

CHAPTER 5 COMPANION

PASS / FAIL / TEST Cabinet Purge

Turn a cabinet full of good intentions into a short list of clear decisions.

QUICK START

Set aside 15-30 minutes. Use a pencil or pen. Honest estimates beat perfect answers.

THE TWO NON-NEGOTIABLE QUESTIONS

1. IS IT SAFE?

Has it cleared the Safety Gate for my medications, conditions, timing, duplication, dose, and personal risks?

2. DOES IT CLEARLY HELP?

Can I name its job, the outcome I track, and honest evidence that it earns its place?

PASS	Reasonably safe, clear purpose, transparent, and either clearly helpful or appropriate to continue.
FAIL	Unsafe, untrustworthy, expired, unnecessary, duplicative, or unable to justify its place.
TEST	Unresolved - with a two-week deadline to research, obtain professional review, or choose a formal Proof Loop.

CABINET INVENTORY

		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST
		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST
		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST
		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST
		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST
		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST
		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST
		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST
		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST
		☐ Y ☐ ?	☐ Y ☐ ?	☐ PASS ☐ FAIL ☐ TEST

TEST PILE DEADLINE

One PASS item I will run through a future 30-Day Proof Loop:

What my FAIL pile taught me:

YOUR NEXT MOVE

Take a photograph of the full cabinet before and after. If a TEST item is still unresolved at its deadline, it does not remain in limbo.

Educational use only. This worksheet does not diagnose, prescribe, establish safety, or replace individualized care. Do not start, stop, or change medications or medically necessary treatment based solely on this tool. Review personal questions with an appropriately licensed healthcare professional.