

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



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The 9pm Library

This one exists for the moment when one of your kids says something that lands wrong and you can feel the reaction building — the kind you'd spend two days repairing. You know what the right response looks like; you just can't access it right now. A prompt library is thinking you did when you had energy, stored where you can find it in thirty seconds when you don't. Most families don't need dozens. They need five they trust.

The five, drafted in your voice. Use the chapter's seed prompt to generate starting drafts — *"Help me create a small personal prompt library. I want prompts for emotional regulation, parenting, relationships, planning, and reflection. Keep them simple, reusable, and written in a calm, direct voice, not clinical or preachy"* — then rewrite each until it sounds like you, because a prompt that reads like a therapist's worksheet won't get used.

Emotional regulation (the most-used one): _____

Parenting and agency (for the step-in-or-step-back moments): _____

Relationship and repair (opened *before* the conversation, not during): _____

Planning and logistics (for when you're scattered): _____



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Reflection and learning (the one people skip and shouldn't — for learning from a bad day without beating yourself up): _____

The thirty-second rule. Where the library lives so it's findable when depleted — Notes app, a doc, inside a project: _____

Timed test: from a locked phone, how long to reach it? _____

If more than thirty seconds, move it.

The maintenance that isn't. If a prompt helps, it stays; if it fades from use, it fades from the library. The lived-experience pipeline: the next time I handle something badly and wish I'd had words ready, the new prompt that comes from it gets added here. First candidate from this month: _____

The visibility piece, no curriculum required. You don't assign this to your kids; you let them see it — the pause before a hard conversation, the out-loud "I want to think this through first." Nothing to fill in here. Just don't hide it.

