☞☞ Rooting Without Property – Stability Scorecard

Stability is not owned. It is practiced.

How to use this scorecard
- Answer honestly, not aspirationally
- Score based on the **last 7 days**, not your best day
- This is diagnostic, not moral

Total time: **10–12 minutes**

☞☞ Section 1 — Daily Territory Check

Do I have a place where my body knows it belongs?

☞ What This Measures

*Your nervous system's access to **spatial predictability** and **non-negotiated presence**.*

❋ Questions (Score each 0–2)

1. I use the same physical spot daily at a similar time
0 = Never
1 = Occasionally / inconsistent
2 = Daily, predictable

2. This spot is not shared or negotiated during my time there
0 = Often interrupted or flexible
1 = Mostly respected
2 = Fully protected

3. I associate this place with one calm activity only
0 = Multitasking zone
1 = Mostly single-use
2 = Single, grounding purpose

4. My body relaxes when I sit there
0 = No noticeable effect
1 = Mild settling
2 = Clear sense of ease

❋ Territory Score

Total: _____ / 8

Interpretation
• **0–3** → *Nervous system lacks spatial safety*
• **4–6** → *Partial grounding, needs consistency*
• **7–8** → *Strong territorial anchor*

Micro-Adjustment Reflection

What would make this space less negotiable?

☞☞ Section 2 — Ritual Consistency Score

Do my days open and close in a way my body recognizes?

☞ What This Measures

Your access to **temporal rhythm** and **predictable transitions**.

❋ Questions (Score each 0–2)

1. I begin my day with the same simple ritual
0 = No routine
1 = Irregular
2 = Daily, consistent

2. I end my day with a clear closure practice
0 = Collapse / scrolling
1 = Sometimes intentional
2 = Always closed gently

3. The order of actions stays the same
0 = Random
1 = Mostly consistent
2 = Fully predictable

4. I continue rituals even when conditions aren't ideal
0 = Only when comfortable
1 = Occasionally skipped
2 = Maintained regardless

❋ Ritual Score

Total: _____ / 8

Interpretation
• *0–3 → Days feel unheld*
• *4–6 → Emerging rhythm*
• *7–8 → Strong internal clock*

Micro-Adjustment Reflection:

Which ritual is easiest to protect, not perfect?

☞☞ Section 3 — Decision Load Index

How much of my energy is spent choosing what doesn't need choice?

☞ What This Measures

Cognitive fatigue caused by **unfixed daily variables**.

❀ Questions (Score each 0–2)

1. My meals follow a predictable default pattern
0 = Daily decision fatigue
1 = Partially fixed
2 = Mostly automatic

2. My clothing options are limited and repeatable
0 = Daily identity negotiation
1 = Some rotation
2 = Fixed, minimal choices

3. My week has a recognizable structure
0 = Every day improvised
1 = Loose structure
2 = Clear weekly rhythm

4. I consciously reduce unnecessary decisions
0 = Rarely
1 = Sometimes
2 = Intentionally

❀ Decision Load Score

Total: _____ / 8

Interpretation
• **0–3** → High nervous system drain
• **4–6** → Moderate cognitive relief
• **7–8** → Energy conserved

Reflection:

Which decision could be removed forever?

4

Roots grow quietly—long before they show above ground.
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Where does my sense of usefulness come from?

☞ What This Measures

Identity stability through **service, contribution, and reliability**.

❈ Questions (Score each 0–2)

1. I contribute something predictably (weekly or regularly)
0 = No regular contribution
1 = Inconsistent
2 = Reliable

2. Others can depend on me for one specific thing
0 = Unclear role
1 = Some reliability
2 = Clear contribution

3. My contribution is not tied to location permanence
0 = Only works if I stay
1 = Some portability
2 = Fully portable

4. Serving others steadies my sense of self
0 = No effect
1 = Mild grounding
2 = Strong anchoring

❈ Contribution Score

Total: _____ / 8

Interpretation
• **0–3** → *Identity floating*
• **4–6** → *Emerging anchor*
• **7–8** → *Purpose-based rooting*

Action Reflection:

Who benefits when I show up regularly?

☞☞ Final Stability Snapshot

Area	Score (/8)
Daily Territory	
Ritual Rhythm	
Decision Load	
Contribution Anchor	

❈ **Total Stability Score: ___ / 32**

☞☞ How to Read Your Total Score

- **0–12** → Survival mode; start with territory + ritual
- **13–22** → Transitional stability; reduce decision load next
- **23–32** → Internally rooted; external ownership will amplify, not compensate

☞☞ Closing Grounding Reminder

You don't need to fix everything.
You need to repeat a few things.

Roots are not dramatic.
They are quiet agreements kept daily.

6

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