

This is the **Deep Diagnostic Protocol**.

To get an accurate assessment of a complex neurotype, we cannot just ask, "Are you stressed?" We must triangulate the data.

Here are **100 Questions** divided into **4 Dimensions**.

1. **The Somatic Audit** (Physical symptoms).
2. **The Executive Audit** (Work/Task friction).
3. **The Social Audit** (Relational friction).
4. **The Literal/Logic Audit** (How the mind processes data—*specifically designed to identify the Literal Thinker*).

THE NEURO-RESILIENCE 100-POINT AUDIT

DIMENSION 1: THE SOMATIC AUDIT (25 Questions)

The body never lies. These questions detect High Cortisol and Sympathetic Overdrive.

1. **The Shoulder Earring:** Do your shoulders unconsciously rise toward your ears when you are concentrating?
2. **The Jaw Lock:** Do you catch yourself clamping your teeth together even when not chewing?
3. **The Breath Hold:** Do you stop breathing entirely while reading emails or performing fine motor tasks?
4. **The Shallow Gasp:** When you do breathe, is it only into the top 10% of your chest (collarbone breathing)?
5. **The Glazed Stare:** Do your eyes ever "lock" open, where you see everything but are focusing on nothing?
6. **The Piston Leg:** Do you bounce your knee or tap your foot uncontrollably during meetings?
7. **The Toe Curl:** Are your toes clenched tight inside your shoes right now?
8. **The Claw:** Do you grip your mouse, pen, or steering wheel with white-knuckle intensity?
9. **The Throat Clear:** Do you constantly clear your throat or feel a lump in it (globus sensation) when stressed?
10. **The Body Freeze:** Do you ever feel physically unable to get out of a chair, even if you want to?
11. **The Startle:** Do you physically jump or flinch when a phone rings or a Slack notification pings?
12. **The Clothing Rage:** Does the texture of a tag, seam, or tight waistband ever make you irrationally angry?
13. **The Light Squint:** Do fluorescent office lights feel like they are "humming" or vibrating in your eyes?
14. **The Noise Wall:** Does background noise (chewing, clicking) prevent you from thinking

clearly?

15. **The Sleep Revenge:** Do you stay up late simply to reclaim "freedom" time, even if you are exhausted?
16. **The Night Grind:** Do you wake up with a sore jaw or headache (Bruxism)?
17. **The Morning Heavy:** Do you wake up feeling physically heavier than when you went to sleep (Sleep Inertia)?
18. **The Hunger Gap:** Do you forget to eat or drink for 6+ hours, then suddenly feel sick/starving?
19. **The Texture Gag:** Do you have a strong physical aversion to certain food textures (mushy, stringy)?
20. **The Temperature War:** Are you always too hot or too cold, with no middle ground?
21. **The Skin Pick:** Do you unconsciously pick at cuticles, lips, or scalp when listening?
22. **The Crash:** After a social event, do you need to sit in a dark, silent room to "reboot"?
23. **The Dizzy Stand:** Do you get lightheaded if you stand up too quickly (POTS/Dysautonomia sign)?
24. **The Knot:** Do you have chronic tension in the exact same spot in your neck/back that massage doesn't fix?
25. **The Visual Blur:** Does your vision ever go blurry or "double" when you are tired or overwhelmed?

● DIMENSION 2: THE EXECUTIVE AUDIT (25 Questions)

Measuring the friction between "Intention" and "Action."

26. **The Tab Hoard:** Do you keep 20+ browser tabs open because you are afraid you'll lose the information?
27. **The Doom Scroll:** Do you scroll on your phone for long periods without actually absorbing the content?
28. **The Waiting Mode:** If you have an appointment at 2:00 PM, are you unable to start any other work before it?
29. **The Task Switch Stutter:** Do you open a document, close it, open email, close it, and loop without starting?
30. **The Time Blindness:** Do you genuinely believe a task will take 10 minutes, but it takes 2 hours?
31. **The Hyperfocus:** Do you ever lose 4+ hours to a task and forget to pee or eat?
32. **The Project Graveyard:** Do you have 5+ half-finished projects that you were excited about last month?
33. **The Email Paralysis:** Do you read an email, write the reply in your head, but fail to type it out?
34. **The Pile System:** Do you organize by leaving everything visible in piles (if you put it away, it disappears)?
35. **The Key Panic:** Do you lose your phone, keys, or wallet almost every single day?
36. **The Motivation Gap:** Can you do complex tasks for others easily, but struggle to do

simple tasks for yourself?

37. **The Deadline Rush:** Is "panic" the only fuel that allows you to finish a project?
38. **The Decision Fatigue:** Does choosing what to eat for dinner feel physically painful by the end of the day?
39. **The Perfection Paralysis:** Do you not start a task because you aren't sure you can do it perfectly yet?
40. **The "Just One More":** Do you struggle to stop a task once you have started (inertia)?
41. **The Meeting Amnesia:** Do you walk out of a meeting and immediately forget what was decided?
42. **The Shame Spiral:** Do you berate yourself internally for being "lazy" or "stupid" when you can't start work?
43. **The Hobby Cycle:** Do you obsessively learn a new hobby for 2 weeks, buy all the gear, then quit?
44. **The Admin Avoidance:** Do you let mail/paperwork pile up unopened for weeks?
45. **The Login Block:** Do you abandon a task if it requires a password reset or 2-factor authentication?
46. **The Dopamine Menu:** Do you crave sugar or caffeine specifically when you are trying to focus?
47. **The Working Memory Leak:** Do you walk into a room and instantly forget why you are there?
48. **The Instruction Glaze:** If someone gives you verbal instructions, do you forget the first step by the time they finish?
49. **The Calendar Fear:** Do you feel a spike of anxiety just looking at your calendar for the week?
50. **The Imposter:** Do you feel like you are faking competence and will be "found out" any day?

● DIMENSION 3: THE SOCIAL AUDIT (25 Questions)

Measuring the cost of Masking and Relational Safety.

51. **The Scripting:** Do you rehearse conversations in your head (or shower) before they happen?
52. **The Post-Mortem:** Do you replay conversations from hours (or years) ago, analyzing what you did wrong?
53. **The Over-Explain:** Do you give massive amounts of context/backstory when a simple answer would suffice?
54. **The "Sorry" Loop:** Do you apologize for things that aren't your fault or just for "taking up space"?
55. **The Interrupt:** Do you interrupt people because you fear you'll forget your thought if you don't say it now?
56. **The Mimic:** Do you find yourself unconsciously copying the accent, laugh, or posture of the person you're with?

57. **The Eye Contact Math:** Do you consciously calculate how long to look someone in the eye so it isn't "weird"?
58. **The Mask Slip:** Have you ever relaxed your face and had someone ask, "Are you mad?"
59. **The Audio Fade:** Do you nod and smile in loud environments even though you can't hear a word?
60. **The Ghosting:** Do you ignore text messages for days because replying feels like a heavy demand?
61. **The Overshare Hangover:** Do you often regret how much you revealed about yourself after a social interaction?
62. **The Chameleon:** Do you feel like you are a different person with different groups of friends?
63. **The Rejection Spike:** Does a minor criticism or slightly different tone of voice feel like a physical wound?
64. **The Justice Rage:** Do you get intensely angry when you see someone being treated unfairly?
65. **The Small Talk Dread:** Do you find "How about this weather?" conversations physically exhausting?
66. **The Deep Dive:** Do you try to skip small talk and jump straight to deep/philosophical topics?
67. **The Info-Dump:** Do you bond with people by sharing facts about things you love?
68. **The Empathy Flood:** Do you absorb other people's emotions (if they are sad, you become sad)?
69. **The Truth Compulsion:** Do you physically struggle to lie, even for a "polite" white lie?
70. **The Group Hide:** In large groups, do you look for a job (like cleaning up) to avoid mingling?
71. **The Tone Police:** Do you constantly analyze the "tone" of text messages to see if someone is mad at you?
72. **The Safe Person:** Do you rely on one person to navigate social events for you?
73. **The Name Blank:** Do you forget someone's name the second they introduce themselves?
74. **The "Too Much":** Have you often been told you are "too loud," "too sensitive," or "too intense"?
75. **The Exit Plan:** Do you always check where the exits are or plan how to leave early?

● **DIMENSION 4: THE LITERAL/LOGIC AUDIT (25 Questions)**

Specifically targeting the "Literal Mind" and "Bottom-Up Processing."

76. **The "Why" Block:** Are you unable to follow an instruction unless you understand the *reason* (the "Why") behind it?
77. **The Vague Panic:** Does an instruction like "Get this to me soon" cause you anxiety because "soon" is not a defined time?
78. **The Manual Read:** Do you actually read the instruction manual before starting, or get

frustrated if there isn't one?

79. **The Rule Follower:** Do you get annoyed when others break rules that are clearly posted?
 80. **The Definition Debate:** Do you find yourself arguing about the precise definition of a word during an argument?
 81. **The Implied Fail:** Do you miss hints? (e.g., If someone says "It's cold in here," do you say "Yes it is" instead of closing the window?)
 82. **The Rhetorical Answer:** Do you accidentally answer rhetorical questions?
 83. **The Precision Correction:** Do you feel a compulsion to correct factual errors in casual conversation?
 84. **The Bottom-Up Process:** Do you need to know every single detail before you can understand the "Big Picture"?
 85. **The Efficiency Rage:** Does seeing someone do a task inefficiently make you want to take over and do it yourself?
 86. **The Honesty Trouble:** Have you gotten in trouble for being "too honest" or "rude" when you were just stating a fact?
 87. **The Metaphor Miss:** Do idioms like "Ball is in your court" ever take you a split second to decode?
 88. **The Sarcasm Blindness:** Do you sometimes struggle to tell if someone is joking or being serious?
 89. **The Logical Emotion:** Do you try to "solve" people's emotions with logic instead of just comforting them?
 90. **The Pattern Spot:** Do you notice patterns (numbers, layouts, behaviors) that no one else sees?
 91. **The Systemizer:** Do you naturally organize things into categories or lists in your head?
 92. **The "Does Not Compute":** Do you shut down if presented with two conflicting pieces of information?
 93. **The Variable Control:** Do you hate surprises because you haven't accounted for the variables?
 94. **The Literal Promise:** If someone says "I'll be there in 5 minutes," do you get upset if they arrive in 7 minutes?
 95. **The Binary Trap:** Do you tend to see things as "All Good" or "All Bad" (Black and White thinking)?
 96. **The Context Missing:** Do people often tell you "Read the room," and you don't know what you missed?
 97. **The Question Loop:** Do you ask "clarifying questions" until the other person gets annoyed?
 98. **The Authority Question:** Do you struggle to respect authority figures if they aren't logical or competent?
 99. **The Fairness Meter:** Is "That's not fair" a recurring thought in your daily work life?
 100. **The Data Safety:** Do you feel safer dealing with data/spreadsheets than with emotions?
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SCORING INTERPRETATION (For the Website)

0–25 "Yes" Answers: The Neurotypical / Regulated Mind.

- You likely process Top-Down. You handle vagueness well. Your nervous system is generally in the Blue Zone.

26–50 "Yes" Answers: The "Yellow Zone" / High Sensitivity.

- You have distinct neurodivergent traits. You likely mask well but pay a high energy cost.

51–75 "Yes" Answers: The AuDHD Profile (Red Zone Risk).

- You are almost certainly operating with an AuDHD nervous system. You are likely in the "Red Zone" 50% of the time. You need the **Green Zone Bridge** tools immediately.

76–100 "Yes" Answers: Critical Mass (Traffic Jam).

- **Result:** You are operating in a state of chronic nervous system dysregulation.
- **Analysis:** You are a Literal Thinker in a Metaphorical World. Your "Traffic Light" is stuck on Red.
- **Recommendation:** This is not a "personality quirk." This is a mechanical issue. You need the **Embodied Interstate Language** system to prevent burnout.