

Your Rest Type, Decoded

A deep-dive guide to your quiz result – sensory, social, mental, or permission rest – with the practices that actually help each one.

What Your Result Means

You took the quiz. You got a result. Maybe it felt obvious – maybe it felt like being seen. Either way: that result is not a label, it's a clue. It's the specific way your nervous system is spending itself. This guide decodes it further and gives you practices that actually fit a real day – not a spa day, not a weekend away. A real day, with the life you already have.

Sensory Rest

Your nervous system has been drinking from a firehose. More scrolling, more shows, more noise will make it worse, even though they're marketed as relaxing. Your brain isn't asking for entertainment. It's asking for less. Less light, less sound, less touch, less everything. Subtraction is the medicine.

If Your Result Was Sensory

- The hidden loop: you crash, scroll to recover, and the scroll adds input instead of removing it. Your "rest" is keeping the firehose running.
- The 15-minute fast: the darkest, quietest spot you can find. Closet counts. Car counts. No phone – it's an input device.
- Subtraction only: this week, remove one thing before adding anything. Lower the volume before the weighted blanket.
- The real day version: earplugs during the grocery run. Sunglasses indoors. The tag cut out now, not later.

Social Rest

You've been performing – managing your face, your tone, and everyone's feelings, possibly for years. Social rest isn't about disliking people. It's about the specific exhaustion of being perceived and needing to respond to it. When you're alone but still scrolling, you're still performing for an imagined audience. That's not rest; that's rehearsal.

If Your Result Was Social

- **The hidden loop: you finally get alone time, then fill it with messaging, social feeds, or "should" calls. Being physically alone without being unperceived.**
- **The unperceived hour: not errands alone, but time where nobody can see you, need you, or find you. Even 30 minutes changes the math.**
- **The micro-privacy: bathroom, parked car, headphones as a do-not-disturb sign. It counts. It all counts.**
- **The real day version: one text sent later than usual. One call declined without an excuse. One walk without the phone.**

Mental Rest

Your brain has 74 tabs open and several are playing audio you can't find. Decision fatigue, planning loops, and being the household's operating system have used up the thinking budget. You don't need to think better. You need to think less. The control room needs a shift change.

If Your Result Was Mental

- **The hidden loop:** you rest by switching tabs – from obligations to planning, from planning to worrying. The tab count never goes down.
- **The brain dump:** every open loop, obligation, and worry onto paper. Externalized loops stop looping.
- **The decision fast:** same breakfast daily, an outfit formula, one default dinner. Every deleted decision is budget returned.
- **The real day version:** the dump takes five minutes at 7pm. Then one decision you'd normally make gets pre-made for tomorrow.

Permission Rest

Here's the plot twist: you're getting chances to rest – and spending them on trial. The prosecutor reads the list, and you exit rest more depleted than you entered. The rest isn't broken. The permission is. Rest is not a reward you earn with receipts. It's maintenance, same category as brushing your teeth.

If Your Result Was Permission

- **The hidden loop:** you can't rest until you've earned it, but earning it burns the energy, so you're never rested enough to earn anything.
- **The practice:** rest while guilty. The guilt can attend; it just doesn't get to chair the meeting. It loses authority every time it beeps and nothing bad happens.
- **The schedule:** name it. 'Tuesday 8pm, off duty.' Unscheduled rest reads as negotiable, and the auditor always negotiates.
- **The real day version:** one 10-minute rest you schedule in advance, with a start time and an end time, and zero items on the agenda.

You're a Blend, Not a Box

Your type is your starting point, not your whole map. Most people are a blend – the highest score just shows which one runs out of fuel first. You'll still need the others sometimes. The skill is noticing which one is asking, in the moment, and giving it the smallest thing that helps.

When Someone Checks In

I'm not 'doing nothing.' I'm doing a sensory fast. The subtraction is the point.

When the Guilt Speaks

Rest doesn't require a receipt. Brushing my teeth doesn't either. I'm doing maintenance. It's allowed.

When Rest Feels Too Big

I have enough room tonight for ten quiet minutes. That's the whole plan. If it gets longer, that's a bonus, not a requirement.

Your First 48 Hours

Tonight, do one micro-practice from your type. Not all of them. One. Tomorrow, do it again, or swap. That's the whole program – the same program the quiz was pointing at when it gave you your type. You didn't take the quiz to get a label. You took it to find the door. This guide is the handle. Push.

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