-day build: one small habit a week, no heroics, ending with a system that survives a bad week.

Book 1 on one page

YAP

Talk messy into AI. Don't organize while talking.

MAP

AI sorts it: Tasks · Worries ·
Ideas · Feelings ·
Questions.

TAP

One physical action, 2-10
minutes. Too big?
"SMALLER."

SNAP

Save your game: did ·
stopped · next tap ·
remember.

The two magic words: "SMALLER." shrinks any plan. "SHORTER." shrinks any wall of text. One word each, no apology needed.

The core rule: if AI doesn't make your next step smaller, it's not helping. That rule runs this book too – it just gets a bigger house.

And the guardrails, always: AI supports – it never treats, cures, or diagnoses ADHD, and it doesn't replace therapy, medication, or a human coach. Fake names in every yap. Nothing you wouldn't write on a postcard. That was true in Book 1, it's true here, and it'll be true in Book 3.

Got it? Good. Now let's talk about the junk drawer.

PART ONE

Why Your Notes Keep Dying

You've started a notes system before. Probably five. They all died – and they all died the same way, for the same three reasons. Once you see the reasons, the fix designs itself.

the notebook

12 pages used

the app

last note: 14 months ago

the whiteboard

still says March

rest in peace, all of you. it was never your fault either.

Every dead system died of the same three taxes

Book 1 named the three most expensive operations for an ADHD brain: capturing, sorting, starting. Notes systems charge all three, every single day. Here's the bill:

1

The capture tax. The thought arrives while your hands are full. The app takes four taps to open. By tap three, the thought is gone. David Allen's rule from Book 1 – "if it's not instant, it won't get done" – kills most systems right here, at the front door.

2

The filing tax. Where does this note go? Which folder, which tag, which notebook? That's a sorting decision – the exact operation your executive function bills double for. So notes pile up in "Inbox," the pile becomes a wall of guilt, and you stop opening the app so you don't have to see it.

3

The retrieval tax. The cruelest one. You DID write it down – six weeks ago, somewhere. Now finding it costs more than redoing the thinking. A system you can't retrieve from isn't a memory. It's a landfill with good intentions.

Now the design spec writes itself. A second brain that survives an ADHD life must make capture instant (that's YAP – you already have it), make filing automatic (AI's job, not yours), and make retrieval a conversation instead of a search. Every page that follows is just those three requirements, built.

A second brain isn't for thinking. It's for remembering.

Strip away the productivity-guru glitter and a "second brain" is one idea: **stop asking your head to store things heads are bad at storing.** Your head is for having ideas. The shelf is for keeping them.

For most people that's a nice upgrade. For an ADHD brain it's oxygen – because working memory is exactly the part of the machine running under-resourced. You've been using a phone with 2% battery as your only hard drive.

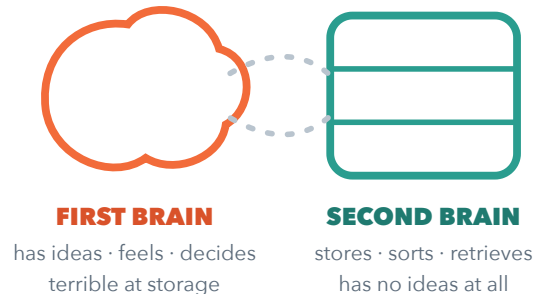
Pete Wright – co-host of "Taking Control: The ADHD Podcast" – keeps the notes from his long-running D&D campaign in an AI notebook and queries it mid-game when memory fails. His framing, from Book 1, is worth tattooing somewhere:

"I'm not creating something with AI from scratch. I'm interrogating my own stuff with these AI tools."

PETE WRIGHT – HE CALLS IT HIS "COGNITIVE GLASSES"

Glasses don't see for you. They make *your* eyes work. That's the whole posture of this book: the AI never replaces your thinking – it hands your own past thinking back to you, on demand, sorted.

Two jobs, two organs



let each one do its job

The people who invented this stuff are rebuilding it right now

Quick recap from Book 1, because it matters twice as much here:

Tiago Forte · wrote the book on second brains

Weeks after ChatGPT launched, Forte **stopped teaching his own flagship course** because he believed AI had made his method obsolete. Roughly three years of rethinking later, he relaunched it as an AI-centered course. The inventor of the modern second brain looked at AI and started over.

His four-folder framework (PARA) survived the rebuild – it's the part we're about to borrow.

David Allen · Getting Things Done

Decades of teaching capture, and his two AI-era conclusions are the two pillars of this book: capture must be instant ("*if it's not instant, it won't get done*"), and AI should be **"decision support, not direct answers."**

Translation: the machine sorts and reminds. You decide. Always in that order.

Why this is good news for you specifically: the old systems were designed for filing-cabinet brains and are being retrofitted for AI. You're not retrofitting anything. You're starting from YAP – voice-first, AI-sorted, ADHD-native – and adding a shelf underneath it.

The giants are renovating. **You get to build on an empty lot.**

*"Everyone's second brain is under construction.
Yours just has better bones."*

Four boxes. That's the whole building.

Forte's PARA framework, translated out of consultant-speak. Everything you will ever save goes in one of four boxes, sorted by **one question: "when will I need this?"** – not "what is this about?" That swap matters more than it looks.



Projects – "I'm finishing this"

Things with a finish line and a deadline-ish shape. The move. The tax return. The garage. **Rule of thumb: if it can be DONE, it's a project.**



Areas – "I'm keeping this alive"

Things with no finish line: health, money, the kids, the job. You don't complete your health. You tend it. Ongoing = Area.



Resources – "might need this someday"

Reference stuff with no deadline: the article, the recipe, the idea for maybe-later. This box exists so the other boxes stay clean.



Archive – "done or dormant"

Finished projects, dead ideas, last year's everything. Never delete – **archive**. Deleting takes courage; archiving takes one drag. Choose the cheap one.

Why "when will I need it?" beats "what is it about?": topic-filing is a sorting decision with infinite wrong answers (does the dentist bill go under Health? Money? Admin?). Time-filing has almost none: is it active, ongoing, someday, or over? An ADHD brain can answer that in one second – and in a minute you'll see how the AI answers it *for* you.

Four boxes. Not seventeen tags, not a color system, not a dashboard. Anything fancier than four boxes is a future dead system wearing a nice outfit.

Links beat filing (the move your wiring was made for)

Here's the part of second-brain building that actually fits how your head works. A filing cabinet says every paper lives in ONE folder. Your brain has never once worked that way. Your brain works by **association** – the dentist bill connects to money AND to the health saga AND to "call insurance," all at once.

So modern note systems added a small magic trick: **the link**. Type a note's name inside another note and they connect, like a thread between two papers. The note about the move can point at the note about the budget, which points at the note about the storage unit. No folder decides where the idea "really" lives. **The threads do.**

And a note that many threads point to becomes a **hub** – one front-door note ("The Move") that links out to everything about it. When future-you asks "where's all my moving stuff?", the answer is one note, not a search party.

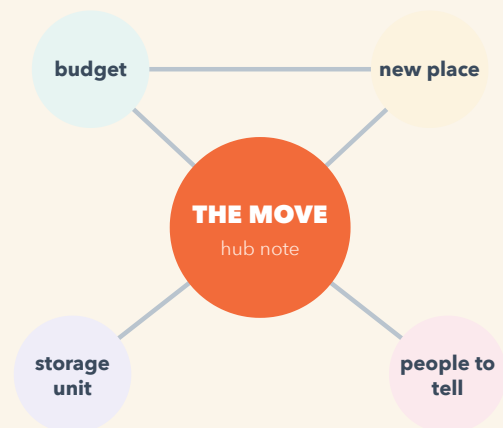
How a "link" actually works, in any app

Fancy notes apps (Obsidian, Reflect, Notion): type **[[The Move]]** inside a note and it becomes a clickable link. That's the whole trick.

Plain notes apps (Apple Notes, Google Keep): a "link" is just writing the other note's name – your hub note reads like: "THE MOVE – see also: Budget, Storage Unit, People to Tell." You search the name to jump. Less magic, same architecture.

Remember why the rabbit hole happens: your brain follows association chains compulsively. Filing fights that instinct. **Linking recruits it.** You're not disciplining the bounce anymore – you're paving the paths it already takes.

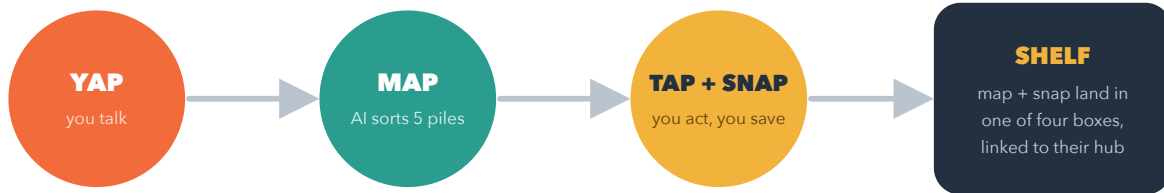
threads, not drawers



one front door, every thread findable

The pipeline: from messy mouth to findable forever

You already do the first three steps. The upgrade is one new move at the end – so the maps stop dying in your chat history:



The new move is just the last arrow: "which box and which hub does this belong in?"

The AI tells you the box. You paste it into the hub note. Ten seconds, done.

Who files? The AI does. When you end a session, add one line: "Which box does this belong in – project, area, resource, or archive – and which hub should it link to?" The machine proposes, you say yes or no. Filing tax: abolished. (Decision support, not direct answers – you always hold the veto.)

Where does the shelf live? Anywhere that holds text: a notes app, a folder of files, even one long document per hub to start. Part 3 walks the actual options with prices. The architecture matters; the brand name doesn't.

The shelf, in four sentences

1

Notes die of three taxes

Capture, filing, retrieval. Your system must make the first instant, the second automatic, the third conversational – or it joins the graveyard.

2

Second brain = memory, not thinking

Cognitive glasses: the AI hands your own past thinking back to you. It stores; you decide. Never the other way around.

3

Four boxes, one question

Projects, Areas, Resources, Archive – sorted by "when will I need this?", never by topic. Anything fancier is a future dead system.

4

Links recruit the bounce

Threads between notes, hub notes as front doors. Filing fights your association instinct; linking paves the paths it already takes.

*"You never had a discipline problem.
You had a warehouse job nobody was staffing.
Now somebody is."*

PART TWO

The Six Advanced Moves

Not new theory – new reps. Six small workflows, each borrowed from a real ADHD coach's daily life or built straight on the research from Book 1. Each one takes minutes and pays daily.



1

ADVANCED MOVE ONE

The 60-second morning yap

The move: before the day starts moving you around, you talk for sixty seconds. Everything on deck – the dread, the appointments, the thing you're avoiding. Then: "Map it. Give me my first tap." Your day now has a front door instead of an ambush.

Borrowed from: William Curb – host of the podcast *Hacking Your ADHD* – who plans his day on the ChatGPT phone app over breakfast. Not at a desk. Not in a planner ritual with candles. **Over cereal, on the phone he was already holding.**

Why it works for our wiring: ADHD mornings usually start in reaction mode – whatever screams first, wins the day. The morning yap gets your intentions on the field before the screaming starts. And because it's spoken, it doesn't require the executive function a paper planner demands at 7 a.m.

Keep the bar underground: one minute counts. Skipping a day costs nothing. The streak is not the point – the front door is.

THE MORNING YAP PROMPT

"Morning yap, 60 seconds – just listen until I say DONE. Then map it into: Today's 3 real things · Worries to park · One thing I'm avoiding. Then give me my first tap: one action under 10 minutes I can do before anything else grabs me."

What comes back (example)

📌 **Today:** insurance call · pick up meds · email Sam

P **Parked:** the roof thing (Saturday) · the money worry (named, not today's)

👤 **Avoiding:** the insurance call. Obviously.

👉 **First tap:** put the insurance card and a coffee next to the phone. That's it. The call comes later.

2

ADVANCED MOVE TWO

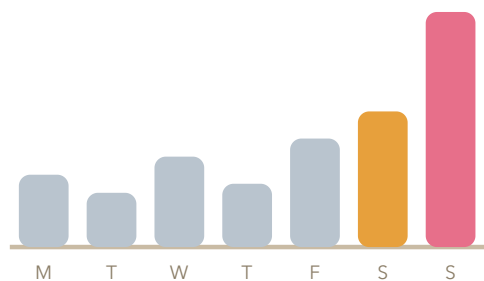
Read your maps like weather

The move: once your maps live on the shelf instead of dying in chat history, a new ability unlocks – you can read them *across time*. Once a week, ask: "Look at my last few maps. What keeps showing up? What's growing? What disappeared?"

What you'll find: your patterns, in your own words. The worries pile is always biggest on Sunday nights. The same "idea" has appeared four weeks running – maybe it's not an idea, maybe it's a want. The task you keep re-listing but never tapping – that one's not too big, it's mis-shaped. That's what pattern reading does: it turns a pile of Tuesdays into a forecast.

Why this is the "interrogate your own stuff" move: this is Pete Wright's cognitive glasses pointed at your inner life. Nobody – not a coach, not an app, not a planner – has ever been able to show you your own week in your own words before. The shelf can. All you have to do is ask it.

worry pile size, by day



Illustrative – but you already knew about Sundays, didn't you.

THE WEEKLY PATTERN PROMPT

"Here are my maps from this week: [open your hub note, copy the week's maps, paste them here]. Tell me: what showed up 3+ times, what's growing, what vanished, and one pattern I probably can't see. Short answer. No advice yet – just the weather report."

3

ADVANCED MOVE THREE

The friction check

The move: before any impulse purchase, commitment, or "brilliant" 11 p.m. plan – paste it into the AI first and ask for the sober read. You're not asking permission. You're installing a speed bump between the dopamine and the decision.

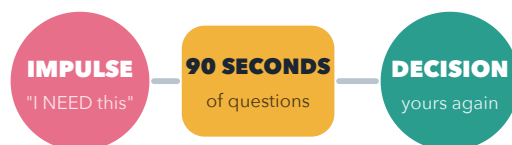
Borrowed from: ADHD coach Caren Magill, who pastes tempting sales pages into ChatGPT before impulse-buying yet another course. Remember Book 1's trap page: the same novelty circuit that makes AI magnetic is the one ads are engineered to pull. This move turns the machine around and points it at the ads.

Where it shines: courses you'll never finish, apps that promise to fix your life, subscriptions, "let me just commit to this whole thing tonight" energy. The impulse usually survives about ninety seconds of neutral questions. If it survives, maybe it's real. If it dies, it was never yours – it was the ad's.

Guardrail, said plainly: for actual money decisions – investments, big financial moves – the AI is not your advisor and neither am I. This move is for impulse hygiene, not financial planning. Humans with licenses handle the real money questions.

THE FRICTION-CHECK PROMPT

"I'm about to buy/commit to this: [paste it]. Ask me the three most sobering questions before I do. Don't cheer for it. Don't shame me either. Then tell me what the me of 30 days from now probably thinks."



the impulse that survives questions might be real

4

ADVANCED MOVE FOUR

The bouncer at the send button

The move: no emotionally loaded message leaves your phone without passing the bouncer. Write the blunt version – the one your thumbs actually want to send – then hand it over: "Check the tone. Keep it sounding like me. Flag anything I'll regret."

Borrowed from three coaches at once – this is the habit that kept showing up as I collected the Book 1 research. Paula Engebretson tone-checks emails before sending. Marla Cummins writes the blunt draft first, then has AI soften it while "still sounding like me." And Tara McGillicuddy – running an ADHD support show since 1999 – uses drafting-with-AI specifically to create a gap between feeling and sending: *"That pause alone, before reacting, can be life-changing."*

Why this matters more for us: impulsivity doesn't clock out when you open your email. The send button is a rabbit hole with consequences. The bouncer move takes the same three seconds of machine time as any prompt – and it has saved more relationships than any productivity tip in this book.

THE BOUNCER PROMPT

"Here's a message I want to send: [paste]. 1) What tone does it actually read as? 2) Soften anything I'll regret, but keep my voice – don't make me sound like a customer service robot. 3) If I should wait until tomorrow, say so."

The rule that makes it stick

Angry, hurt, or defensive = automatic bouncer. Not "when I remember." Automatic. The whole point of a bouncer is that he's at the door every night – especially the nights you'd rather he wasn't.

5

ADVANCED MOVE FIVE

Build YOUR master prompt

Book 1 gave you my master prompt. It's good. It's also *mine* – tuned for how my brain fails. The graduation move of the whole Yap Method is writing your own, because by now you have something priceless: **evidence of your own patterns** (that's Move 2). Your master prompt is just your patterns, turned into standing orders.

The recipe (four ingredients)

1. How you fail. "I abandon things at the 80% mark." "I say yes too fast." "Walls of text shut me down." The AI can only guard weaknesses you name.

2. What actually works. Body doubles? Silly rewards? Deadlines with teeth? Your maps already told you. Write it in.

3. Your hard rules. Short answers. One question at a time. Never suggest new projects after 9 p.m. (You laugh. Write it in.)

4. The mission line. End with Book 1's spine: "Your job is to make my next step smaller – never bigger." That sentence survives every rewrite.

HAVE THE AI DRAFT IT WITH YOU

"Help me write my personal master prompt. Interview me: ask one question at a time about how I get stuck, what's worked before, and what rules I want you to follow. Then draft it in under 150 words. I'll say SMALLER or SHORTER as needed."

Then install it once: every major AI app has a box where you paste text the AI reads before every chat. Paste your master prompt there and every session starts pre-tuned. One paste, permanent payoff. Where the box lives (as of mid-2026 – poke around if it moved):

- **ChatGPT:** tap your name/profile → Personalization → Custom Instructions
- **Claude:** Settings → Profile → the "personal preferences" box
- **Gemini:** Settings → "Saved info"



ADVANCED MOVE SIX

The 10-minute sprint stack

The move: chain Book 1's pieces into one repeatable block: **restart** → **sprint** → **save**. Read your last SNAP card (or yap a fresh 30-second map), set a 10-minute timer, work with the AI as body double, and when the timer dies – SNAP card, close the tab, stand up. That's one sprint. Do one. Doing two is a bonus, never a debt.

Why 10 minutes: it's under the resistance threshold – short enough that your brain can't argue you out of it, long enough that momentum sometimes catches. When it catches, ride it. When it doesn't, you still moved the thing ten minutes and – this is the part that compounds – **you left a save card behind**. Even your "failed" sprints make the next restart cheaper.

The honest label, again: body doubling is something ADHD folks swear by, not something clinically proven – same label as Book 1, still true. And remember the research finding underneath it: ADHD task management is *social*. People already report progress to an AI because it feels like someone's there. The sprint just gives that instinct a container.

one sprint, on rails

 **read last SNAP card**
(or 30-second yap-map)

 **10 minutes, AI as body double**
check in, get a cheer, keep going

 **SNAP card → shelf → stand up**
even a bad sprint leaves a save

Stack rule: never schedule sprints in advance like gym sessions. Sprints are *grabbed*, not planned – the moment you feel the smallest flicker of "I could," you grab one. Planning them turns them into homework. Homework dies.

One conversation at a time (the myth to un-learn)

There's a productivity-bro claim floating around: "run multiple AI chats at once – parallel processing, like your ADHD brain!" It sounds flattering. **The research pass behind this series checked it, and it didn't survive.** The sources that actually work with ADHD adults recommend the opposite: fewer tabs, not more.

You already know why, because you read Book 1: every open conversation is an open loop, every open loop rents working memory, and working memory is the resource you don't have spare. Six AI tabs isn't parallel processing. It's six slot machines, all paid for with the same coin.



SIX TABS "IN PARALLEL"

six open loops, zero finished ones



ONE CONVERSATION

opened on purpose, closed on purpose

The advanced discipline is closing, not opening. Every session ends one of three ways – and you choose which, out loud:



Snap it – "make my SNAP card" (work will continue later)



Shelve it – "which hub does this go to?" – then you paste it there (thinking is done, keep the output)



Drop it – say nothing, close it, let it go (it was just yapping – that's allowed)

An opened loop is a debt. A closed loop is an asset. The whole second brain is just a machine for converting one into the other.

PART THREE

The Honest App Aisle

Every ADHD forum eventually becomes an app-recommendation avalanche – and every app promises to be the one. Here's the aisle walked honestly: what things cost, what the AI actually does, and the quiet truth that you need much less than they're selling.

One thing before we walk in: **none of these are affiliate links. I make nothing if you buy any of them** – which is exactly why you can trust this chapter.

Housekeeping: prices were live-checked in July 2026 for the research behind this series. Software prices drift – treat every number as a snapshot and check before you buy.

What you actually need (spoiler: two things)

The entire system this book builds requires exactly two tools:

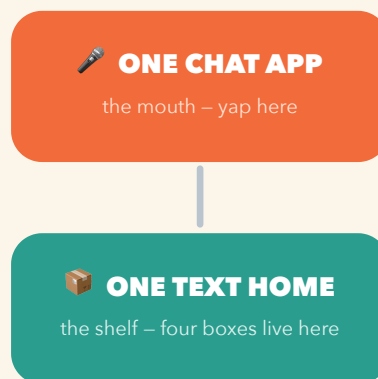
 **One AI chat app with a microphone.** This is the mouth of the system – YAP, MAP, TAP, SNAP all happen here. You already have it from Book 1.

 **One place that holds text.** This is the shelf. It can be a fancy linked-notes app. It can also be a plain folder of files, or the free notes app already on your phone, with four folders named Projects, Areas, Resources, Archive. **The four-box architecture works in anything that holds text.**

That's the whole shopping list. Everything else in this aisle is optional horsepower.

And here's the expert cover for keeping it boring: Tiago Forte – the second-brain guy himself – test-drove the fancy AI note apps and his standing conclusion is that **nothing yet replaces a simple, reliable capture tool.** He found the power tools too complex, too abstract, or too slow. The man who invented the category is telling you the simple thing wins. Believe him.

the whole stack



two tools. everything else is optional.

The four-buttons principle: the moment a tool needs a tutorial series, it's already dying in your hands. Judge every app in this aisle by one metric: how fast can the worst version of you – tired, overwhelmed, 11 p.m. – still use it?

The chat apps: pick one, ignore the rest

As of this writing, all three of the big chat apps handle what this series teaches – voice input, mapping, snap cards, a custom-instructions box. (Features shuffle; a quick look at the app's own page confirms the current lineup.) The differences that matter to you are small. **Pick by vibe, start free, upgrade only when you hit a real wall.**

ChatGPT

The house pour. It's what nearly every coach in Book 1 is already drinking – Shankman calls his \$20/month tier "totally worth it" – and nobody ever complained about the house pour. Free tier is plenty to start.

Claude

The long-conversation order. Shankman uses it to "pressure-test ideas" before clients see them. Order this one if your yaps run twenty minutes and you like pasting in whole documents. Free to start.

Gemini

The regular's choice. Order it only if your whole life already runs on Google's tab – Gmail, Google Calendar, the lot. Then it's genuinely convenient. Free to start.

The only wrong choice is two. Running multiple chat apps splits your history – half your maps in one place, half in another, patterns unreadable in both. One mouth, one voice, one history. And if you make me choose for you: the one already on your phone, or whichever a friend can help with. Familiarity beats features, every time, for our brains.

That's the mouth sorted. Now the part everyone overspends on – the shelf.

The "second brain" apps, with the price tags showing

If (and only if) the free-notes-app shelf starts feeling tight, these are the AI-native options – live-checked July 2026:

Notion AI

full AI needs the ~\$20-
24/mo Business tier

The everything-app: docs, databases, AI meeting notes, search. Powerful – and that's the warning. For a brain that drowns in options, Notion is an ocean. Only choose it if you already live in it.

Mem

free tier · Pro \$12/mo ·
agent tier \$99/mo

Chat-with-your-notes, minimal filing. Notably: the only one of these whose own homepage features an ADHD testimonial – a customer praising how it makes "non-linear" work intelligible "for an ADHD brain." The retrieval-as-conversation idea, productized.

Reflect

\$10/mo billed
annually · one plan ·
14-day trial, no free
tier

Small, fast, link-first – the "threads not drawers" page as an app, with voice transcription built in. One plan, no decision tree. The simplicity is the feature.

Tana

free tier · Pro ~\$20-
30/mo

The power-user pick: structured nodes, meeting agents, deep AI hooks. Also the one Forte's testing found "too abstract." If reading its homepage tires you, that's your answer – and it's a fine answer.

Read the aisle like a bartender reads a top shelf: the expensive bottle isn't better for you – it's better for someone. Free notes app + four folders + the AI doing the filing beats a premium tool you abandon in March.

Upgrade when you feel the ceiling, not when an ad finds you. (That's the friction check – Move 3 – pointed at this very page.)

And then there's the aisle built specifically for us – where the marketing needs a grade of its own.

The ADHD-specific tools, graded on honesty

Tools built for our brains specifically – graded here less on features than on how honestly they talk to you, because in this niche the marketing is half the product:

Goblin Tools · the task breaker

Paste a task, it breaks it into steps – TAP as a button. Built by one developer, and it carries the most honest disclaimer in the industry: nothing it returns "should be taken as a statement of truth, only guesswork."

That sentence is why it's listed first. Trust tools that talk like that.

Tiimo · visual daily planner

A gentle visual timeline of your day. Started as a research project on neurodivergent teens rather than a startup pitch – real lineage, and it shows in the design's calm.

Good if time blindness is your biggest tax.

Inflow · ADHD self-help app

Structured ADHD skill modules. One caution flag from the research: its "clinically backed" marketing rests on a small, uncontrolled 7-week pilot with a founder conflict of interest. Weaker than the label suggests.

Might still help you. Just buy it as an app, not as medicine.

Shimmer · human ADHD coaching + AI

Premium human coaching (~\$45-60/week at last check) with an AI assistant, "Indy," that's deliberately narrow, framed as a complement to the human coach, and publicly promises not to train models on your data.

Expensive – but its AI posture (narrow, honest, human-first) is the template this whole series endorses.

The pattern to shop by: the trustworthy tools in this space underclaim (Goblin Tools: "only guesswork"; Shimmer: "complements your coach") and the shaky ones overclaim ("clinically backed"). In the ADHD aisle, humility in the marketing is the best proxy for honesty in the product.

Your minimal stack (the whole machine on one page)



Three boxes and the calendar you already own. If your stack diagram is bigger than this, it's a future graveyard.

What deliberately ISN'T in the stack: a habit tracker, a dashboard, a "life OS," seventeen automations. Remember the reality check from Book 1 — raw activity gains shrink to ~30% by the time work actually ships, because finishing is the bottleneck. Every extra tool adds activity. **Only the shelf adds finishing.**

Busier is not better (read this before you build)

Two honest warnings before Part 4 hands you the build plan, because "building a second brain" is itself a world-class rabbit hole:

Warning 1 – The setup trap

Tweaking the system feels exactly like using the system. It is not. Eric Tivers – host of ADHD reWired – has half-started three AI agent projects and finished none, and he says so on his own show. The graveyard isn't full of people who couldn't use tools. It's full of beautiful, abandoned setups. That's why Part 4's build plan is deliberately tiny: **the system must start ugly and working, not gorgeous and pending.**

Warning 2 – What the numbers actually promise

Book 1's speed numbers (40% faster writing, +34% for the furthest-behind) measured general populations, and no study yet measures any of this for ADHD adults specifically – still true, still stated. And that "shrinks to ~30%" funnel? It comes from a study of software developers – a different world from yours – so take the *pattern* (busyness inflates, finishing doesn't) rather than the number. What a second brain most reliably buys you isn't speed anyway. **It's re-entry.** The project you can restart from a four-line card is the project that eventually ships.

where the time actually goes

fiddling with the setup



actually capturing & restarting



what this book prescribes



setup: 30 min, once

illustrative — the trap, drawn to scale of every forum thread eve

*"A second brain you're still setting up
is a first brain with a hobby.
Ship the ugly version this week."*

PART FOUR

The 30-Day Build

One small habit per week, four weeks, thirty minutes of total setup. Built on the same rule as Book 1's seven days: **you cannot fall behind, because there is no behind.** Miss a week? That week just isn't over yet.



First, make it exist

Week 1 – The capture week

The one habit: the 60-second morning yap (Move 1), most days.

5 MIN/DAY

Nothing else is required this week. No shelf yet, no filing – just get the front-door habit into your hands.

Also this week (once, 10 min): install your master prompt – Book 1's version is fine for now – into your chat app's custom instructions.

Win condition: four morning yaps out of seven. Yes, four. This isn't a bootcamp; it's a groove being worn in.

Week 2 – The shelf week 30 MIN ONCE

The one setup (30 minutes,

once): open your notes app and make the four folders. On iPhone (Apple Notes): Folders → the new-folder icon → type "Projects" → repeat for Areas, Resources, Archive. On Android (Google Keep uses labels): menu → Create new label → same four names. Then make one hub note per live project – a note titled "THE MOVE" whose first line reads "see also: *Budget, Storage Unit, People to Tell.*" Done. Resist decorating.

The one habit: when a session produces a map or SNAP card worth keeping, ask the AI which box and hub it belongs to – then paste it **into the hub note itself** (the folder just holds the hubs). Ten seconds per save.

Win condition: five things pasted into hubs by Sunday. Ugly counts. Ugly especially counts.

Why capture comes before the shelf: a shelf with nothing flowing into it is furniture. The morning yap creates the flow; the shelf just catches it. Build the river, then the reservoir – every dead system in the graveyard did it the other way around.

If the week went sideways: normal. Rain happens. Reread the SNAP page in Book 1, run one restart, and re-enter wherever you are. The build plan has no attendance sheet.

Then, make it yours

Week 3 – The moves week

PICK TWO

The one habit: from the six advanced moves, adopt exactly TWO – the two that made you think "oh, that's me." The bouncer if your outbox has history. The friction check if your card does. Sprints if starting is the wall.

Not five moves. Two. William Curb's honesty line from Book 1 is the law here: even the podcast hosts don't use most of the tools. Two moves practiced beat six admired.

Win condition: each chosen move used three times this week, for real, on real life.

Week 4 – The ritual week

10 MIN/WK

The one habit – the keystone: the 10-minute weekly review, ADHD edition. Sunday-ish, timer on: yap about the week (2 min) → "read my maps – what's the weather?" (Move 2, 3 min) → AI proposes what moves boxes: finished projects → Archive, stale ideas → Resources (3 min) → pick Monday's first tap (2 min). Done.

Also this week (once): upgrade to YOUR master prompt (Move 5) – by now you have three weeks of patterns to feed it.

Win condition: one review completed. It will feel weirdly good. That feeling is the system paying rent.

Day 30, look back: you now have a morning front door, a shelf that catches what matters, two moves tuned to your actual failure modes, and a ten-minute ritual that keeps it honest. That's the whole advanced system. **It's supposed to look this small.** Small is why it will still be alive in a year – and your notes app has never once been able to say that.



Guardrails & receipts



AI does not cure, diagnose, or treat ADHD – and no second brain does either. This book changes your workflow, not your neurology. Therapy, medication, and human coaching stay exactly where they were.



AI can be confidently wrong – including about your own notes. When it summarizes your shelf, it can misremember. Anything that matters, open the note and check. Decision support, never direct answers.



The postcard rule follows you into the shelf. Fake names in yaps means fake names in notes. No medical, legal, or money details in anything an AI reads. Your second brain should be useful to you and boring to everyone else.



All prices in Part 3 are July 2026 snapshots from the research pass behind this series – they drift. Check before buying, and run the friction check on any purchase this very book made tempting. Yes, including Shimmer. Especially the tempting ones.

Sources, briefly

Forte's course pause, AI relaunch, and app critiques: fortelabs.com. David Allen quotes: 2025 interview via daveedwardsmedia.com. Coach habits (Curb, Engebretson, Cummins, McGillicuddy, Wright, Magill, Tivers, Shankman): verified against their own podcasts, blogs, and newsletters in the July 2026 research passes – full citations in Book 1's sources page. App pricing and features: live-fetched vendor pages, July 2026 (Notion, Mem, Reflect, Tana, Shimmer). The Goblin Tools disclaimer, Tiimo origin, and Inflow pilot caveat come from an earlier research pass that was summarized rather than live-verified – treat those three as directional, and check the products' own pages before quoting them onward. The refuted "multiple parallel AI sessions" claim: killed in adversarial verification – two independent ADHD-focused sources recommend the opposite.

Same standard as Book 1: claims that couldn't be verified were cut, and the ones with weak sourcing say so where they appear. Want the full research trail? Reply to any of my emails and ask.

Where this goes next

Second book finished. With an ADHD brain. That's now a pattern, not a fluke – and patterns, as Move 2 taught you, are worth reading.

If you do one thing today: **Week 1, Day 1**. Sixty seconds, over breakfast, phone you're already holding. The build plan starts with the habit you technically already have.

And when your first weekly review turns up something surprising – the Sunday worry spike, the idea that won't stop showing up – **reply to my email and tell me**. Those replies are how this series gets sharper, and messy replies remain very much on brand.

The rest of the series

 **Book 1 – The ADHD Rabbit Hole:** the science and the four words. The front door.

 **Book 3 – The Foundation:** food, sleep, and calm while AI does the busywork. The health side of the same brain.

 **The Yap Method founding cohort:** four weeks, live, daily sprint rooms. Email subscribers hear first.



THE BOOK 2 MOTTO

**Stop filing.
Start linking.**

About Doug

Doug Wong spent 29 years as a bartender before going down the AI rabbit hole in his fifties. He teaches people 50+ and every ADHD brain who wanders in. Still not a doctor. Still not pretending to be.



*"Your first brain was never the problem.
It just needed somewhere
to put things down."*



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