

# Printable Worksheets

## The Human Attack Surface

Battling Burnout in Offensive and Defensive Cybersecurity

Use these worksheets alongside the print book. They are formatted for letter-size printing. They are provided for personal reader use so the book itself can stay clean.

**Worksheet 6.1: IOC Reset Protocol**

**Worksheet 7.1: Cognitive Triage Table**

**Worksheet 9.1: Personal Sustainability Playbook**

# YOUR PERSONAL INDICATORS OF COMPROMISE

Identify early warning signs of burnout so you can intervene before you crash.

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## PHYSICAL SIGNALS



What changes in your body when pressure has been too high for too long?

EXAMPLE HINTS

*poor sleep, tension, headaches, fatigue that rest does not fix.*

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## EMOTIONAL SIGNALS



What emotional changes show up before you crash?

EXAMPLE HINTS

*irritability, dread, numbness, resentment, guilt when resting.*

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## COGNITIVE SIGNALS



What happens to your thinking when capacity is low?

EXAMPLE HINTS

*poor focus, rereading, losing context, second-guessing, slower decisions.*

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## BEHAVIORAL SIGNALS



What do you start doing, avoiding, or overdoing?

EXAMPLE HINTS

*compulsive checking, avoiding reports, staying late, panic-learning, withdrawing.*

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## FIRST RESPONSE PLAN



When these signals appear, what will you reduce, pause, ask for, or protect?

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AWARENESS IS THE FIRST LINE OF DEFENSE.  
CATCH IT EARLY. INTERVENE EARLY. STAY OPERATIONAL.



# PERSONAL SUSTAINABILITY PLAYBOOK

DEFINE YOUR CONTROLS, BOUNDARIES, RECOVERY HABITS, AND RESPONSE PLAN FOR PREVENTING BURNOUT RELAPSE.

## 1 PREDICTABLE STRESSORS

Which pressures are most likely to overload your system?

EXAMPLE HINTS:

*on-call, incident bridges, report deadlines, noisy queues, exploit research rabbit holes, comparison, unclear ownership.*

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## 2 PERSONAL RATE LIMITS

What limits protect your attention, energy, and judgment?

EXAMPLE HINTS:

*maximum late nights, meeting limits, learning windows, notification boundaries, deep-work blocks.*

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## 3 RECOVERY CONTROLS

What helps you actually recover after high-pressure work?

EXAMPLE HINTS:

*decompression time, sleep protection, movement, non-security hobbies, post-incident downtime, time away from feeds.*

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## 4 ESCALATION PATHS

Who or what do you involve before pressure becomes a crash?

EXAMPLE HINTS:

*manager, teammate, mentor, friend, therapist, workload conversation, deadline reset, handoff plan.*

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## 5 EARLY WARNING SIGNALS

Which indicators tell you that your system is running too hot?

EXAMPLE HINTS:

*cynicism, irritability, avoidance, numbness, poor focus, compulsive checking, dread, fatigue that rest does not fix.*

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## 6 FIRST RESPONSE RULES

When warning signals appear, what will you do first?

EXAMPLE HINTS:

*reduce load, pause optional work, ask for clarity, protect sleep, stop panic-learning, move deadlines, name the risk.*

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## MY NON-NEGOTIABLE MAINTENANCE RULE

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