

THE NEURO-COGNITIVE PHENOTYPE SCORECARD

FORMAT: Printable Clinical Template (A4/Letter)

USE: Rapid 1-Hour Observation Screening

SCORING LEGEND:

- **GREEN (Neurotypical):** Standard processing; traits are adaptive to average environments.
- **YELLOW (State-Based/Anxiety):** Traits are reactive to stress/trauma; likely temporary or fear-driven.
- **RED (Trait-Based/Neurodivergent):** Traits are structural/permanent; hardware-based (AuDHD/ASD/ADHD).

CLINICAL OBSERVATION MATRIX: THE 60-MINUTE SCREEN

Patient Name: _____

Date: _____

Observer: _____

SECTION 1: SENSORY & PHYSICAL GATING




Observe: Posture, movement, reaction to environment.

OBSERVATION	● NEUROTYPICAL	● ANXIETY / TRAUMA	● NEURODIVERGENT (AuDHD)
Eye Contact	<input type="checkbox"/> Fluid, natural breaks.	<input type="checkbox"/> Avoidant (looks down/away out of	<input type="checkbox"/> Calculated/Intense (Staring) OR

		fear).	Auditory Gaze (Looks at wall to hear).
Stillness	<input type="checkbox"/> Relaxed stillness.	<input type="checkbox"/> Tense, frozen (Fight/Flight).	<input type="checkbox"/> Proprioceptive Seeking (Rocking, leg bouncing, perching, weird postures).
Noise Reaction	<input type="checkbox"/> Filters background noise.	<input type="checkbox"/> Irritated by noise (distraction).	<input type="checkbox"/> Painful/Systemic Reaction. Cannot think until noise stops. (Misophonia).
Fidgeting	<input type="checkbox"/> Occasional/Situational.	<input type="checkbox"/> Nervous picking (skin/nails).	<input type="checkbox"/> Stimming. Repetitive motions (tapping, clicking) used to <i>generate</i> focus.

SECTION 2: COMMUNICATION & LOGIC




Observe: Speech patterns, latency, literalism.

OBSERVATION	 NEUROTYPICAL	 ANXIETY / TRAUMA	 NEURODIVERGENT (AuDHD)
Response Time	<input type="checkbox"/> Average rhythm.	<input type="checkbox"/> Hesitant (Afraid to be wrong).	<input type="checkbox"/> Lag or Burst. Long processing pause OR impulsive interruption.

Interpretation	<input type="checkbox"/> Contextual (Gets the gist).	<input type="checkbox"/> Over-analyzes hidden meaning.	<input type="checkbox"/> Literal/Bottom-Up . Misses implied cues; needs explicit parameters.
Topic Flow	<input type="checkbox"/> Follows conversational turns.	<input type="checkbox"/> Withdrawn/Quiet.	<input type="checkbox"/> Monotropic/Infodumping . Dominates topic if interested; checks out if bored.
Honesty	<input type="checkbox"/> Social "White Lies" (Polite).	<input type="checkbox"/> People-pleasing/Fawning.	<input type="checkbox"/> Radical Honesty . Direct, blunt, prioritizes facts over feelings.

SECTION 3: ENERGY & EXECUTIVE FUNCTION

Observe: Description of daily habits and energy crashes.

OBSERVATION	 NEUROTYPICAL	 ANXIETY / TRAUMA	 NEURODIVERGENT (AuDHD)
Focus Style	<input type="checkbox"/> "Dimmer Switch" (Controlled).	<input type="checkbox"/> Scattered (Worry-based).	<input type="checkbox"/> "Magnet" (Interest-based). Hyperfocus or Paralysis. No middle ground.
Routine	<input type="checkbox"/> Flexible adaptation.	<input type="checkbox"/> Rigid (Safety/Control).	<input type="checkbox"/> The Paradox . Craves routine for stability but rebels against it

			(Boredom).
Social Battery	<input type="checkbox"/> Drains slowly.	<input type="checkbox"/> Drains due to fear of judgment.	<input type="checkbox"/> System Overheat. Drains due to manual processing (Masking). Requires dark/silence to reboot.
Justice	<input type="checkbox"/> Generally fair.	<input type="checkbox"/> Sensitive to personal slight.	<input type="checkbox"/> Systemic Justice. Rage at illogical rules or unfairness (even if impersonal).

SECTION 4: SYNTHESIS & SCORING

Count the Checks:

- Total  Green: _____
- Total  Yellow: _____
- Total  Red: _____

INTERPRETATION GUIDE:

1. **Dominant GREEN: Neurotypical.** Stressors are likely temporary or lifestyle-based.
2. **Dominant YELLOW: High Stress/Anxiety/CPTSD.** The nervous system is stuck in "Threat Mode." Therapy should focus on safety and trauma.
3. **Dominant RED: Neurodivergent Phenotype.** The nervous system is wired differently.
 - *High Red + High Energy/Chaos* = **ADHD Primary.**
 - *High Red + High Rigidity/Sensory* = **Autism Primary.**
 - *High Red + Contradictory Scores (Rigid yet Chaos)* = **AuDHD (The Paradox).**

SECTION 5: QUALITATIVE NOTES

(Look for the "Clash" – e.g., "Patient is highly articulate but cannot tie shoelaces" or "Patient

is highly social but avoids eye contact.")

Signed: _____ (Clinician/Observer)

Next Step:

Would you like to proceed with "Weaponizing the Playlist" for your Phase 1 and Phase 2 work blocks now that we have established the tools for diagnosis?