
RECOMMENDATION ENGINE · v4.2 · ERROR LOG RECOVERED

The Anti-Inflation Dictionary

Ten words, returned to their original weight.

When a word is used for everything, it means nothing.
This booklet restores ten words to what they were
before the feed got hold of them.

01 SLAY

verb

ON THE FEED

Generic praise. Any success, any outfit, any mildly competent act is "slaying". The word applauds everything, so it honors nothing.

ORIGINALLY

To kill violently. And in older literary use, to overwhelm utterly — a beauty that slays the beholder, a grief that slays the heart.

IN ITS ORIGINAL WEIGHT

The knight slew the dragon before dawn; the whole valley slept safely for the first time in years.

REFLECT

What did you actually conquer today? Name it exactly — or let the word rest.

02 COOKED

adjective

ON THE FEED

"I'm cooked." Doomed, finished, in hopeless trouble — a whole future cancelled in one syllable.

ORIGINALLY

The past of cook: to prepare food with heat. A slow, patient transformation that makes things ready, not ruined.

IN ITS ORIGINAL WEIGHT

She cooked the stew for three hours, until the kitchen smelled of thyme and the meat gave way under a spoon.

REFLECT

When you say "I'm cooked", what is actually still raw — still changeable, still yours to finish?

03 GHOST

noun & verb

ON THE FEED

To vanish from someone's life without a word. Also the person who did: content that stopped posting.

ORIGINALLY

The spirit of a dead person. Also a faint secondary image — the trace a bright shape leaves on a screen after it is gone.

IN ITS ORIGINAL WEIGHT

The ghost of the old logo still showed faintly on the repainted sign, visible only at certain hours of light.

REFLECT

Who left you without goodbye? What trace did they leave — and what trace are you leaving, on purpose?

04 CRINGE

verb & noun

ON THE FEED

A verdict passed on other people. Anything awkward, sincere, or trying too hard is labeled cringe and dismissed.

ORIGINALLY

To cower; to shrink back physically in fear or distress. An involuntary flinch of the body, not a judgment.

IN ITS ORIGINAL WEIGHT

The dog cringed beneath the raised hand, folding itself smaller against the kitchen wall.

REFLECT

The last time you cringed, was it mockery — or recognition of yourself in someone else's honesty?

05 SIMP

noun

ON THE FEED

An insult for anyone who shows too much affection online, especially toward someone they love.

ORIGINALLY

A clipping of simpleton: a foolish, plain person — someone too trusting for their own good.

IN ITS ORIGINAL WEIGHT

Don't take me for a simp, he said; I know the price of everything in this market, and I am choosing to pay it.

REFLECT

Since when did devotion become an insult? Who taught the feed that caring loudly is weakness?

06 LITERALLY

adverb

ON THE FEED

A pure intensifier for the figurative: "literally dying", "literally obsessed". It now means its opposite.

ORIGINALLY

In a literal manner; exactly as stated, word for word, with no exaggeration and no decoration.

IN ITS ORIGINAL WEIGHT

The translator rendered the treaty literally, so that no clause could hide behind a graceful phrase.

REFLECT

What is one thing you felt this week that words could state exactly? Try stating it, with no intensifier at all.

07 AWESOME

adjective

ON THE FEED

A default "cool", applied equally to sandwiches, sunsets and software updates.

ORIGINALLY

Full of awe: trembling wonder, dread and reverence before something vast that dwarfs the self.

IN ITS ORIGINAL WEIGHT

They stood in awesome silence beneath the storm-lit cliff, too small to speak, too moved to leave.

REFLECT

When did you last feel small before something vast? That feeling has a word. Save it for that.

08 SALT

noun & adjective

ON THE FEED

"Salty": bitter, resentful, sore about losing. A mineral turned into a mood, a mood turned into a meme.

ORIGINALLY

The crystalline mineral that preserves and seasons; for most of history, valuable enough to be paid as wages.

IN ITS ORIGINAL WEIGHT

She packed the fish in salt to last the winter, layer upon layer, the way her grandmother had taught her.

REFLECT

What in your life preserves you? Are you calling it bitterness only because it stings a little?

09 TEA

noun

ON THE FEED

Gossip: "spill the tea". Someone else's life, served hot, consumed fast, never washed up after.

ORIGINALLY

A warm beverage; and by extension the pause around it — an hour of hospitality, presence and unhurried talk.

IN ITS ORIGINAL WEIGHT

They sat over tea until the kettle's warmth went cold, and neither of them once reached for a phone.

REFLECT

Whose story did you consume this week? Would you serve it to them in person, across a table, looking up?

10 FIRE

noun & adjective

ON THE FEED

"Fire": amazing. A flame emoji as applause, attached to everything from breakfast to heartbreak.

ORIGINALLY

Combustion; flame. Warmth and destruction at once — the oldest tool, and the one that demands the most respect.

IN ITS ORIGINAL WEIGHT

The fire spread through the dry grass in minutes, and everything the family saved fit in one cart.

REFLECT

What actually burns in you right now — anger, longing, purpose? Give it its true name, not an emoji.

Words are a commons, not content.

Every entry above was inflated the same way: a precise feeling was compressed into a tag, the tag was rewarded, the reward replaced the feeling. None of this was your fault, and none of it is fixed by willpower alone.

But attention is renewable. Write one true sentence a day. Keep one word heavy. Plant it, water it, and let it mean exactly what you mean.

This private writing practice enables individual self-reflection. Structural language inflation originates from platform algorithmic logics and cannot be fully resolved by individual expression alone.