



The Inner Scorecard (Quiet Edition)

Not to fix the moment. Just to see it.

Use this only to notice where you are, not where you should be.

1. Trigger Intensity Index

When provoked, how loud does the moment feel inside?

- Barely noticeable — like background weather
- Present but steady
- Noticeably disruptive
- Dominant — hard to think clearly
- Overwhelming — body reacts before thought

This measures **nervous system activation**, not emotional maturity.

2. Control Urge Signal

How strong is the impulse to fix, respond, explain, or correct?

- No urge — observation feels enough
- Mild — impulse appears, passes
- Moderate — mental rehearsal begins
- Strong — action feels necessary
- Compulsive — inaction feels unsafe

This identifies **threat response**, not logic failure.

3. Story Attachment Level

How tightly are you holding a narrative about what this moment means?

- No clear story
- Loose interpretation
- Personal meaning forming
- Fixed explanation
- Identity-level story (“This always happens to me”)

This shows **how quickly perception becomes belief**.

4. Emotional Ownership Marker

Where do you feel the emotion is coming from?

- Fully internal — “this is mine to feel”
- Mostly internal, slightly external
- Even split
- Mostly external — caused by others
- Entirely external — “they made me feel this”

This reveals **agency without judgment**.

5. Time Distortion Gauge

How does time feel in this moment?

- Normal flow
- Slightly rushed
- Pressured
- Urgent
- Collapsed — must act **now**

Heightened urgency often signals **perceived danger**, not reality.

6. Value Alignment Check

Does your immediate impulse align with your long-term values?

- Clearly aligned
- Mostly aligned
- Unclear
- Slightly misaligned
- Clearly against my own standards

This is about **clarity**, not restraint.

7. Awareness Depth Scale

How aware are you of what's happening **inside** while it's happening?

- Fully present — observing thoughts and sensations
- Mostly aware
- Partially aware
- Barely aware — running on reaction
- No awareness until after

Awareness is the **only silent stabilizer**.

8. Recovery Readiness Indicator

If you chose to pause, how accessible does steadiness feel?

- Immediately accessible
- Requires a moment
- Requires effort
- Feels distant
- Feels impossible right now

This reflects **capacity**, not failure.

Quiet Interpretation (No Outcome Promised)

- High scores do **not** mean weakness
- Low scores do **not** mean mastery
- Patterns matter more than any single moment

This scorecard exists only to answer one question:

“Where am I standing inside this moment?”

Nothing more.
