ALEXANDRA ROBUSTE

Starting Point Profile

A grounded picture of where you are right now — nervous system, body, context

Disclaimer and Consent

This is a coaching tool, not a diagnostic instrument. It does not replace medical or psychotherapeutic assessment, and completing it does not establish a clinical relationship. Everything here is self-report, stays local to this document, and is used only to give your coach a clearer starting picture — not to label or diagnose you. Health-related items (blood values, supplements, medication) are entirely optional and are for coaching context only; please consult a doctor or pharmacist before starting or changing anything. If you are in crisis or experiencing thoughts of harming yourself, please reach out to a crisis line or emergency service in your area — this document is not built for that moment.

- [ ] **I've read this and I'm filling this out voluntarily, understanding it's a coaching tool and not a diagnosis.**

Before You Start

Before you start

Take your time with this — there's no clock running. Some people move through it in one sitting, others take it in pieces over days or weeks. Both are fine. This exists to give you and your coach a clearer, more honest picture of where you're actually starting from — not to be finished quickly, and not to be finished perfectly. Above all, this is a personal stock-take: a way of seeing yourself more clearly, for you, before it's for anyone else.

Some questions will land easily. Others might catch you off guard — a phrase that stings more than expected, a section that brings up something you didn't plan on feeling today, maybe even a sad or triggered feeling. If that happens, it's not a sign something's wrong. It's usually the opposite: you've hit a nail on the head. That's worth noticing, not rushing past — and it should only ever be received as encouraging, never alarming.

Nothing here has to happen all at once, all-or-nothing. Your coach sets the pace with you, not for you.

One thing worth holding onto: every time we actually engage with something — really look at it, do the work — our starting point shifts, even if only slightly. Progress isn't a straight line. There will be steps forward and sometimes a step back, but not all the way back to ground zero. What you've already faced stays faced.

Transformation moves like change, like grief — in stages, not in a straight sprint. If something here pinches or pulls a little, that's part of the process, not a detour from it.

You've got this.

01 Basics and Frame

Name, date

Previous coaching or therapy experience

☐ Some previous experience ☐ N/A

0 1 2 3 4 5 6

Notes — what, how long, what helped or didn't

Why now? (pick what fits)

☐ Crisis point ☐ N/A
0 1 2 3 4 5 6

☐ Curiosity ☐ N/A
0 1 2 3 4 5 6

☐ Referral ☐ N/A
0 1 2 3 4 5 6

☐ Life transition ☐ N/A
0 1 2 3 4 5 6

☐ New self-discovery ☐ N/A
0 1 2 3 4 5 6

☐ Reached a limit ☐ N/A
0 1 2 3 4 5 6

☐ Relationship changed ☐ N/A
0 1 2 3 4 5 6

☐ Other ☐ N/A
0 1 2 3 4 5 6

Notes

Preferred coaching style (pick what fits)

- [ ] Direct [ ] N/A
  0 1 2 3 4 5 6
- [ ] Structured [ ] N/A
  0 1 2 3 4 5 6
- [ ] Warm / gentle [ ] N/A
  0 1 2 3 4 5 6
- [ ] Encouraging [ ] N/A
  0 1 2 3 4 5 6
- [ ] Challenging [ ] N/A
  0 1 2 3 4 5 6
- [ ] Exploratory [ ] N/A
  0 1 2 3 4 5 6
- [ ] Playful [ ] N/A
  0 1 2 3 4 5 6
- [ ] Analytical [ ] N/A
  0 1 2 3 4 5 6

Preferred frequency

- [ ] Weekly [ ] N/A
  0 1 2 3 4 5 6
- [ ] Bi-weekly [ ] N/A
  0 1 2 3 4 5 6
- [ ] Monthly [ ] N/A
  0 1 2 3 4 5 6
- [ ] On-demand / flexible [ ] N/A
  0 1 2 3 4 5 6

02 Where Things Stand

Is the "problem" clearly named?

- [ ] Clearly named [ ] N/A
  0 1 2 3 4 5 6
- [ ] Diffuse unease [ ] N/A
  0 1 2 3 4 5 6
- [ ] A bit of both [ ] N/A
  0 1 2 3 4 5 6

Current pressures / stressors

- [ ] Work [ ] N/A
  0 1 2 3 4 5 6
- [ ] Relationship [ ] N/A
  0 1 2 3 4 5 6
- [ ] Health [ ] N/A
  0 1 2 3 4 5 6
- [ ] Finances [ ] N/A
  0 1 2 3 4 5 6
- [ ] Family [ ] N/A
  0 1 2 3 4 5 6
- [ ] Major life transition [ ] N/A
  0 1 2 3 4 5 6
- [ ] Grief / loss [ ] N/A
  0 1 2 3 4 5 6
- [ ] Other [ ] N/A
  0 1 2 3 4 5 6

Notes

What's already working?

- [ ] Support system [ ] N/A
  0 1 2 3 4 5 6
- [ ] Routines [ ] N/A
  0 1 2 3 4 5 6
- [ ] Movement [ ] N/A
  0 1 2 3 4 5 6
- [ ] Therapy / coaching [ ] N/A
  0 1 2 3 4 5 6
- [ ] Coping skills [ ] N/A
  0 1 2 3 4 5 6
- [ ] Nutrition [ ] N/A
  0 1 2 3 4 5 6
- [ ] Sleep [ ] N/A
  0 1 2 3 4 5 6
- [ ] Community [ ] N/A
  0 1 2 3 4 5 6

Notes

03 Sleep

- [ ] Trouble falling asleep [ ] N/A
  0 1 2 3 4 5 6
- [ ] Trouble staying asleep [ ] N/A
  0 1 2 3 4 5 6
- [ ] Waking too early, can't fall back asleep [ ] N/A
  0 1 2 3 4 5 6
- [ ] Vivid or frequent dreams [ ] N/A
  0 1 2 3 4 5 6
- [ ] Night sweats [ ] N/A
  0 1 2 3 4 5 6
- [ ] Frequent nighttime urination [ ] N/A
  0 1 2 3 4 5 6
- [ ] Nighttime anxiety [ ] N/A
  0 1 2 3 4 5 6

Notes — typical wake time, anything else

04 Nutrition and Movement

Eating patterns

- [ ] Regular meals [ ] N/A
  0 1 2 3 4 5 6
- [ ] Frequently skipping meals [ ] N/A
  0 1 2 3 4 5 6
- [ ] Emotional eating [ ] N/A
  0 1 2 3 4 5 6
- [ ] Restrictive eating patterns [ ] N/A
  0 1 2 3 4 5 6
- [ ] Appetite changes with stress [ ] N/A
  0 1 2 3 4 5 6
- [ ] Enjoys food / eating [ ] N/A
  0 1 2 3 4 5 6

Notes

Diet & intolerances

- [ ] Vegan — [ ] N/A
  0 1 2 3 4 5 6
- [ ] Vegetarian — [ ] N/A
  0 1 2 3 4 5 6
- [ ] Gluten intolerance / celiac — [ ] N/A
  0 1 2 3 4 5 6
- [ ] Lactose intolerance — [ ] N/A
  0 1 2 3 4 5 6
- [ ] Histamine intolerance — [ ] N/A
  0 1 2 3 4 5 6
- [ ] FODMAP sensitivity — [ ] N/A
  0 1 2 3 4 5 6

Other intolerances / allergies

Movement

- [ ] Regular exercise — [ ] N/A
  0 1 2 3 4 5 6
- [ ] Mostly sedentary — [ ] N/A
  0 1 2 3 4 5 6
- [ ] Movement feels good — [ ] N/A
  0 1 2 3 4 5 6
- [ ] Movement feels effortful / avoided — [ ] N/A
  0 1 2 3 4 5 6
- [ ] Uses movement to regulate — [ ] N/A
  0 1 2 3 4 5 6
- [ ] Access to movement currently limited — [ ] N/A
  0 1 2 3 4 5 6

Notes — type, frequency, how it feels

Alcohol, nicotine, other substances

Tick what applies, note frequency if useful — this is here to build a fuller picture, not to judge.

- [ ] Alcohol — [ ] N/A

0 1 2 3 4 5 6

- [ ] Cigarettes / vaping / nicotine — [ ] N/A

0 1 2 3 4 5 6

- [ ] Recreational drugs — [ ] N/A

0 1 2 3 4 5 6

- [ ] Caffeine (regular use) — [ ] N/A

0 1 2 3 4 5 6

Frequency / notes

05 The Tuning Fork

Three states, three snapshots. If it's hard to describe how a state feels, the State | Emotion Wheel™ can help you find the words.

Default / baseline

What an ordinary day feels like

Not sure how to name it? Use the **State | Emotion Wheel™** for reference.

Predominant emotions (pick up to 3)

Calm N/A

0 1 2 3 4 5 6

Content N/A

0 1 2 3 4 5 6

Joyful N/A

0 1 2 3 4 5 6

Grateful N/A

0 1 2 3 4 5 6

Hopeful N/A

0 1 2 3 4 5 6

Confident N/A

0 1 2 3 4 5 6

Curious N/A

0 1 2 3 4 5 6

Anxious N/A

0 1 2 3 4 5 6

Overwhelmed N/A

0 1 2 3 4 5 6

Angry N/A

0 1 2 3 4 5 6

Frustrated N/A

0 1 2 3 4 5 6

Irritable N/A

0 1 2 3 4 5 6

Sad N/A

0 1 2 3 4 5 6

Lonely N/A

0 1 2 3 4 5 6

Numb N/A

0 1 2 3 4 5 6

Disconnected N/A

0 1 2 3 4 5 6

Ashamed N/A

0 1 2 3 4 5 6

Exhausted N/A

0 1 2 3 4 5 6

Scared N/A

0 1 2 3 4 5 6

Relieved N/A

0 1 2 3 4 5 6

Body / behavior — one or two lines

Fully regulated

What you feel like at your best

Predominant emotions (pick up to 3)

Calm N/A

0 1 2 3 4 5 6

Content N/A

0 1 2 3 4 5 6

Joyful N/A

0 1 2 3 4 5 6

Grateful N/A

0 1 2 3 4 5 6

Hopeful N/A

0 1 2 3 4 5 6

Confident N/A

0 1 2 3 4 5 6

Curious N/A

0 1 2 3 4 5 6

Anxious N/A

0 1 2 3 4 5 6

Overwhelmed N/A

0 1 2 3 4 5 6

Angry N/A

0 1 2 3 4 5 6

Frustrated N/A

0 1 2 3 4 5 6

Irritable N/A

0 1 2 3 4 5 6

Sad N/A

0 1 2 3 4 5 6

Lonely N/A

0 1 2 3 4 5 6

Numb N/A

0 1 2 3 4 5 6

Disconnected N/A

0 1 2 3 4 5 6

Ashamed N/A

0 1 2 3 4 5 6

Exhausted N/A

0 1 2 3 4 5 6

Scared N/A

0 1 2 3 4 5 6

Relieved N/A

0 1 2 3 4 5 6

Body / behavior — one or two lines

"Hulk" / fully dysregulated

What you feel/look like when it tips over

Predominant emotions (pick up to 3)

Calm N/A

0 1 2 3 4 5 6

Content N/A

0 1 2 3 4 5 6

Joyful N/A

0 1 2 3 4 5 6

Grateful N/A

0 1 2 3 4 5 6

Hopeful N/A

0 1 2 3 4 5 6

Confident N/A

0 1 2 3 4 5 6

Curious N/A

0 1 2 3 4 5 6

Anxious N/A

0 1 2 3 4 5 6

Overwhelmed N/A

0 1 2 3 4 5 6

Angry N/A

0 1 2 3 4 5 6

Frustrated N/A

0 1 2 3 4 5 6

Irritable N/A

0 1 2 3 4 5 6

Sad N/A

0 1 2 3 4 5 6

Lonely N/A

0 1 2 3 4 5 6

Numb N/A

0 1 2 3 4 5 6

Disconnected N/A

0 1 2 3 4 5 6

Ashamed N/A

0 1 2 3 4 5 6

Exhausted N/A

0 1 2 3 4 5 6

Scared N/A

0 1 2 3 4 5 6

Relieved N/A

0 1 2 3 4 5 6

Body / behavior — one or two lines

06 Body Zone Scan

Per zone: tick what's present. One note field per zone for anything else.

Ground / legs
(root zone)

- ☐ Restlessness ☐ N/A — 0 1 2 3 4 5 6
- ☐ Numbness ☐ N/A — 0 1 2 3 4 5 6
- ☐ Tension ☐ N/A — 0 1 2 3 4 5 6
- ☐ Grounding difficulty ☐ N/A — 0 1 2 3 4 5 6
- ☐ Pain ☐ N/A — 0 1 2 3 4 5 6

Notes

Belly / pelvis
(sacral zone)

- ☐ Gut discomfort ☐ N/A — 0 1 2 3 4 5 6
- ☐ Tension ☐ N/A — 0 1 2 3 4 5 6
- ☐ Numbness ☐ N/A — 0 1 2 3 4 5 6
- ☐ Creative block ☐ N/A — 0 1 2 3 4 5 6

Notes

Stomach / diaphragm
(solar plexus zone)

- [ ] Knot feeling [ ] N/A
  0 1 2 3 4 5 6
- [ ] Nausea [ ] N/A
  0 1 2 3 4 5 6
- [ ] Shallow breathing [ ] N/A
  0 1 2 3 4 5 6
- [ ] Need for control [ ] N/A
  0 1 2 3 4 5 6
- [ ] Shame [ ] N/A
  0 1 2 3 4 5 6

Notes

Chest
(heart zone)

- [ ] Tightness [ ] N/A
  0 1 2 3 4 5 6
- [ ] Racing heart [ ] N/A
  0 1 2 3 4 5 6
- [ ] Heaviness [ ] N/A
  0 1 2 3 4 5 6
- [ ] Openness [ ] N/A
  0 1 2 3 4 5 6
- [ ] Longing [ ] N/A
  0 1 2 3 4 5 6

Notes

Throat / voice
(throat zone)

- [ ] Lump feeling [ ] N/A
  0 1 2 3 4 5 6
- [ ] Voice tension [ ] N/A
  0 1 2 3 4 5 6
- [ ] Swallowing tightness [ ] N/A
  0 1 2 3 4 5 6
- [ ] Holding back words [ ] N/A
  0 1 2 3 4 5 6

Notes

Forehead / eyes
(brow zone / "third eye")

- [ ] Pressure [ ] N/A
  0 1 2 3 4 5 6
- [ ] Fog [ ] N/A
  0 1 2 3 4 5 6
- [ ] Eye strain [ ] N/A
  0 1 2 3 4 5 6
- [ ] Tension headache [ ] N/A
  0 1 2 3 4 5 6

Notes

Head
(crown zone)

- [ ] Disconnection [ ] N/A
  0 1 2 3 4 5 6
- [ ] Overthinking [ ] N/A
  0 1 2 3 4 5 6
- [ ] Dissociation [ ] N/A
  0 1 2 3 4 5 6
- [ ] Clarity [ ] N/A
  0 1 2 3 4 5 6

Notes

Above the head
(soul star)

☐ Sense of meaning missing ☐ N/A

0 1 2 3 4 5 6

☐ Spiritual disconnection ☐ N/A

0 1 2 3 4 5 6

☐ Existential unease ☐ N/A

0 1 2 3 4 5 6

☐ Clarity of purpose ☐ N/A

0 1 2 3 4 5 6

Notes

07 Patterns and Experiences

Tick what applies per topic. One shared note per topic is enough — no need to explain every line.

Breathing & Anxiety

☐ Breathing pattern changes ☐ N/A

Shallow breathing, breath-holding, or hyperventilation under stress.

0 1 2 3 4 5 6

☐ Panic attacks ☐ N/A

Sudden, intense surges of fear with physical symptoms — racing heart, chest tightness, dizziness — usually peaking within minutes.

0 1 2 3 4 5 6

☐ General anxiety ☐ N/A

0 1 2 3 4 5 6

☐ Catastrophizing ☐ N/A

Assuming the worst-case outcome before there's evidence for it.

0 1 2 3 4 5 6

☐ Spiraling thoughts ☐ N/A

0 1 2 3 4 5 6

Notes

Cognitive

- [ ] Loud or critical inner monologue
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Brain fog
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Memory problems
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Quickly drifting off / losing focus
- [ ] N/A

0 1 2 3 4 5 6

Notes

Mood

- [ ] Non-linear mood shifts
- [ ] N/A

Mood changes not tied to an obvious trigger.

0 1 2 3 4 5 6

- [ ] Sudden mood swings
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Short fuse / low frustration tolerance
- [ ] N/A

0 1 2 3 4 5 6

Notes

Relational

- [ ] Friendships — currently strained
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Family relationships — currently strained
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Parenting challenges
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Social communication difficulties
- [ ] N/A

0 1 2 3 4 5 6

Notes

Sensory & Social

- [ ] Social overwhelm [ ] N/A
  0 1 2 3 4 5 6
- [ ] Sensory overload [ ] N/A
  0 1 2 3 4 5 6
- [ ] Noise sensitivity [ ] N/A
  0 1 2 3 4 5 6
- [ ] Focus issues in stimulating environments [ ] N/A
  0 1 2 3 4 5 6
- [ ] Rest phases insufficient [ ] N/A
  0 1 2 3 4 5 6

Notes

Body-Focused & Repetitive

> **If any of this touches on thoughts of suicide or self-harm:** this form isn't built to screen for that, and ticking a box here won't bring help on its own. Please reach out directly — to your coach, a doctor, or a crisis line (e.g. 988 in the US, or search "crisis line" + your country). You don't have to wait until it's an emergency to reach out.

- [ ] Skin picking [ ] N/A
  0 1 2 3 4 5 6
- [ ] Fidgeting / stimming in general [ ] N/A
  0 1 2 3 4 5 6
- [ ] Tics [ ] N/A
  0 1 2 3 4 5 6
- [ ] Self-harm tendencies [ ] N/A
  0 1 2 3 4 5 6

Notes

Regulation — What Already Helps

- [ ] Consciously regulates already
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Has specific tools that help well
- [ ] N/A

0 1 2 3 4 5 6

Notes

Work

- [ ] Work environment draining
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Work environment supportive
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Career path non-linear / frequent changes
- [ ] N/A

0 1 2 3 4 5 6

Notes

Compulsions & Beliefs

- [ ] Compulsions
- [ ] N/A

e.g. handwashing, avoiding cracks or certain stones, checking rituals — repeated acts aimed at reducing anxiety, often felt necessary even when recognized as excessive (OCD-adjacent).

0 1 2 3 4 5 6

- [ ] Fear of germs / contamination
- [ ] N/A

0 1 2 3 4 5 6

- [ ] Health anxiety
- [ ] N/A

Persistent worry about having or developing a serious illness, often disproportionate to actual risk.

0 1 2 3 4 5 6

- [ ] Strong limiting beliefs present
- [ ] N/A

0 1 2 3 4 5 6

Notes

Motor

- [ ] Motor coordination issues — [ ] N/A

Difficulty planning and executing coordinated movement (dyspraxia-adjacent).

0 1 2 3 4 5 6

Notes

Exhaustion & Overwhelm

- [ ] Feeling at a loss / helpless — [ ] N/A

0 1 2 3 4 5 6

- [ ] Maximum exhaustion — [ ] N/A

0 1 2 3 4 5 6

- [ ] Autistic meltdown — [ ] N/A

An involuntary response to overwhelming sensory or emotional load, expressed outwardly.

0 1 2 3 4 5 6

- [ ] Shutdown / burnout — [ ] N/A

The same overload turned inward — withdrawal, going nonverbal, or losing functioning.

0 1 2 3 4 5 6

Notes

Substances & Control

- [ ] Alcohol — [ ] N/A

0 1 2 3 4 5 6

- [ ] Cigarettes / vaping / nicotine — [ ] N/A

0 1 2 3 4 5 6

- [ ] Recreational drugs — [ ] N/A

0 1 2 3 4 5 6

- [ ] Other addictions — [ ] N/A

Less obvious ones — shopping, scrolling/social media, sugar, work, exercise, caffeine, gambling, gaming.

0 1 2 3 4 5 6

- [ ] Impulse control difficulties — [ ] N/A

0 1 2 3 4 5 6

Notes

Touch

☐ Comfortable with physical contact ☐ N/A

0 1 2 3 4 5 6

☐ Prefers no physical contact ☐ N/A

0 1 2 3 4 5 6

☐ Satisfied with closeness / intimacy in current relationship(s) ☐ N/A

0 1 2 3 4 5 6

☐ Would like more closeness / intimacy ☐ N/A

0 1 2 3 4 5 6

Notes

08 Triggers and Reactions

Not a checklist to feel bad about — this isn't check-in at a spa. Knowing what sets you off, and how you tend to respond, is one of the most useful things a coach can know early.

What tends to trigger you?

- [ ] Being interrupted [ ] N/A

0 1 2 3 4 5 6

- [ ] Being talked over / mansplained to [ ] N/A

0 1 2 3 4 5 6

- [ ] Sensory overload [ ] N/A

Noise, light, texture, crowding.

0 1 2 3 4 5 6

- [ ] Feedback or criticism [ ] N/A

0 1 2 3 4 5 6

- [ ] Sudden changes of plan [ ] N/A

0 1 2 3 4 5 6

- [ ] Being rushed [ ] N/A

0 1 2 3 4 5 6

- [ ] Feeling unheard or dismissed [ ] N/A

0 1 2 3 4 5 6

- [ ] Being corrected in front of others [ ] N/A

0 1 2 3 4 5 6

- [ ] Unclear expectations [ ] N/A

0 1 2 3 4 5 6

- [ ] Rejection Sensitive Dysphoria (RSD) [ ] N/A

An intense emotional reaction to perceived or actual rejection or criticism — often disproportionate to the moment, common in ADHD and autistic profiles. Most people who experience it have never heard the term.

0 1 2 3 4 5 6

Anything else, in your own words

How do you typically react when triggered?

- [ ] Shut down / go quiet [ ] N/A
  0 1 2 3 4 5 6
- [ ] Snap / get defensive [ ] N/A
  0 1 2 3 4 5 6
- [ ] Withdraw / need space immediately [ ] N/A
  0 1 2 3 4 5 6
- [ ] Overexplain / justify [ ] N/A
  0 1 2 3 4 5 6
- [ ] Ruminate for hours or days [ ] N/A
  0 1 2 3 4 5 6
- [ ] Mask and appear fine [ ] N/A
  0 1 2 3 4 5 6
- [ ] Cry [ ] N/A
  0 1 2 3 4 5 6
- [ ] Need to fix it immediately [ ] N/A
  0 1 2 3 4 5 6

Notes

How do you currently handle feedback?

Worth its own line — feedback response ties directly to RSD above

09 Feedback From Others (homework)

Ask three people who know you in different contexts one question: "What are three words you'd use to describe me?" or "What stands out to you about how I show up?" Bring what they say back here. The gap — or overlap — between how you see yourself and how others describe you often says the most, especially around masking.

Job / colleague

Friend

Family

What surprises you about these answers, if anything?

10 Self-Image and Personality

Personality model

e.g. Structogram — result, if available

Top 5 values

Spontaneous, unfiltered

Limiting beliefs

- ☐ I'm not enough ☐ N/A — 0 1 2 3 4 5 6
- ☐ I can't trust myself ☐ N/A — 0 1 2 3 4 5 6
- ☐ I'll be abandoned ☐ N/A — 0 1 2 3 4 5 6
- ☐ I'm behind ☐ N/A — 0 1 2 3 4 5 6
- ☐ I have to earn rest ☐ N/A — 0 1 2 3 4 5 6
- ☐ I'm too much ☐ N/A — 0 1 2 3 4 5 6
- ☐ I have to do it alone ☐ N/A — 0 1 2 3 4 5 6
- ☐ Asking for help is weakness ☐ N/A — 0 1 2 3 4 5 6

Anything else, in your own words

Supportive beliefs

- [ ] I can learn what I need to [ ] N/A
  0 1 2 3 4 5 6
- [ ] I'm allowed to rest [ ] N/A
  0 1 2 3 4 5 6
- [ ] My needs are valid [ ] N/A
  0 1 2 3 4 5 6
- [ ] I can repair mistakes [ ] N/A
  0 1 2 3 4 5 6
- [ ] I don't have to earn belonging [ ] N/A
  0 1 2 3 4 5 6
- [ ] I'm allowed to change my mind [ ] N/A
  0 1 2 3 4 5 6

Anything else, in your own words

Inner team / inner child — which parts show up most often?

- [ ] Inner critic [ ] N/A
  0 1 2 3 4 5 6
- [ ] Protector [ ] N/A
  0 1 2 3 4 5 6
- [ ] Inner child [ ] N/A
  0 1 2 3 4 5 6
- [ ] People-pleaser [ ] N/A
  0 1 2 3 4 5 6
- [ ] Achiever [ ] N/A
  0 1 2 3 4 5 6
- [ ] Caretaker [ ] N/A
  0 1 2 3 4 5 6
- [ ] Rebel [ ] N/A
  0 1 2 3 4 5 6
- [ ] Perfectionist [ ] N/A
  0 1 2 3 4 5 6

Anything else, in your own words

11 Relationship Patterns

Recurring patterns across relationships

- [ ] Drawn to avoidant partners [ ] N/A
  0 1 2 3 4 5 6
- [ ] Drawn to anxious partners [ ] N/A
  0 1 2 3 4 5 6
- [ ] Caretaking dynamic [ ] N/A
  0 1 2 3 4 5 6
- [ ] Repeated conflict style [ ] N/A
  0 1 2 3 4 5 6
- [ ] Repeated abandonment [ ] N/A
  0 1 2 3 4 5 6
- [ ] Difficulty trusting [ ] N/A
  0 1 2 3 4 5 6
- [ ] Difficulty leaving [ ] N/A
  0 1 2 3 4 5 6
- [ ] Losing myself in the relationship [ ] N/A
  0 1 2 3 4 5 6

Notes

Attachment pattern — "married mom or dad?"

(The idea that we often unconsciously repeat the relational role of one parent in our adult attachments)

(the idea that we often unconsciously repeat the relational role of one parent in our adult attachments)

- [ ] Secure [ ] N/A
  0 1 2 3 4 5 6
- [ ] Anxious [ ] N/A
  0 1 2 3 4 5 6
- [ ] Avoidant [ ] N/A
  0 1 2 3 4 5 6
- [ ] Disorganized [ ] N/A
  0 1 2 3 4 5 6
- [ ] Not sure [ ] N/A
  0 1 2 3 4 5 6

Notes

Current support system

- [ ] Partner [ ] N/A
  0 1 2 3 4 5 6
- [ ] A close friend [ ] N/A
  0 1 2 3 4 5 6
- [ ] Family member [ ] N/A
  0 1 2 3 4 5 6
- [ ] Coach / therapist [ ] N/A
  0 1 2 3 4 5 6
- [ ] Pet [ ] N/A
  0 1 2 3 4 5 6
- [ ] No one currently [ ] N/A
  0 1 2 3 4 5 6

Notes

12 Life Context

Date of birth

Optional

Pronouns / how you'd like to be addressed

Anything about your life context you'd like me to know

Relationship status, family, identity, anything else — entirely up to you what you share here

Health conditions, limitations, or disabilities

Anything ongoing that shapes daily life or capacity — physical, chronic, or otherwise. Optional, but genuinely useful context. (e.g. migraines, chronic conditions, diagnoses)

Cycle & menopause

Optional — only if relevant and willing to share

- [ ] Regular cycle [ ] N/A
  0 1 2 3 4 5 6
- [ ] Irregular cycle [ ] N/A
  0 1 2 3 4 5 6
- [ ] PMS / PMDD symptoms [ ] N/A
  0 1 2 3 4 5 6
- [ ] Perimenopause [ ] N/A
  0 1 2 3 4 5 6
- [ ] Menopause [ ] N/A
  0 1 2 3 4 5 6
- [ ] Hormonal contraception [ ] N/A
  0 1 2 3 4 5 6
- [ ] Cycle affects mood / energy [ ] N/A
  0 1 2 3 4 5 6
- [ ] Cycle affects sensory sensitivity / regulation [ ] N/A
  0 1 2 3 4 5 6

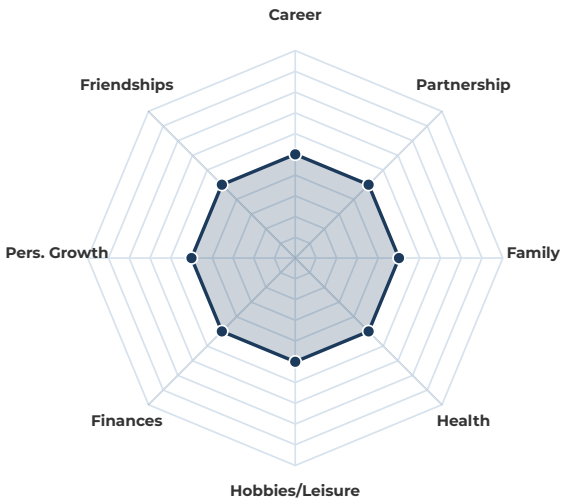
Notes

How do you currently structure your leisure time?

What you actually do with unstructured time, not what you think you should do

WHEEL OF LIFE

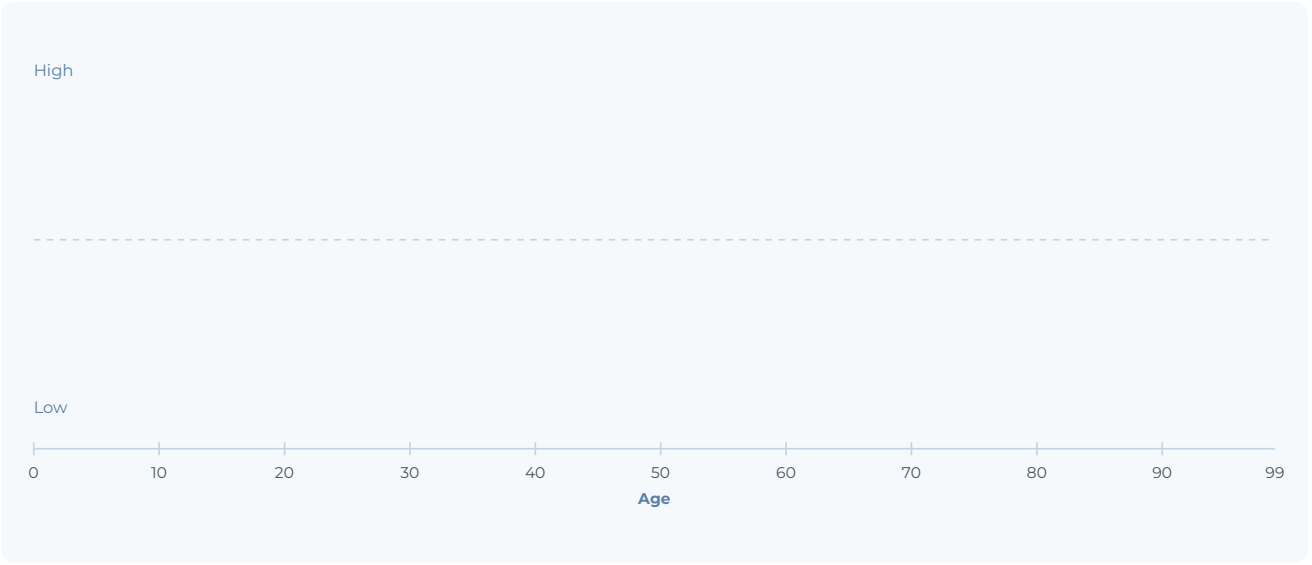
Eight areas of life, rated 1–10 for how satisfied you currently feel in each — not how well you think you're doing "objectively." The shape that emerges shows where things feel full and where they feel thin at a glance; it's a starting snapshot, not a verdict.



Career	5
Partnership	5
Family	5
Health	5
Hobbies/Leisure	5
Finances	5
Pers. Growth	5
Friendships	5

13 Life Curve

Click inside the field to place points across your life — high, low, in between. Points connect automatically so you can see your path at a glance.



Undo last point | Clear all

What happened at the notable highs and lows?

14 Goal Map

Most goal-setting asks for one destination point. This asks for a horizon instead — a direction, with waypoints along the way you can actually see yourself reaching. It matters because a single distant goal is easy to lose motivation for; a horizon with milestones gives you something to aim at this week, not just this year.

Destination

Where you're ultimately headed, as concretely as possible

Not sure where to start? Pick a life area this goal belongs to

- ☐ Career ☐ N/A — 0 1 2 3 4 5 6
- ☐ Relationships ☐ N/A — 0 1 2 3 4 5 6
- ☐ Health / body ☐ N/A — 0 1 2 3 4 5 6
- ☐ Regulation / nervous system ☐ N/A — 0 1 2 3 4 5 6
- ☐ Creativity ☐ N/A — 0 1 2 3 4 5 6
- ☐ Finances ☐ N/A — 0 1 2 3 4 5 6
- ☐ Living situation ☐ N/A — 0 1 2 3 4 5 6
- ☐ Sense of purpose ☐ N/A — 0 1 2 3 4 5 6



1. What happens at this milestone?
2. What happens at this milestone?

+ Add milestone

Your next 1%

Change isn't linear — it moves in spirals, and big jumps rarely stick. What's the smallest possible next step — genuinely 1%, not 10% — toward the nearest milestone? Write it down; it counts more than it feels like it does.

My next 1% is...

How do you typically respond to setbacks?

- ☐ Shame spiral ☐ N/A — 0 1 2 3 4 5 6
- ☐ Give up quickly ☐ N/A — 0 1 2 3 4 5 6
- ☐ Push through / overwork ☐ N/A — 0 1 2 3 4 5 6
- ☐ Withdraw ☐ N/A — 0 1 2 3 4 5 6
- ☐ Ask for help ☐ N/A — 0 1 2 3 4 5 6
- ☐ Self-criticism ☐ N/A — 0 1 2 3 4 5 6
- ☐ Reframe and continue ☐ N/A — 0 1 2 3 4 5 6
- ☐ Need time before trying again ☐ N/A — 0 1 2 3 4 5 6

Notes

15 Physical — Blood Values

Only if known and willing to share. This list will grow — more markers are being added.

THYROID

- ☐ TSH ☐ N/A
  High: fatigue, weight gain, low mood — underactive pattern. Low: anxiety, weight loss, rapid heartbeat — overactive pattern.
  Value / notes
  0 1 2 3 4 5 6
- ☐ fT4 ☐ N/A
  Low: sluggishness, cold intolerance, brain fog. High: overstimulation, heat intolerance.
  Value / notes
  0 1 2 3 4 5 6

☐ fT3 ☐ N/A

Low: fatigue, low mood, poor conversion. High: overstimulation, anxiety, palpitations.

Value / notes

0 1 2 3 4 5 6

☐ CRP ☐ N/A

High: active inflammation somewhere in the body.

Value / notes

0 1 2 3 4 5 6

☐ Total Protein ☐ N/A

Low: malnutrition, liver/kidney concerns. High: dehydration, chronic inflammation.

Value / notes

0 1 2 3 4 5 6

☐ Selenium ☐ N/A

Low: impaired thyroid conversion, weaker immunity. High: nausea, hair loss, nerve symptoms.

Value / notes

0 1 2 3 4 5 6

☐ Ferritin ☐ N/A

Low: fatigue, hair loss, poor oxygen delivery. High: inflammation or iron overload.

Value / notes

0 1 2 3 4 5 6

ADRENALS & STRESS

☐ DHEA-S ☐ N/A

Low: fatigue, reduced stress resilience. High: possible adrenal or hormonal imbalance.

Value / notes

0 1 2 3 4 5 6

☐ Cortisol ☐ N/A

High: chronic stress pattern, poor sleep, anxiety. Low: burnout pattern, exhaustion, low blood pressure.

Value / notes

0 1 2 3 4 5 6

☐ Cholesterol ☐ N/A

High: cardiovascular risk factor. Low: can affect hormone production (cholesterol is a hormone precursor).

Value / notes

0 1 2 3 4 5 6

☐ Q10 / CoQ10 ☐ N/A

Low: fatigue, muscle weakness, reduced cellular energy.

Value / notes

0 1 2 3 4 5 6

☐ Progesterone ☐ N/A

Low: anxiety, irregular cycles, poor sleep.

Value / notes

0 1 2 3 4 5 6

☐ Oestradiol ☐ N/A

Low: mood changes, hot flashes, bone density concerns. High: mood shifts, cycle irregularity.

Value / notes

0 1 2 3 4 5 6

☐ Testosterone ☐ N/A

Low: fatigue, low motivation, reduced muscle mass. High: irritability, sleep disruption.

Value / notes

0 1 2 3 4 5 6

☐ Anti-Müllerian Hormone (AMH) ☐ N/A

Low: reduced ovarian reserve — a fertility-context marker, not itself a symptom driver.

Value / notes

0 1 2 3 4 5 6

VITAMINS & MINERALS

☐ Vitamin D 25OH ☐ N/A

Low: fatigue, low mood, weaker immunity. High (rare): toxicity symptoms.

Value / notes

0 1 2 3 4 5 6

☐ Vitamin D 1,25 OH ☐ N/A

Active form — abnormal levels often assessed alongside calcium regulation.

Value / notes

0 1 2 3 4 5 6

☐ Homocysteine ☐ N/A

High: linked to inflammation, B-vitamin deficiency, cardiovascular risk.

Value / notes

0 1 2 3 4 5 6

☐ Omega-3 Index ☐ N/A

Low: linked to inflammation, mood and cognitive concerns.

Value / notes

0 1 2 3 4 5 6

☐ Magnesium ☐ N/A

Low: muscle tension, anxiety, poor sleep, headaches.

Value / notes

0 1 2 3 4 5 6

☐ Potassium ☐ N/A

Low: fatigue, muscle cramps, irregular heartbeat. High: also affects heart rhythm.

Value / notes

0 1 2 3 4 5 6

☐ Zinc ☐ N/A

Low: weaker immunity, slow wound healing, mood changes.

Value / notes

0 1 2 3 4 5 6

☐ Zonulin ☐ N/A

High: linked to increased intestinal permeability ("leaky gut" marker).

Value / notes

0 1 2 3 4 5 6

☐ Hashimoto Antibodies (TPO/Tg) ☐ N/A

Elevated: indicates autoimmune thyroid activity, even if TSH is still normal.

Value / notes

0 1 2 3 4 5 6

16 Nutrition and Supplements

Current intake, if any — dosage optional.

Protein	dose / freq.	**Magnesium**	dose / freq.
GABA	dose / freq.	**Creatine**	dose / freq.
Amino acids	dose / freq.	**Exogenous ketones**	dose / freq.
Melatonin	dose / freq.	**Omega-3**	dose / freq.
Electrolytes	dose / freq.	**Vitamin B (complex)**	dose / freq.
Vitamin C	dose / freq.	**Vitamin D**	dose / freq.
Vitamin K2	dose / freq.	**Ashwagandha**	dose / freq.
Mucuna Pruriens	dose / freq.	**Lion's Mane**	dose / freq.
Reishi	dose / freq.	**Cordyceps**	dose / freq.
Chaga	dose / freq.	**Turkey Tail**	dose / freq.
Red light therapy (mitochondrial support)	dose / freq.		

Other medications

Other regulation tools not covered above

17 Regulation Snapshot and SOS Kit

Where you are right now, and what you already reach for when things get hard.

How regulated do you feel right now, in this moment?

1 = completely dysregulated, 10 = fully regulated

5

Which reset channel do you already reach for?

Think (reframing, journaling) · Move (walking, stretching, shaking it out) · Touch (cold water, weighted blanket, texture) · Listen (music, humming, silence) · Space (changing rooms, tidying, going outside) · Connect (a person, a pet, co-regulation)

- [ ] Think — reframing, journaling [ ] N/A
  0 1 2 3 4 5 6
- [ ] Move — walking, stretching, shaking it out [ ] N/A
  0 1 2 3 4 5 6
- [ ] Touch — cold water, weighted blanket, texture [ ] N/A
  0 1 2 3 4 5 6
- [ ] Listen — music, humming, silence [ ] N/A
  0 1 2 3 4 5 6
- [ ] Space — changing rooms, tidying, going outside [ ] N/A
  0 1 2 3 4 5 6
- [ ] Connect — a person, a pet, co-regulation [ ] N/A
  0 1 2 3 4 5 6

What specifically helps, in your own words

Your SOS Kit — build it before you need it

Three go-to resets you trust completely — not fifteen you'd need a clear head to choose between. Pick from what you ticked above, or write your own.

1. First go-to reset
2. Second go-to reset
3. Third go-to reset

18 Green Islands

One reserved thing per day — a fixed pocket of time for something you look forward to, that's genuinely good for you. Small and non-negotiable beats big and occasional. This can be developed further later, but it's worth naming now.

What could be a Green Island for you?

- ☐ Bubble bath ☐ N/A — 0 1 2 3 4 5 6
- ☐ A specific food or drink ☐ N/A — 0 1 2 3 4 5 6
- ☐ A walk ☐ N/A — 0 1 2 3 4 5 6
- ☐ Music, uninterrupted ☐ N/A — 0 1 2 3 4 5 6
- ☐ Sitting outside, doing nothing ☐ N/A — 0 1 2 3 4 5 6
- ☐ Audiobook or book, 30 min ☐ N/A — 0 1 2 3 4 5 6
- ☐ Meditating ☐ N/A — 0 1 2 3 4 5 6
- ☐ Movement / sport ☐ N/A — 0 1 2 3 4 5 6
- ☐ Time with a pet ☐ N/A — 0 1 2 3 4 5 6

Your own ideas

When could this realistically happen in your day?

19 SNIP™ Deep Dive

Continue in the online SNIP™ tool. The Deep Dive maps where access narrows across five domains and fourteen friction areas each, and shows what helps bring it back. It works best interactive: open alexandrarobuste.com/snip-tool and use the code on your access card. Your scores and charts can be downloaded there and added to this profile.