

Electric Life NeuroEmotional Awareness Audit™

Stress • Emotion • Nervous System • Recovery • Self-Awareness

Electric Life Chiropractic

INTRODUCTION

Your body and nervous system are constantly adapting to:

- stress
- emotions
- movement
- relationships
- work demands
- sleep
- past experiences
- environment
- habits
- recovery capacity

These experiences influence:

- muscle tension
- breathing
- pain sensitivity
- energy
- focus
- digestion
- emotional regulation
- movement patterns
- nervous system function

This assessment is designed to help identify:

- emotional stress patterns
- nervous system protection responses
- mental overload
- recovery capacity

- tension and regulation habits
- behavioral adaptation strategies
- mind-body connection patterns

This is NOT a mental health diagnosis.

The goal is awareness.

At Electric Life Chiropractic, we believe:

“The body and nervous system are intelligent, adaptive, and deeply interconnected.”

Many symptoms are not simply structural problems.

They may reflect a nervous system attempting to protect, stabilize, adapt, or survive.

HOW TO COMPLETE

Please rate how often you have experienced the following over the past 2–4 weeks.

Rating Scale

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Frequently
- 4 = Constantly

SECTION 1 — EMOTIONAL STATE PATTERNS

Emotional stress, overwhelm, and regulation capacity

Pattern	0	1	2	3	4
Feeling emotionally overwhelmed	☐	☐	☐	☐	☐
Irritability/frustration	☐	☐	☐	☐	☐

Feeling emotionally exhausted	☐	☐	☐	☐	☐
Difficulty relaxing emotionally	☐	☐	☐	☐	☐
Feeling emotionally numb/disconnected	☐	☐	☐	☐	☐
Anxiety/tension	☐	☐	☐	☐	☐
Feeling “on edge”	☐	☐	☐	☐	☐
Difficulty slowing down emotionally	☐	☐	☐	☐	☐
Feeling emotionally guarded	☐	☐	☐	☐	☐
Feeling emotionally reactive	☐	☐	☐	☐	☐
Difficulty expressing emotions	☐	☐	☐	☐	☐
Feeling mentally/emotionally drained	☐	☐	☐	☐	☐

SECTION 2 — THOUGHT & COGNITIVE PATTERNS

Mental load, overthinking, and cognitive stress

Pattern	0	1	2	3	4
Racing thoughts	☐	☐	☐	☐	☐
Overthinking situations	☐	☐	☐	☐	☐
Difficulty shutting brain off	☐	☐	☐	☐	☐
Constant mental stimulation	☐	☐	☐	☐	☐
Difficulty focusing	☐	☐	☐	☐	☐
Mental fatigue	☐	☐	☐	☐	☐
Self-criticism	☐	☐	☐	☐	☐
Catastrophizing/worst-case thinking	☐	☐	☐	☐	☐
Difficulty being present	☐	☐	☐	☐	☐

Looping/repetitive thoughts	☐	☐	☐	☐	☐
Difficulty making decisions	☐	☐	☐	☐	☐
Feeling mentally overloaded	☐	☐	☐	☐	☐

SECTION 3 — NERVOUS SYSTEM PROTECTION RESPONSES

Common adaptive survival and protection patterns

Pattern	0	1	2	3	4
Hypervigilance	☐	☐	☐	☐	☐
Feeling constantly “on alert”	☐	☐	☐	☐	☐
Avoidance behaviors	☐	☐	☐	☐	☐
Emotional suppression	☐	☐	☐	☐	☐
Shutting down under stress	☐	☐	☐	☐	☐
Difficulty feeling safe relaxing	☐	☐	☐	☐	☐
Fear of slowing down	☐	☐	☐	☐	☐
People pleasing tendencies	☐	☐	☐	☐	☐
Feeling responsible for everyone	☐	☐	☐	☐	☐
Difficulty asking for support	☐	☐	☐	☐	☐
Feeling safest when productive/busy	☐	☐	☐	☐	☐
Guarding/protecting emotionally	☐	☐	☐	☐	☐

SECTION 4 — PHYSICAL MANIFESTATIONS OF STRESS

How emotional stress may express physically

Pattern	0	1	2	3	4
Jaw clenching/grinding	☐	☐	☐	☐	☐
Neck/trap tension	☐	☐	☐	☐	☐
Headaches/migraines	☐	☐	☐	☐	☐
Chest tightness	☐	☐	☐	☐	☐
Shallow breathing	☐	☐	☐	☐	☐
Digestive stress	☐	☐	☐	☐	☐
Fatigue/exhaustion	☐	☐	☐	☐	☐
Chronic muscle tension	☐	☐	☐	☐	☐
Poor sleep quality	☐	☐	☐	☐	☐
Pain flare-ups during stress	☐	☐	☐	☐	☐
Feeling physically “wired”	☐	☐	☐	☐	☐
Feeling physically shut down	☐	☐	☐	☐	☐

SECTION 5 — STRESS & RECOVERY CAPACITY

Recovery, resilience, and nervous system adaptability

Pattern	0	1	2	3	4
Difficulty recovering after stressful days	☐	☐	☐	☐	☐
Burnout/crash cycles	☐	☐	☐	☐	☐
Emotional depletion	☐	☐	☐	☐	☐
Difficulty resting without guilt	☐	☐	☐	☐	☐
Feeling overstimulated easily	☐	☐	☐	☐	☐
Social exhaustion	☐	☐	☐	☐	☐

Difficulty calming after conflict	☐	☐	☐	☐	☐
Feeling like you “carry stress” physically	☐	☐	☐	☐	☐
Difficulty sleeping deeply	☐	☐	☐	☐	☐
Feeling constantly behind or pressured	☐	☐	☐	☐	☐

SECTION 6 — IDENTITY & BEHAVIORAL PATTERNS

Common adaptive identity patterns

Pattern	0	1	2	3	4
Overachiever/perfectionist tendencies	☐	☐	☐	☐	☐
Feeling valuable only when productive	☐	☐	☐	☐	☐
Difficulty receiving help/support	☐	☐	☐	☐	☐
Caretaking everyone else first	☐	☐	☐	☐	☐
Feeling pressure to “hold it together”	☐	☐	☐	☐	☐
Difficulty setting boundaries	☐	☐	☐	☐	☐
Staying busy to avoid slowing down	☐	☐	☐	☐	☐
Feeling emotionally responsible for others	☐	☐	☐	☐	☐
Difficulty resting fully	☐	☐	☐	☐	☐
Tension feels “normal”	☐	☐	☐	☐	☐

SECTION 7 — REGULATION & GROUNDING CAPACITY

Ability to self-regulate and feel safe in the body

Rate difficulty level:

0 = Very Easy
4 = Very Difficult

Ability	0	1	2	3	4
Relaxing physically	☐	☐	☐	☐	☐
Slowing racing thoughts	☐	☐	☐	☐	☐
Feeling grounded in your body	☐	☐	☐	☐	☐
Sitting quietly without stimulation	☐	☐	☐	☐	☐
Breathing deeply without tension	☐	☐	☐	☐	☐
Feeling emotionally safe	☐	☐	☐	☐	☐
Recovering after emotional stress	☐	☐	☐	☐	☐
Feeling calm in stillness	☐	☐	☐	☐	☐
Allowing yourself to rest	☐	☐	☐	☐	☐
Feeling connected to your body	☐	☐	☐	☐	☐

SECTION 8 — NEUROEMOTIONAL PATTERN SUMMARY

Your current patterns may include:

- ☐ Hypervigilance
- ☐ Emotional overload
- ☐ Chronic protection/guarding
- ☐ Burnout tendencies
- ☐ Stress accumulation
- ☐ Emotional suppression
- ☐ Nervous system exhaustion
- ☐ Reduced recovery capacity
- ☐ Perfectionist pressure patterns
- ☐ People pleasing/caretaker tendencies
- ☐ Difficulty slowing down
- ☐ Reduced nervous system adaptability
- ☐ Over-responsibility patterns
- ☐ Chronic tension holding

ELECTRIC LIFE NEUROEMOTIONAL ARCHETYPES™

Which pattern resonates most with you?

- ☐ The Overdriver
 - ☐ The Hypervigilant Stabilizer
 - ☐ The Exhausted Achiever
 - ☐ The Emotional Protector
 - ☐ The Chronic Caregiver
 - ☐ The Shutdown Survivor
 - ☐ The Breath Holder
 - ☐ The Internalizer
 - ☐ The Constant Performer
 - ☐ The Overwhelmed Adapter
-

PERSONAL REFLECTION

What situations or environments make you feel most stressed, tense, or overwhelmed?

What helps your body and nervous system feel safest, calmest, or most grounded?

What emotional, mental, or behavioral patterns do you notice repeating most often in your life?

What are your goals for your emotional health, nervous system, stress, recovery, energy, or relationships?

ELECTRIC LIFE EDUCATIONAL SUMMARY

The nervous system is constantly adapting to:

- stress
- thoughts
- emotions
- movement
- relationships
- workload
- sleep
- environment
- life experiences

Many emotional and physical symptoms are not signs of weakness.

They may reflect a nervous system operating in:

- protection
- overload
- survival
- fatigue
- hypervigilance
- compensation
- reduced recovery capacity

Healing is not simply about eliminating symptoms.

It is about improving:

- awareness
- adaptability
- resilience

- emotional regulation
 - movement
 - breathing
 - recovery
 - nervous system safety
 - connection to self
-

ELECTRIC LIFE CHIROPRACTIC

“Healing Happens Here.”