



Lifestyle vs. Nervous System Audit:

Your Antagonist Checklist

This audit measures the presence of lifestyle factors that actively and continuously drive Sympathetic Dominance (**Chronic Fight-or-Flight**). The goal here is to determine your “Toxic Load” and whether you need to intervene with countermeasures.

The key: If you have too many antagonists operating at once, achieving a regulated Autonomic Nervous System (ANS) is biologically impossible.

Instructions: Mark "YES" (1 point) if the condition applies to you *most days of the week*. Mark "NO" (0 points) if it does not.

Section 1: Chemical and Structural Antagonists (Direct Vagus Nerve Inhibition)

These factors chemically or physically sabotage your Vagus Nerve (Internal Brake Pedal) and inhibit structural healing.

Item	Condition	YES (1) / NO (0)
1.	Do you consume nicotine in any form (vape, pouch, cigarette)?	
2.	Do you consume caffeine after 12:00 PM?	
3.	Do you consume alcohol more than two nights per week?	
4.	Do you consistently eat high-sugar/simple carb snacks or meals before bed?	
5.	Do you engage in high-impact, chaotic, or aggressive exercise (e.g., intense running, CrossFit, aggressive sports)?	
6.	Do you frequently drive, work, or exercise with unaddressed, severe neck/shoulder tension (somatic bracing)?	
Section 1 Total (Max 6):		

*Section 2 continued on next page.

Notes to Self:

Section 2: Cognitive and Environmental Antagonists (PFC/RAS Overload)

These factors overload the rational brain (PFC) and train your Reticular Activating System (RAS) to constantly seek threats.

Item	Condition	YES (1) / NO (0)
7.	Do you check work emails/messages within 90 minutes of waking up or going to sleep?	
8.	Do you rely heavily on doomscrolling or consuming overwhelming news/social media?	
9.	Do you try to multitask (e.g., talk on the phone while working on a complex project)?	
10.	Do you have a severe clutter or chaos problem in your primary work/living environment?	
11.	Do you often engage in negative rumination or constantly replay past conflicts in your mind?	
12.	Do you routinely delay important decisions or procrastinate essential tasks (analysis paralysis)?	
Section 2 Total (Max 6):		

Notes to Self:

Section 3: Neuro-Restoration Antagonists (Energy Debt)

These factors actively prevent your brain from clearing metabolic waste, leading to burnout and low Vagal Tone.

Item	Condition	YES (1) / NO (0)
13.	Do you go to bed and wake up at inconsistent times (more than a 60-minute difference)?	
14.	Do you regularly get less than 7 hours of sleep per night?	
15.	Do you frequently consume food within one hour of going to sleep?	
16.	Do you take medication or substances that you know suppress REM or Deep Sleep (e.g., high THC products)?	
Section 3 Total (Max 4):		

Your Toxic Load Score:

Your Total Toxic Load Score:	_____ (Max 16)
RESULT:	If your score is 5 or higher , your efforts to regulate your ANS (even with mindfulness and controlled breathing) are being chemically and structurally sabotaged. You are operating at a severe deficit. The Flow Method is mandatory to dismantle these antagonists and reverse the toxic accumulation.

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

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