



☞ ☞ “Sign or Signal?” — Grounding Reflection Scorecard

A Nervous-System-Aware Self-Audit for Meaning Without Panic

☞ ☞ HOW TO USE THIS SCORECARD

- ★ This scorecard is **not** a test.
- ★ There are **no** “right” or “wrong” scores.
- ★ The purpose is **orientation**, not judgment.

You are not trying to prove anything spiritual.

You are simply noticing *where your mind is operating from right now*.

Answer honestly, slowly, and without interpretation.

SECTION I — NERVOUS-SYSTEM CHECK

“Am I Safe — or Am I Searching?”

★ Purpose:

To distinguish **grounded awareness** from **anxiety-driven sign-seeking**.

★ A. Immediate Body & Safety Scan

Rate each statement from **0–4**
(0 = Not true at all | 4 = Very true)

- I can feel my breath without forcing it
- My body feels relatively settled right now
- There is no immediate physical threat
- I am not rushing to interpret anything
- I can sit with uncertainty for a few minutes

Subtotal A: ___ / 20

★ B. Cognitive & Emotional Indicators

- I am repeatedly looking for reassurance
- I feel urgency to “understand” what’s happening
- I fear making a decision without confirmation
- I keep revisiting the same symbols/messages
- I feel calmer **after** interpreting signs — but only briefly

Score these **in reverse** (4 = strongly true = higher searching)

Subtotal B (Reverse Score): ___ / 20

★ C. Nervous-System Status Interpretation

- **0–10 total:** Grounded / Regulated
- **11–25 total:** Mild activation (normal stress)
- **26–40 total:** Active searching mode (pause interpretation)

★ Reflection:

If I stopped looking for signs right now, what emotion would surface first?

SECTION II — FAITH vs ANXIETY REFLECTION

“Is My Belief Supporting Me — or Replacing Me?”

★ Purpose:

To separate **trust** from **avoidance dressed as surrender**.

★ A. Decision & Agency Check

Answer **Yes / No / Unsure**

- I feel capable of acting without absolute certainty
- My beliefs help me move forward, not freeze
- I take responsibility for my choices
- I don't delay action waiting for a perfect sign
- I trust my values more than interpretations

Count:

Yes ___ | No ___ | Unsure ___

★ B. Intuition or Avoidance?

Rate **0–4**

- My “intuition” feels calm, not urgent
- It does not repeat obsessively
- It aligns with long-term values
- It does not demand reassurance
- It remains stable over time

Subtotal B: ___ / 20

★ C. Faith Posture Indicator

- **0–7:** Anxiety-driven belief
- **8–14:** Transitional / mixed
- **15–20:** Grounded faith

★ Reflection:

If no sign appeared, what would integrity ask me to do anyway?

SECTION III — GROUNDING WITHOUT SUPPRESSION SCALE

“Am I Regulating — or Forcing Calm?”

★ Purpose:

To ensure grounding does not become **emotional bypassing**.

★ A. Regulation vs Control

Rate 0–4

- I allow emotions without needing to explain them
- I don't force positivity
- I rest without guilt
- I can feel discomfort without decoding it
- I don't shame myself for anxiety

Subtotal A: ___ / 20

★ B. Suppression Warning Signals

Reverse-score (higher = more suppression)

- I tell myself “this is just spiritual” to dismiss distress
- I avoid practical steps because I'm “trusting”
- I feel pressure to stay elevated or calm
- I interpret anxiety as a sign of failure
- I bypass rest with meaning-making

Subtotal B (Reverse): ___ / 20

★ C. Grounding Integrity Score

- 0–15: Suppression risk
- 16–30: Partial grounding
- 31–40: Healthy regulation

★ Reflection:

What does my body need right now — before meaning?

SECTION IV — ETHICAL MEDIA CONSUMPTION AUDIT

“Is This Content Helping Me Stabilize — or Keeping Me Hooked?”

★ Purpose:

To identify fear-based spiritual consumption loops.

★ A. Content Impact Assessment

Rate 0–4

- This content reduces urgency
- It encourages personal agency
- It acknowledges mental health context
- It does not frame fear as awakening
- It leaves me calmer, not dependent

Subtotal A: ___ / 20

★ B. Red-Flag Indicators (Reverse Score)

- Urgent language (“act now”, “don’t miss this”)
- Absolute certainty offered
- Fear-based predictions
- No mention of regulation or grounding
- Encourages repeated consumption

Subtotal B (Reverse): ___ / 20

★ C. Ethical Consumption Result

- 0–10: High manipulation risk
- 11–25: Mixed influence
- 26–40: Ethically supportive content

★ Reflection:

Do I feel stronger — or smaller — after consuming this?

☞☞ FINAL INTEGRATION — SIGN or SIGNAL?

★ Summary Snapshot

- Nervous System State: _____
- Faith Posture: _____
- Grounding Integrity: _____
- Media Ethics Score: _____

★ Final Orientation Question

☞ Am I interpreting because I am unsafe — or responding because I am present?

☞☞ CLOSING NOTE

- ★ You do not need to stop believing.
- ★ You do not need to decode everything.
- ★ You are allowed to rest before meaning arrives.

**When safety returns, signals replace signs.
When grounding deepens, interpretation softens.**

And that is not loss of faith —
that is **faith growing up**.