



A.D.A.P.T. CHEAT SHEET

Real-World Problem Solving Under Pressure



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ADAPT Phases

- Assess
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CORE PRINCIPLE

Clarity before action.

Action before certainty.

Verification before confidence.



THE ADAPT LOOP

ASSESS → What is happening?

DIAGNOSE → Why is it happening?

ADAPT → What needs to change?

PERFORM → Fix it

TEST → Did it work?

↻ **Repeat if not fixed**

RULE: If it's not fixed → restart at **ASSESS**



CORE RULES

- Facts over assumptions
- Function over appearance
- Execution after understanding
- Verification before confidence



ASSESS

Purpose: Understand reality

Focus: Symptoms • Environment •
Constraints • Impact

Rules:

- Observe before acting
- Don't assume cause
- Separate facts from interpretation
- Identify what is affected



DIAGNOSE

Purpose: Identify root cause

Focus: Evidence • Patterns • Elimination

Rules:

- Symptoms are not causes
- Eliminate before concluding
- Confirm before acting
- Trust patterns, not guesses



ADAPT

Purpose: Adjust to conditions

Focus: Tools • Time • Constraints

Rules:

- Match plan to reality
- Flexibility beats rigidity
- Workarounds are valid
- Re-sequence if needed



PERFORM

Purpose: Execute the fix

Rules:

- No hesitation mid-action
- Stay focused until complete
- Follow procedure precisely
- Don't overthink during execution



TEST

Purpose: Verify solution

Rules:

- Never assume success
- Test under real conditions
- Check for secondary failures
- Confirm stability



LOOP DECISIONS

- Not fixed → **ASSESS**
- Cause unclear → **DIAGNOSE**
- Plan failed → **ADAPT**
- Fixed → Document & move on



COMMON FAILURES

- Skipping diagnosis
- Rushing the fix
- Ignoring constraints
- Not testing
- Assuming success



FIELD DISCIPLINE

- Slow is smooth → Smooth is fast
- Facts over feelings
- Evidence over assumption
- Function over appearance



FINAL PRINCIPLE

**If it's not tested, it's not solved.
If it's not understood, it's not fixed.
If it's not adapted, it won't work.**