

DECISION OS

Should I Quit?

Prepared for Alex Chen • February 13, 2026

Executive Summary AI

Given your current role as a Senior Product Manager, the analysis strongly recommends a planned departure, leaning 70% towards this option. With a decision timeframe of 30-45 days and a savings runway of 7.5 months, this path allows for a strategic transition rather than an impulsive move. Your reporting line to the VP Product has been a factor in the current challenges, which a planned exit can effectively address.

Decision OS is a fixed scoring model that compares options on four universal dimensions: Downside Safety, Upside Potential, Reversibility, and Sustainability.

Recommendation

Quit (planned)

Lean strength: 70%

Confidence

High

Runner-up: Negotiate/Redesign

Savings runway

7.5 mos

54,000 savings /
7,200 expenses

Role instability

10.0 / 10

Based on priority
changes and context
switching

Job market access

7.9 / 10

Based on inbound,
network, and
transferability

This report uses fixed scoring; AI is used only for writing clarity.

Situation Snapshot

Role

**Senior Product
Manager**

Series B • 18 months

Reports to VP Product

55-65 hrs/week

Pay

165,000

Equity: 0.2%

4-year vest, 1-year
cliff

Constraints

Dependents: **No**

Visa/Immigration risk:
low

Location flexibility:
medium

Snapshot anchors the decision in current constraints.

Decision OS Comparison

Option	Downside Safety	Upside Potential	Reversibility	Sustainability	Total
Stay	3.1	3.0	6.5	0.6	3.25
Negotiate/Redesign	6.1	8.4	7.3	1.6	6.11
Quit (planned) (recommended)	8.0	7.8	6.0	7.0	7.33

What the dimensions mean:

- **Downside Safety:** How safe the option is if things go wrong.
- **Upside Potential:** How much upside exists if things go right.
- **Reversibility:** How easy it is to undo the decision later.
- **Sustainability:** Day-to-day health and energy impact.

Recommendation logic: pick the highest total. Lean strength reflects the margin versus the runner-up.

Totals use fixed weights: 30% downside safety, 30% upside, 20% reversibility, 20% sustainability.

Methodology Overview

Four Universal Dimensions

- **Downside Safety:** How safe the option is if things go wrong.
- **Upside Potential:** The potential upside if things go right.
- **Reversibility:** How easy it is to undo the decision.
- **Sustainability:** Day-to-day health and energy impact.

Anchored scoring rules

- Runway months map to downside safety using fixed thresholds.
- Role instability = clarity + authority gaps + priority changes + context switching.
- Sustainability uses burnout, sleep disruption, and team conflict.

This structure is consistent across all Decision OS reports.

Downside Safety

Savings runway

7.5 months

Runway score: 8.0 / 10

Key risk flags

- Sustained burnout indicators

Downside safety emphasizes runway and hard constraints.

Upside Potential

Signal	Value	Interpretation
Recruiter messages / month	1	Moderate
Application response rate	23%	Needs testing
Network strength	6/10	Build warm intros
Skill transferability	6/10	Narrower fit

Upside potential improves with validated market signals.

Reversibility

Resume story risk

4.0 / 10

Higher = more explanation needed.

Option reversibility

Quit (planned): 6.0

Negotiate/Redesign: 7.3

Stay: 6.5

Reversibility is about how easy it is to change course later.

Sustainability

Burnout level

6/10

Sleep disruption

4 nights

Team conflict

6/10

Sustainability reflects your ability to keep this pace without long-term damage.

Your Notes

What prompted this

The role has become more reactive over the last two quarters.

Non-negotiables

Two protected deep-work blocks per week.

Biggest concerns

Burnout risk and loss of momentum.

Preferred outcome

Clear authority with predictable hours.

Other constraints

No relocation in the next 12 months.

Notes do not change scores unless mapped to a structured input.

Triggers & Sensitivity

Reasons to Leave

- Low decision authority relative to accountability
- Important work crowded out by urgent execution
- Burnout indicators trending upward

Reasons to Stay

- VP Product commits to decision authority in writing
- Important-work time rises above 40% for two sprints
- Savings runway extends beyond 10 months after comp adjustment

Triggers to Stay

- VP Product commits to decision authority in writing
- Important-work time rises above 40% for two sprints
- Savings runway extends beyond 10 months after comp adjustment

Triggers to Exit

- Low decision authority relative to accountability
- Important work crowded out by urgent execution
- Burnout indicators trending upward

Would flip the decision

- A strong external offer with clearer scope
- Savings runway drops below the safe threshold
- Leadership support fails to materialize

Use triggers to test whether the recommendation holds under change.

Decision Plan + Final Recommendation

Decision timeframe: 30-45 days

Action Plan AI

- Start by reviewing your financial standing in detail and researching the current job market for Senior Product Manager roles. For a standout move, engage in a low-stakes interview process for a truly aspirational role, not necessarily to accept, but to precisely understand your market value and what truly motivates you.
- Document your key accomplishments and daily responsibilities in your current role, preparing for potential interviews. As a unique step, craft a precise, non-negotiable proposal for your VP Product detailing the changes required for you to stay, such as increased decision authority and protected deep-work blocks.
- If your proposal for changes is not fully met, immediately activate your job search using your prepared documentation. To make a strong impact, reach out to former managers or trusted colleagues, candidly sharing your career goals and current frustrations to solicit targeted referrals and insights.
- Focus on securing your next role that aligns with your preferred outcome of clear authority and predictable hours, or finalize plans for a deliberate career break. An exceptional move here would be to schedule a dedicated "transition period" for self-reflection and strategic planning before starting your next chapter, ensuring a refreshed start.

Proceed with a planned departure to secure a role that offers greater decision authority and a sustainable work-life balance, leveraging your savings runway for a strategic transition.

Recommendation: Quit (planned) with a 70% lean, ahead of Negotiate/Redesign.

If triggers are not met, move to the next best option.

Support this project: [Pay What It's Worth](#)

The decision plan protects downside while keeping options open.