

Nervous System Baseline

Questionnaire:

Pre/Post Program Assessment



This self-assessment is designed to quantify the current state of your **Autonomic Nervous System (ANS) Dysregulation** (Chronic Sympathetic Dominance). It converts your subjective experience, into a self-reported measurable **Emotional Flow Score**.

Instructions: For each item, rate how often you have experienced the symptom in the last 30 days using the scale below.

Score	Frequency
3	Always / Daily
2	Often (Multiple times per week)
1	Sometimes (Once a week or less)
0	Never / Almost Never

Section 1: Vagal Tone & Physical Arousal (The Body's Alarm)

This section measures the core physical symptoms of chronic fight-or-flight (Sympathetic Dominance).

Item	Symptom	Score (0–3)
1.	Do you frequently feel persistent, debilitating neck, shoulder, or jaw tension (Somatic Bracing)?	
2.	Do you experience rapid heart rate, palpitations, or lightheadedness when under mild stress?	
3.	Do you often feel a "knot" in your stomach, chronic indigestion, or stress-related gut problems?	

4.	Do you struggle to take a deep, satisfying breath, often feeling your breath is shallow and rapid?	
5.	Do you experience sudden, short-lived waves of anxiety or panic that seem to come from nowhere?	
6.	Is it difficult to slow your heart rate or relax your muscles when lying down?	
Section 1 Total: / 18		

Section 2: Amygdala & Executive Function (The Hijacked Mind)

This section measures the failure of the Prefrontal Cortex (PFC) to maintain rational control against emotional triggers.

Item	Symptom	Score (0–3)
7.	Do you experience sudden, intense irritability or a "short fuse" over minor inconveniences?	
8.	Do you frequently lose focus, struggle to concentrate on complex tasks, or feel persistent "brain fog"?	
9.	Do you struggle with making decisions, often feeling stuck in analysis paralysis or overwhelm?	
10.	Do you find yourself automatically reaching for a distraction (e.g., phone, social media, substance) when stressed?	
11.	Do you engage in constant negative rumination (worry loops) that you feel unable to stop?	
12.	Do you struggle to clearly identify or name what you are feeling when triggered (Affect Labeling failure)?	
Section 2 Total: / 18		

*Section 3 continued on next page.

Section 3: Neuro-Restoration & Chemical Burden (The Energy Debt)

This section measures the cumulative impact of chemical depletion and failure of structural healing.

Item	Symptom	Score (0–3)
13.	Do you wake up feeling unrefreshed, even after getting a full night's sleep?	
14.	Do you rely on caffeine or sugar throughout the day to sustain energy or manage afternoon crashes?	
15.	Do you experience intense cravings for sugar or carbohydrates when you feel emotionally stressed?	
16.	Do you suffer from persistent fatigue or exhaustion that does not resolve with rest?	
17.	Do you have trouble falling asleep or staying asleep (Insomnia)?	
18.	Do you feel guilt or intense self-criticism after failing to meet a goal or expectation?	
Section 3 Total:		/ 18

Final Scoring and Interpretation:

1. **Calculate Total Raw Score:** Add the totals from Sections 1, 2, and 3.

- **Total Raw Score (0–54):** _____

2. **Calculate Emotional Flow Score (Coherence Percentage):**

- **Formula:** $(54 - \text{Total Raw Score}) / 54 \times 100$

- **Your Emotional Flow Score (%):** _____ %

*Score Interpretation on next page.

Score Interpretation:

Score	Emotional Flow Score	Interpretation & Action Required
0–18	67% – 100%	High Resilience: Your nervous system is structurally strong and resilient. Focus on maintenance.
19–36	34% – 66%	Moderate Dysregulation: Your system is functional but running at a severe energy deficit. Structural rewiring is essential.
37–54	0% – 33%	Critical Dysregulation: Your body is stuck "on" due to Toxic Neurochemical Accumulation. Immediate structural intervention is mandatory.

References and Scientific Grounding

The **Coherence & Resilience Index** synthesizes data from validated concepts and established academic instruments:

- **PSS (Perceived Stress Scale):** Used for subjective measures of perceived unpredictability and uncontrollability (Items 7, 11, 18).
- **ANS Symptom Profiles:** Validated measures of physical manifestations of Autonomic Dysfunction (Items 1, 2, 3, 4).
- **Neuroplasticity & HPA Axis:** Items measuring memory, sleep, and chemical cravings reflect the work of McEwen & Lupien (2010) on Allostatic Load and Walker (2017) on consolidation failure.

***Note: This tool is for self-assessment and informational purposes only. It is not a substitute for clinical medical diagnosis.**

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