



ALEXANDRA ROBUSTE · NEURODIVERGENCE COACHING ACADEMY

SNIP™ *Quick Map*

A first, honest look at where your access narrows — and where it doesn't have to.

SNIP™ — the Systemic NeuroCognitive Indexing Protocol — is a diagnostic-neutral map of how your nervous system actually functions. Not a label. Not a diagnosis. A map.

It's grounded in the neuroscience of three large-scale brain networks, and their interaction shows up as friction (or ease) across five functional domains — places where access to yourself can narrow under load, and where it can be brought back with the right conditions.

Default Mode Network

Saliience Network

Central Executive Network



Sensory & Emotional Processing

How input and feeling are taken in and managed — sound, light, texture, and the intensity or flatness of emotion.



Cognitive & Temporal Regulation

How attention, memory, pacing, and time are managed.



Motor & Energy Rhythms

How movement, coordination, and energy are regulated across time and tasks.



Social & Communication Styles

How you exchange, interpret, and sustain communication and relational interaction.



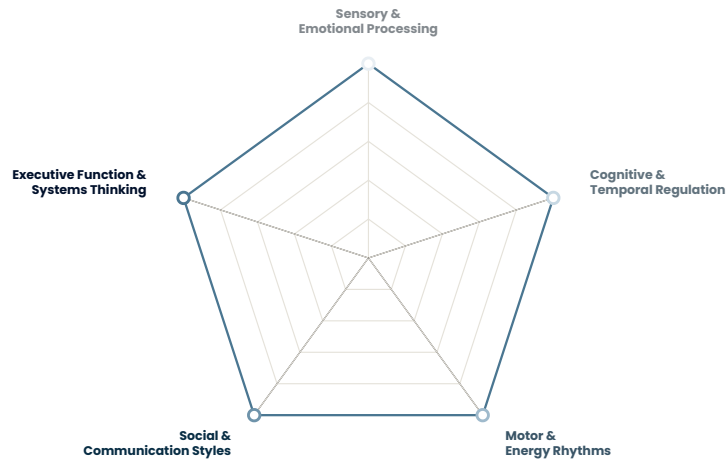
Executive Function & Systems Thinking

How you plan, prioritize, initiate, and execute under load.

Where does your access narrow right now?

Five domains, one honest snapshot. This isn't the deep dive — it's the 5,000-foot view.

 Rate each domain 0–10, mark the point, and connect the dots.



SCORE SCALE GUIDE

1–2	3–4	5–6	7–8	9–10
Low Friction	Mild Friction	Moderate Friction	Significant Friction	Major Friction

This is the overview. The full map goes to 70.

The complete SNIP™ Map breaks each domain into 14 friction areas — with design responses, 3-step protocols, and your own live regulation profile. Built inside the Neurodivergence Coaching Academy.

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