

Clinical-Grade Question Bank: 10 Domains (1,000 Questions)

Hierarchical domains and subdomains for deep self-inquiry or clinical-style intake.

Note: This is an assessment-style question bank for reflection and structured interviewing. It is not a diagnosis.

I. Somatic & Biological Reality (Hardware)

A. Baseline physiology & rhythms

1. Over the past 2 weeks, how many hours do you sleep on average?
2. How long does it typically take you to fall asleep?
3. How many times do you usually wake during the night?
4. When you wake, do you feel restored or depleted?
5. Do you nap? If yes, how often and how long?
6. How consistent is your wake time across days?
7. How consistent is your bedtime across days?
8. What is your daytime energy curve (morning/afternoon/evening)?
9. How often do you wake with headaches, dryness, or sore throat?
10. Do you snore, gasp, or stop breathing per others' reports?
11. How is your appetite: reduced, normal, increased, fluctuating?
12. Do you skip meals unintentionally? How often?
13. What foods reliably stabilize you, and which destabilize you?
14. How much water do you drink daily (roughly)?
15. How often do you feel nausea, reflux, or stomach tightness?
16. How often do you experience palpitations or chest tightness?
17. How often do you experience dizziness or lightheadedness?
18. How is your baseline muscle tension (jaw, neck, shoulders, back)?
19. How often do you get sick, and how long do you take to recover?
20. Any recent weight change without trying? How much and when?

B. Sensory processing & environment

1. Which sounds instantly irritate or exhaust you (voices, chewing, traffic)?
2. Which lights are hardest for you (fluorescent, bright sun, screens at night)?
3. Which textures feel intolerable (clothing tags, fabrics, sticky hands)?

4. Which smells trigger nausea, anger, or panic?
5. Do crowds feel stimulating, draining, or threatening?
6. How does your body respond to clutter: agitation, shutdown, numbness?
7. How does your body respond to highly orderly spaces: calm or pressure?
8. What temperature range feels safe vs dysregulating?
9. How sensitive are you to being touched unexpectedly?
10. Do you startle easily? In what contexts?
11. Do you need background noise to function, or silence?
12. How does screen time affect your mood and sleep within 2 hours?
13. Which environments reliably calm you (nature, water, dim rooms, music)?
14. Which environments reliably activate you (workplaces, family homes, malls)?
15. Do you notice sensory overload building gradually or suddenly?
16. When overloaded, do you become irritable, tearful, numb, or impulsive?
17. What are your early-warning sensory signals (itchy skin, pressure, noise pain)?
18. Do you seek sensory input (music, movement) or avoid it when stressed?
19. How do you recover after sensory overload, and how long does it take?
20. What simple environmental change would most improve your daily regulation?

C. Autonomic regulation & stress physiology

1. Where do you feel stress first (chest, gut, jaw, throat, shoulders)?
2. When stressed, do you hold your breath, breathe shallowly, or overbreathe?
3. Under pressure, do you speed up, freeze, or become hyper-focused?
4. Do you notice adrenaline spikes (shaking, heat, urgency) without a trigger?
5. Do you notice shutdown signs (coldness, heaviness, blank mind, slow speech)?
6. How quickly does your heart rate settle after a stressor ends?
7. How quickly does your mind settle after a stressor ends?
8. Do you feel safe in your body most days?
9. How often do you feel hypervigilant (scanning, listening, anticipating)?
10. Do you experience panic symptoms? If yes, what are your top 3 symptoms?
11. Do you experience dissociation (unreal, detached, time loss)? How often?
12. What does anger do in your body (heat, tightness, buzzing, collapse)?
13. What does sadness do in your body (weight, throat, fatigue, ache)?
14. What does shame do in your body (flush, collapse, nausea, urge to hide)?
15. Do you get stress-related GI symptoms (diarrhea, constipation, cramps)?
16. Do you clench your jaw or grind your teeth? How often?
17. Do you carry tension in your pelvic floor or hips?
18. Do you have stress-linked skin reactions (itch, hives, acne flares)?
19. What is your most reliable self-soothing action (touch, movement, breath)?
20. What is your least effective but most tempting regulation strategy?

D. Pain, symptoms & health behaviors

1. How often do you experience headaches? What triggers them?
2. How do you respond to pain: ignore, push through, or treat early?
3. When you feel sick, do you rest, or keep functioning at all costs?
4. Do you interpret symptoms as nuisance, threat, punishment, or signal?
5. Do you have chronic pain? Where, intensity, and pattern?
6. Do you have recurring inflammation or autoimmune-like symptoms?
7. Any persistent fatigue not explained by activity?
8. How often do you use caffeine, nicotine, alcohol, or substances to regulate?
9. What happens to your mood when you reduce caffeine or nicotine?
10. Do you eat for comfort, stimulation, control, or numbness?
11. How often do you exercise? What kind, and how does it affect mood?
12. Do you push exercise to punish yourself or to care for yourself?
13. How often do you get sunlight exposure?
14. How often do you spend time outdoors?
15. Do you experience hormonal cycles that affect mood/energy? Describe pattern.
16. Any medication or supplement use that affects sleep or mood?
17. How is your sexual energy/libido relative to your baseline?
18. How often do you experience muscle twitching, restlessness, or tremor?
19. Do you have gastrointestinal sensitivity to stress or specific foods?
20. Do you avoid medical care until problems become severe? Why?

E. Experiments, tracking & stabilization plan

1. If you tracked sleep for 14 days, what would you expect to learn?
2. What is one sleep change you could test this week?
3. What is one sensory change you could test this week (light, noise, clutter)?
4. What is one breathing pattern you could practice daily for 3 minutes?
5. What is one micro-movement that reliably downshifts you (walk, stretch, shake)?
6. What is your personal early-warning checklist (3 body signs + 3 behavior signs)?
7. What is your emergency grounding sequence (3 steps, 2 minutes)?
8. What would be a realistic baseline routine you can sustain for 30 days?
9. What is your minimum viable self-care on bad days?
10. What is your maximum sustainable workload without dysregulation?
11. What time of day are you most biologically suited for deep work?
12. What foods/drinks will you treat as 'nervous system tools' not cravings?
13. What boundaries around screens would improve sleep within 7 days?
14. What is your plan for relapse days when routines break?
15. How will you measure improvement (sleep, irritability, focus, pain, energy)?
16. What support would make regulation easier (medical, therapy, partner, friend)?
17. What health check would you avoid but likely benefit from?
18. What would 'body trust' look like in daily behavior?

19. What habit would you stop if you believed your body was on your side?
20. What would you start if you treated your body as an ally?

II. Cognitive Architecture (Operating System)

A. Inner narrative & self-talk

1. What is your most frequent self-description during stress?
2. What is the tone of your inner voice (coach, critic, judge, parent)?
3. When you make a mistake, what is the first sentence you tell yourself?
4. Do you speak to yourself differently than you speak to others?
5. What labels do you use for yourself that shape your behavior?
6. What do you assume others are thinking about you by default?
7. What do you assume about the future by default?
8. What do you assume about your ability to cope by default?
9. Do you narrate life as victim, hero, survivor, strategist, or observer?
10. What is your internal 'rulebook' for being acceptable?
11. How often do you use 'should' statements about feelings or needs?
12. How often do you negate feelings with 'but' immediately after naming them?
13. Do you catastrophize, minimize, moralize, or intellectualize by default?
14. Which inner voice feels like it keeps you safe?
15. Which inner voice feels like it harms you?
16. What do you fear would happen if you softened your self-talk?
17. What parts of your self-talk are borrowed from someone else?
18. What self-talk appears when you try to rest?
19. What self-talk appears when you try to ask for help?
20. What self-talk appears when you succeed?

B. Attention, focus & executive function

1. How often do you struggle to start tasks you care about?
2. How often do you struggle to finish tasks once started?
3. Do you avoid tasks due to boredom, fear, perfectionism, or overwhelm?
4. What triggers procrastination most: uncertainty, evaluation, or complexity?
5. Do you lose track of time (hyperfocus) or feel time drag?
6. How many tabs/apps do you keep open, and what does that represent?
7. Do you feel calmer with many options open or with closure?
8. How often do you misplace items or forget appointments?
9. How do you handle transitions between tasks?
10. What does your mind do while waiting (scrolling, rumination, agitation)?
11. Do you need urgency to focus?

12. Do you create urgency to focus? How?
13. How often do you multitask, and what is it protecting you from?
14. How often do you check your phone without deciding to?
15. What happens to your focus after conflict or criticism?
16. What happens to your focus after success?
17. What is your ideal work block length before diminishing returns?
18. What planning system do you use, and do you trust it?
19. What decision do you avoid because it requires sustained attention?
20. What would your day look like with fewer cognitive 'open loops'?

C. Beliefs, meaning-making & epistemology

1. What belief about yourself would you most like to retire?
2. What belief about the world feels non-negotiable to you?
3. When did you last change your mind about something important?
4. What evidence is required for you to revise a belief?
5. Do you prefer being right or being connected?
6. When wrong mid-argument, do you admit, freeze, or double down?
7. What fear do you disguise as logic?
8. What is your relationship with uncertainty: threat or invitation?
9. Do you interpret setbacks as punishment, randomness, or training?
10. What do you assume failure says about your worth?
11. What do you assume success will cost you?
12. What do you assume rest says about your character?
13. What do you assume needing help says about your competence?
14. What do you assume emotions say about rationality?
15. What do you assume anger says about morality?
16. What do you assume sadness says about strength?
17. What do you assume boundaries say about love?
18. What do you assume conflict says about relationships?
19. What do you assume authority says about safety?
20. What do you assume intimacy says about control?

D. Cognitive distortions, defense & rigidity

1. Which distortions show up most: all-or-nothing, mind-reading, fortune-telling?
2. Do you use intellectualization to avoid feeling? How?
3. Do you use humor to avoid vulnerability? How?
4. Do you use productivity to avoid emotions? How?
5. Do you use cynicism to avoid disappointment? How?
6. Do you use control to avoid helplessness? How?
7. Do you use perfectionism to avoid shame? How?

8. Do you use people-pleasing to avoid conflict? How?
9. Do you use withdrawal to avoid rejection? How?
10. How often do you replay conversations to correct them?
11. How often do you rehearse future conversations to win them?
12. How often do you seek reassurance, and what do you want it to prove?
13. How often do you seek certainty through research/scrolling?
14. How often do you interpret neutral cues as negative?
15. How often do you interpret negative cues as personal?
16. Do you keep a mental 'debt ledger' in relationships?
17. Do you keep a mental 'shame ledger' about yourself?
18. When threatened, do you become rigid or chaotic?
19. What triggers your need to be right?
20. What triggers your need to control?

E. Cognitive interventions & skill-building

1. What thought pattern would you like to interrupt first?
2. What is your most convincing 'trigger thought'?
3. What alternative thought feels true enough to practice?
4. Can you name the smallest action that disproves your worst story?
5. What would a compassionate inner coach say in your hardest moment?
6. What data would you track to test your beliefs (sleep, mood, behavior)?
7. What boundary would reduce rumination by 20%?
8. What would you do if you trusted your future self to cope?
9. What is one cognitive rule you can replace with a value?
10. What value can guide choices when clarity is missing?
11. What is one 'if-then' plan for a predictable trigger?
12. What is one 'reframe' you can rehearse daily?
13. What is one daily practice to strengthen attention (5 minutes)?
14. What is one weekly review question that keeps you aligned?
15. What is your plan for cognitive overload days?
16. What is your plan for cognitive under-stimulation days?
17. Who can reality-check your stories without shaming you?
18. What cue will remind you to slow down your interpretation?
19. What would you consider a meaningful cognitive win in 30 days?
20. What would you consider a meaningful cognitive win in 90 days?

III. Emotional Landscape (Experience)

A. Emotional identification & granularity

1. What emotion do you avoid most, and why?
2. What emotions do you feel most often in a week?
3. Can you distinguish sadness from loneliness in your body?
4. Can you distinguish anxiety from excitement in your body?
5. Can you distinguish boredom from depression in your body?
6. How quickly can you name what you feel in real time?
7. Do you need words, sensations, or images to identify feelings?
8. Which emotions do you label as 'bad' or 'weak'?
9. Which emotions do you label as 'useful' or 'strong'?
10. What emotion feels dangerous to show?
11. What emotion feels dangerous to feel privately?
12. What emotion feels safest to show?
13. What emotion do you use to keep others at distance?
14. What emotion do you use to keep others close?
15. What emotion do you experience as a body symptom first?
16. What emotion appears after you achieve something?
17. What emotion appears after you disappoint someone?
18. What emotion appears when you are praised?
19. What emotion appears when you are ignored?
20. What emotion appears when you are needed?

B. Triggers, sequences & state shifts

1. What reliably triggers your anxiety within minutes?
2. What reliably triggers your anger within minutes?
3. What reliably triggers your shame within minutes?
4. What reliably triggers your sadness within minutes?
5. What reliably triggers your numbness within minutes?
6. Which settings trigger you most: work, family, romance, public spaces?
7. Which people trigger you most: authority, peers, dependents, strangers?
8. What is your typical emotional sequence under stress (e.g., fear -> anger)?
9. How long do intense emotions last before shifting?
10. What helps you shift states most reliably?
11. Do you have delayed emotions (feel later, not during)?
12. After conflict, do emotions intensify, collapse, or go flat?
13. After success, do emotions elevate, crash, or feel unreal?
14. Do you experience emotional 'hangovers' after social events?
15. Do you experience emotional whiplash (fine -> not fine) suddenly?
16. What is your earliest warning sign that a state shift is starting?

17. What is your latest sign that you have already shifted?
18. Do you become more impulsive or more controlled when activated?
19. Do you become more talkative or more silent when activated?
20. Do you seek closeness or distance when activated?

C. Defenses, shadow & projection

1. When hurt, do you attack, withdraw, appease, or explain?
2. When ashamed, do you hide, perform, blame, or numb?
3. What trait in others triggers irrational anger in you?
4. What trait in others triggers contempt in you?
5. What trait in others triggers envy in you?
6. What trait in others triggers protectiveness in you?
7. Who do you secretly judge, and what does that protect in you?
8. Whose failure would secretly feel satisfying, and why?
9. What 'forbidden' desire do you keep hidden from yourself?
10. What 'forbidden' joy would you pursue with zero judgment?
11. What do you moralize about that might be fear-based?
12. What do you intellectualize to avoid feeling?
13. What do you joke about to keep distance?
14. What do you dismiss to avoid longing?
15. What do you control to avoid grief?
16. What do you numb to avoid vulnerability?
17. What do you overgive to avoid rejection?
18. What do you under-ask to avoid disappointment?
19. What part of you do you fear is 'too much'?
20. What part of you do you fear is 'not enough'?

D. Shame, guilt & self-compassion

1. How often do you feel shame vs guilt, and in what contexts?
2. Do you confuse guilt (did wrong) with shame (am wrong)?
3. What activates shame fastest: criticism, comparison, intimacy, mistakes?
4. What activates guilt fastest: boundaries, needs, anger, rest?
5. How do you punish yourself when you feel you failed?
6. How do you repair with yourself after a mistake?
7. What apology do you owe yourself?
8. What do you fear will happen if you forgive yourself?
9. What makes you feel clean again after shame?
10. What makes you feel unclean even after repair?
11. Do you accept compassion from others or reject it?
12. Do you offer compassion to yourself or call it weakness?

13. What does your inner critic sound like word-for-word?
14. Where did you learn that voice?
15. What would self-compassion cost you socially or internally?
16. What would self-compassion give you practically?
17. What is one boundary that would reduce guilt?
18. What is one truth that would reduce shame?
19. What would you do if you didn't have to earn love?
20. What would you do if you didn't have to earn rest?

E. Risk, safety & emotion-linked behaviors

1. Do you ever feel emotions that scare you? Which ones?
2. Have you had thoughts of not wanting to exist? How often?
3. Have you had thoughts of harming yourself? Any plan or intent?
4. When overwhelmed, do you engage in risky behavior? What kind?
5. Do you use substances to change your emotional state? Which and how often?
6. Do you binge on food, screens, sex, or shopping to escape feelings?
7. Do you isolate when depressed or anxious? For how long?
8. Do you become verbally harsh when activated? With whom?
9. Do you become physically restless or aggressive when activated?
10. Do you experience memory gaps during intense emotion?
11. Do you ever feel unreal or detached from your body?
12. Do you ever hear/see things others cannot when stressed?
13. Have you had periods of unusually high energy with little sleep?
14. Do you have episodes of impulsive spending, sex, or risk-taking?
15. What keeps you safe when you're at your lowest?
16. Who would you contact if you felt unsafe?
17. What warning signs tell you you're approaching a crisis?
18. What is your crisis plan in 3 steps?
19. What support do you resist that might help?
20. What would make seeking help feel safer?

IV. Identity & The Self (Construct)

A. Core identity, values & self-definition

1. Who are you when nobody needs anything from you?
2. What values do you want to live by daily?
3. What value do you betray most often under stress?
4. What identity label do you cling to most?
5. What identity label do you fear being assigned?

6. What part of you do you hide to stay accepted?
7. What part of you do you exaggerate to stay safe?
8. What role do you play in most groups (leader, fixer, joker, ghost)?
9. What do you believe is true about you that you rarely say?
10. What are you proud of that you downplay?
11. What are you ashamed of that you overcompensate for?
12. What do you feel you must prove to be respected?
13. What do you feel you must prove to be loved?
14. What do you feel you must prove to yourself?
15. What would it mean to be ordinary and still worthy?
16. What would it mean to be powerful and still kind?
17. What would it mean to be soft and still safe?
18. What would it mean to need others and still be strong?
19. What version of you feels most authentic?
20. What version of you feels most protected?

B. Roles, masks & authenticity

1. Where do you perform a role instead of being yourself?
2. What does your mask protect you from: rejection, chaos, judgment, intimacy?
3. When do you feel you must be competent at all costs?
4. When do you feel you must be nice at all costs?
5. When do you feel you must be strong at all costs?
6. When do you feel you must be invisible at all costs?
7. What parts of you show up only in private?
8. What parts of you show up only with strangers?
9. What parts of you show up only with dependents?
10. What parts of you show up only with authority figures?
11. What happens if you disappoint someone important to you?
12. What happens if someone is disappointed in you and you cannot fix it?
13. What happens if someone sees you struggle?
14. What happens if someone offers you care?
15. Do you let people help you without paying it back?
16. Do you equate vulnerability with losing status?
17. Do you equate boundaries with being unlovable?
18. What is the cost of being 'the reliable one'?
19. What is the cost of being 'the strong one'?
20. What is the cost of being 'the good one'?

C. Self-esteem, achievement & worth

1. What do you feel you must achieve to feel enough?

2. What does 'enough' look like in measurable terms?
3. What compliment is hardest for you to believe?
4. What criticism hits you deepest, and why?
5. How do you respond to praise: accept, deflect, distrust, or chase more?
6. How do you respond to failure: learn, hide, rage, or collapse?
7. Do you tie worth to productivity? How strongly?
8. Do you tie worth to being needed? How strongly?
9. Do you tie worth to being admired? How strongly?
10. Do you tie worth to being morally good? How strongly?
11. Do you tie worth to being in control? How strongly?
12. Do you tie worth to being independent? How strongly?
13. What success would you secretly fear?
14. What success would you secretly feel relief from?
15. What do you do when you are not the best in the room?
16. What do you do when someone else is celebrated?
17. Where do you compare yourself most (money, intellect, looks, status)?
18. Who is your comparison target, and why them?
19. What would self-worth without achievement allow you to do?
20. What would self-worth without achievement threaten to remove?

D. Integration, parts & inner conflict

1. What parts of you feel in conflict (protector vs child, warrior vs lover)?
2. What part of you takes over under stress?
3. What part of you goes missing under stress?
4. What part of you do you exile because it feels dangerous?
5. What part of you do you exile because it feels needy?
6. What part of you do you exile because it feels angry?
7. What part of you do you exile because it feels joyful?
8. What part of you do you fear becoming?
9. What part of you do you wish you could reclaim?
10. What inner 'rules' keep parts separated?
11. What emotion does the protector part fear most?
12. What does the protector part want for you?
13. What does the vulnerable part need from you?
14. What does the ambitious part need from you?
15. What does the playful part need from you?
16. What does the relational part need from you?
17. What does the solitary part need from you?
18. Where do you feel 'split' between public and private?
19. What situation makes your identity feel unstable?
20. What situation makes your identity feel solid?

E. Digital self & narrative consistency

1. Does your online self match your real self? Where does it differ?
2. Is your online persona more aggressive, kind, or vulnerable than offline?
3. Do you curate to be admired, understood, feared, or left alone?
4. Do you use online spaces to soothe, to escape, or to compete?
5. Do you scroll to feel connected, or to feel superior/inferior?
6. Do you archive memories to nourish, or to torture yourself?
7. How does social media affect your self-worth within 30 minutes?
8. How does social media affect your sleep within 2 hours?
9. What topics do you consume that change your mood reliably?
10. What creators make you feel hopeful vs ashamed?
11. Do you post for expression or for regulation?
12. Do you avoid posting because of fear of judgment?
13. Do you seek controversy as stimulation?
14. Do you hide parts of your life online to protect intimacy?
15. Do you overshare to force closeness?
16. What would a healthier digital diet look like?
17. What boundaries would protect your attention and mood?
18. What online behavior would you stop if you felt secure?
19. What online behavior would you start if you felt secure?
20. What is your desired 'digital identity' in 12 months?

V. Relationships & Attachment (Interpersonal)

A. Attachment needs & safety cues

1. In close relationships, what do you most need to feel safe?
2. How do you know someone is emotionally available?
3. How do you know someone is emotionally unsafe?
4. Do you trust until betrayed or mistrust until proven?
5. What behaviors make you feel abandoned?
6. What behaviors make you feel smothered?
7. What behaviors make you feel chosen?
8. What behaviors make you feel replaceable?
9. When someone pulls away, what do you do first?
10. When someone gets closer, what do you do first?
11. Do you seek reassurance directly or indirectly?
12. Do you test people to see if they care? How?
13. Do you prefer being needed or being chosen?

14. Do you fear dependence more than loneliness?
15. Do you fear loneliness more than conflict?
16. What is your intimacy speed: slow build or fast fusion?
17. What does commitment mean to you emotionally?
18. What does loyalty mean to you behaviorally?
19. What do you need to hear when you're vulnerable?
20. What do you need to see when you're vulnerable?

B. Communication patterns & micro-dynamics

1. Do you interrupt from excitement or anxiety?
2. Do you speak in hints or in direct requests?
3. Do you soften your needs to avoid burdening others?
4. Do you escalate intensity to be heard?
5. Do you go quiet to regain control?
6. Do you use logic to win rather than to connect?
7. Do you use humor to dodge seriousness?
8. Do you over-explain to prevent misunderstanding?
9. Do you assume misunderstanding is rejection?
10. How do you respond to criticism: defend, collapse, counterattack, inquire?
11. How do you respond to feedback: gratitude, suspicion, shame, dismissal?
12. How do you respond to compliments: accept, deflect, distrust, joke?
13. How do you respond to emotional conversations: lean in or exit?
14. Do you share feelings as facts or as invitations?
15. Do you ask questions or make statements when unsure?
16. Do you name your needs before resentment builds?
17. Do you apologize to keep peace or to repair truthfully?
18. Do you avoid hard conversations until forced?
19. Do you repair quickly or need time and space?
20. Do you prefer written communication when emotional?

C. Conflict, repair & boundary dynamics

1. How do you behave in conflict: pursue, withdraw, freeze, appease, explode?
2. What is your biggest trigger in conflict (tone, contempt, silence, unfairness)?
3. What do you fear will happen if you say no?
4. What do you fear will happen if you ask clearly?
5. What boundaries do you set too late?
6. What boundaries do you never set?
7. What boundaries do you set too rigidly?
8. What happens inside you when someone sets a boundary with you?
9. After a fight, who initiates repair most often?

10. What does repair look like for you: words, touch, action, time?
11. Do you need acknowledgment, explanation, or change?
12. Do you keep a mental debt tally after being hurt?
13. Do you forgive, or do you file it away?
14. What apology feels real to you?
15. What apology feels manipulative to you?
16. Do you retaliate subtly when hurt? How?
17. Do you withdraw affection when hurt? How?
18. Do you become extra helpful when hurt? Why?
19. Do you threaten leaving to feel power?
20. Do you tolerate disrespect to avoid being alone?

D. Family system roles & relational history

1. What role did you play in your family (hero, scapegoat, caretaker, lost child)?
2. Who did you have to manage emotionally growing up?
3. What was unsafe to express in your family?
4. What was rewarded in your family?
5. What was punished in your family?
6. How was conflict handled: explosion, silence, blame, repair?
7. How was affection expressed: touch, praise, service, or withheld?
8. How was neediness treated: comforted, mocked, ignored, punished?
9. How was independence treated: celebrated, feared, or forced?
10. What family belief about love still runs you?
11. What family belief about money still runs you?
12. What family belief about gender still runs you?
13. What family belief about authority still runs you?
14. What relational pattern do you repeat from childhood?
15. What relational pattern are you trying to avoid repeating?
16. Who in your life feels like 'home,' and why?
17. Who in your life feels like 'evaluation,' and why?
18. Which relationship wounds feel unresolved?
19. Which relationship repairs feel incomplete?
20. Which relationship endings still haunt you?

E. Social network, belonging & loneliness

1. How many people know the real you?
2. How often do you feel lonely even around people?
3. What kind of loneliness do you feel: emotional, social, existential?
4. Who drains your social battery fastest?
5. Who recharges your social battery, if anyone?

6. Do you bond through joy or through complaints?
7. Do you gossip about actions or character?
8. Do you feel you belong anywhere without performing?
9. Do you maintain friendships or let them fade? Why?
10. Do you reach out first or wait to be invited?
11. Do you fear being a burden if you reach out?
12. Do you fear rejection if you reach out?
13. Do you feel safe in groups or safer one-on-one?
14. Do you feel more alive with older, younger, or peer groups?
15. What social setting brings out your best self?
16. What social setting brings out your worst self?
17. What community would nourish you that you haven't joined?
18. What relationship do you need to repair to feel lighter?
19. What relationship do you need to end to feel safer?
20. What relationship do you need to deepen to feel seen?

VI. Agency, Behavior & Lifestyle (Output)

A. Habits, routines & behavioral patterns

1. What does a typical weekday look like hour-by-hour?
2. What does a typical weekend look like hour-by-hour?
3. What habit most improves your day when you do it?
4. What habit most harms your day when you do it?
5. What habit do you keep promising you'll change?
6. What habit feels non-negotiable for stability?
7. Where do you rely on willpower instead of design?
8. What routine collapses first under stress?
9. What routine survives under stress, and why?
10. What do you do within 30 minutes of waking?
11. What do you do within 60 minutes of bedtime?
12. How often do you exercise, and what stops consistency?
13. How often do you cook/eat intentionally vs impulsively?
14. How often do you socialize intentionally vs by obligation?
15. How often do you spend time alone intentionally vs by avoidance?
16. Do you have a daily plan, or do you run on urgency?
17. How often do you review goals, or only react to problems?
18. What triggers your best days?
19. What triggers your worst days?
20. What is your smallest sustainable habit change right now?

B. Coping, avoidance & compulsions

1. What do you call 'productivity' that is actually avoidance?
2. What do you call 'rest' that is actually numbing?
3. What feeling do you avoid by staying busy?
4. What feeling do you avoid by scrolling?
5. What feeling do you avoid by planning and researching?
6. What feeling do you avoid by fantasizing?
7. What feeling do you avoid by criticizing others?
8. What feeling do you avoid by helping others?
9. What do you reach for first when lonely?
10. What do you reach for first when ashamed?
11. What do you reach for first when anxious?
12. What do you reach for first when angry?
13. Do you binge (food, screens, porn, shopping) to change state? How often?
14. Do you use substances to change state? Which and how often?
15. Do you compulsively check messages, news, or prices? Why?
16. Do you hoard information (tabs, notes) as a safety behavior?
17. Do you overwork to avoid emptiness?
18. Do you avoid work to avoid evaluation?
19. Do you avoid people to avoid disappointment?
20. Do you avoid intimacy to avoid loss of control?

C. Work, ambition & burnout

1. What does success mean to you right now?
2. What does success cost you right now?
3. How many hours per day do you think about work?
4. How many hours per day do you actually work?
5. Do you feel guilt when not working?
6. Do you feel panic when falling behind?
7. Do you need deadlines to function?
8. Do you create crises to feel alive?
9. Do you tie your identity to competence?
10. Do you tie your identity to leadership?
11. Do you feel replaceable at work?
12. Do you feel trapped by responsibility?
13. Do you feel resentful about being depended on?
14. What part of your work energizes you?
15. What part of your work depletes you?
16. What boundary would prevent burnout this month?
17. What conversation have you been avoiding at work?
18. What is your biggest work fear (failure, exposure, irrelevance)?

19. What is your biggest work desire (impact, freedom, mastery)?
20. What would sustainable ambition look like?

D. Money psychology, risk & security

1. What does money represent to you: safety, freedom, status, love, control?
2. What emotion arises when you check your balance?
3. What emotion arises when you spend unexpectedly?
4. What emotion arises when you save successfully?
5. Do you spend to soothe, to prove, or to prepare?
6. Do you save to feel safe or to avoid future shame?
7. Do you hide purchases or discuss them openly?
8. Do you fear poverty, dependence, or loss of status most?
9. What did your family teach you about money?
10. Are you more afraid of taking risks or missing opportunities?
11. Does stability feel like safety or like a cage?
12. How do you behave after a financial loss?
13. How do you behave after a financial win?
14. Do you chase high-risk choices when dysregulated?
15. Do you avoid financial decisions until forced?
16. What is your emergency plan (3 months) and is it real?
17. What is your long-term plan (5 years) and is it written?
18. What purchase would improve your life measurably?
19. What purchase is your most tempting coping mechanism?
20. What money boundary would protect you from yourself?

E. Crisis response, agency & behavior change

1. In sudden crisis, do you freeze, panic, or command?
2. After crisis ends, do you crash, numb, or obsess?
3. What is your default under threat: control, escape, appease, fight?
4. How do you decide when you are emotionally activated?
5. How do you decide when you are calm?
6. What is one decision you regret that followed a predictable pattern?
7. What is one decision you are proud of that followed values?
8. What is your current biggest behavioral bottleneck?
9. What is your current biggest leverage point?
10. What is your relapse signature (what happens first)?
11. What is your recovery signature (what helps first)?
12. What small promise to yourself do you keep consistently?
13. What small promise to yourself do you break consistently?
14. What accountability structure helps without shaming?

15. What environment change would make good behavior easier?
16. What relationship change would make good behavior easier?
17. What skill would reduce your biggest recurring problem?
18. What is your minimum viable plan for bad days?
19. What is your maximum stretch plan for good days?
20. What would you do if you trusted your agency fully?

VII. Existential & Temporal (Meta-View)

A. Time perception & urgency

1. Do you feel time scarcity or time abundance most days?
2. Do you feel behind in life compared to peers?
3. What age or milestone feels loaded for you?
4. What deadline do you carry that nobody gave you?
5. Do you rush because you fear missing out or being left behind?
6. Do you procrastinate because the future feels unreal?
7. Do you feel stuck, drifting, or sprinting?
8. What parts of your day vanish without memory?
9. What parts of your day feel vivid and slow?
10. Do you prefer packed schedules or open time?
11. How do you handle the 10 minutes between tasks?
12. Do you fill gaps with scrolling or with presence?
13. What do you do when you have nothing to do?
14. What do you fear you will feel if you slow down?
15. What do you hope you will feel if you slow down?
16. Do you plan long-term or live crisis-to-crisis?
17. Do you feel your life is self-directed or externally directed?
18. What future scenario keeps you awake at night?
19. What future scenario makes you feel alive?
20. What would change if you believed there is enough time?

B. Meaning, values & purpose

1. What feels meaningful to you even when it is hard?
2. What feels meaningless even when it looks successful?
3. What do you want your life to stand for?
4. What values are you willing to suffer for?
5. What values are you unwilling to betray?
6. What do you feel called to build, protect, or heal?
7. What do you feel responsible for that may not be yours?

8. What do you envy in others that reveals your desire?
9. What does 'a good life' look like in daily detail?
10. What would you do if you could not fail?
11. What would you do if nobody could see it?
12. What part of you is starving for purpose?
13. What part of you is starving for peace?
14. What is your relationship with duty vs joy?
15. What is your relationship with service vs freedom?
16. What is your relationship with legacy vs presence?
17. What is your relationship with morality vs authenticity?
18. What do you believe is worth sacrificing for?
19. What is your current deepest 'why'?
20. What would make you feel aligned this month?

C. Death, loss & mortality salience

1. How often do you think about death?
2. Does death motivate you or numb you?
3. Do you fear dying, or fear not living?
4. What would you regret if you died in 5 years?
5. What would you regret if you died in 1 year?
6. What relationships would you repair immediately?
7. What truth would you say immediately?
8. What would you stop doing immediately?
9. What would you start doing immediately?
10. What do you fear losing most: people, health, status, control?
11. What losses have shaped you the most?
12. What grief have you not allowed yourself to feel?
13. Do you avoid funerals, hospitals, or reminders of mortality?
14. Do you experience existential dread at night?
15. What thought about death scares you most?
16. What thought about death comforts you most?
17. What do you want your loved ones to remember?
18. What do you want them to feel when they think of you?
19. What do you want to forgive before you die?
20. What do you want to be forgiven for before you die?

D. Spirituality, awe & worldview

1. Do you believe life has inherent meaning or assigned meaning?
2. Do you feel part of something larger than yourself?
3. What experiences give you awe?

4. When did you last feel awe that stopped your thinking mind?
5. Do you pray, meditate, or have rituals?
6. Do you feel guided, abandoned, or neutral toward 'the universe'?
7. What moral code guides you when nobody is watching?
8. Where do you feel moral injury (betrayed your values)?
9. Do you believe suffering has purpose?
10. Do you believe suffering is random?
11. What spiritual idea comforts you?
12. What spiritual idea angers you?
13. What do you believe happens after death?
14. How does that belief shape your choices now?
15. What does forgiveness mean in your worldview?
16. What does justice mean in your worldview?
17. What does humility mean in your worldview?
18. What does power mean in your worldview?
19. What does love mean in your worldview?
20. What does freedom mean in your worldview?

E. Regret, the unlived life & alignment

1. What is your 'ghost ship' path you still imagine?
2. What did you not choose that still calls you?
3. What did you choose that still costs you?
4. Where are you living someone else's script?
5. What identity are you living to avoid shame?
6. What relationship are you keeping to avoid fear?
7. What job/role are you keeping to avoid uncertainty?
8. What dream are you postponing because it feels too big?
9. What dream are you postponing because it feels too small?
10. What would you do if you stopped trying to prove something?
11. What would you do if you stopped trying to avoid something?
12. What would alignment look like in your calendar next week?
13. What would alignment look like in your finances next month?
14. What would alignment look like in your body this week?
15. What would alignment look like in your relationships this month?
16. What is one courageous choice you could make now?
17. What is one compassionate choice you could make now?
18. What is one boundary that would create alignment?
19. What is one apology that would create alignment?
20. What is one goodbye that would create alignment?

VIII. Developmental Origins (Source Code)

A. Early environment & attachment learning

1. What did love require from you as a child?
2. What did safety require from you as a child?
3. What did belonging require from you as a child?
4. Who was emotionally available to you?
5. Who was emotionally unavailable to you?
6. Who was unpredictable to you?
7. Who did you have to manage emotionally?
8. Who did you have to protect?
9. Who protected you, if anyone?
10. When you cried, what typically happened?
11. When you were angry, what typically happened?
12. When you were scared, what typically happened?
13. When you needed comfort, what did you learn to do?
14. When you succeeded, what did caregivers do?
15. When you failed, what did caregivers do?
16. What messages did you learn about masculinity/femininity?
17. What messages did you learn about power and authority?
18. What messages did you learn about trust?
19. What messages did you learn about your body?
20. What messages did you learn about needs?

B. Family system roles, rules & myths

1. What role did you occupy in your family system?
2. What unspoken rule governed emotions in your home?
3. What unspoken rule governed conflict in your home?
4. What unspoken rule governed achievement in your home?
5. What unspoken rule governed money in your home?
6. What unspoken rule governed reputation in your home?
7. What secrets existed in your family?
8. What topics were forbidden to discuss?
9. What did your family pretend was normal?
10. What did your family label as weakness?
11. What did your family label as strength?
12. What did your family label as selfishness?
13. What did your family label as love?
14. What did your family label as disrespect?
15. Who was the scapegoat?
16. Who was the hero?

17. Who was the caretaker?
18. Who was the controller?
19. Who was the avoider?
20. What family myth still scripts you today?

C. Formative events & trauma exposures

1. What event changed your nervous system baseline?
2. What event changed your trust in people?
3. What event changed your trust in yourself?
4. What event changed your view of safety?
5. What event changed your view of love?
6. What event changed your view of authority?
7. Have you experienced emotional abuse? Describe impact.
8. Have you experienced physical abuse? Describe impact.
9. Have you experienced sexual boundary violations? Describe impact.
10. Have you experienced neglect? Describe impact.
11. Have you experienced bullying or humiliation? Describe impact.
12. Have you experienced sudden loss or grief? Describe impact.
13. Have you experienced chronic instability (moves, finances, conflict)?
14. Have you experienced discrimination? Describe impact.
15. Have you experienced medical trauma? Describe impact.
16. Have you experienced accidents/violence exposure? Describe impact.
17. Do you experience triggers tied to those events? Which?
18. Do you experience flashbacks or intrusive memories? How often?
19. Do you avoid reminders? Which?
20. What safety behavior did you learn that no longer serves you?

D. Learned coping strategies & adaptations

1. What coping strategy saved you as a child?
2. What coping strategy saved you as a teen?
3. What coping strategy saves you now but costs you later?
4. Do you overfunction to prevent chaos?
5. Do you underfunction to avoid expectation?
6. Do you people-please to prevent conflict?
7. Do you withdraw to prevent rejection?
8. Do you control to prevent helplessness?
9. Do you perform to prevent shame?
10. Do you numb to prevent overwhelm?
11. Do you intellectualize to prevent vulnerability?
12. Do you charm to prevent hostility?

13. Do you become self-reliant to prevent disappointment?
14. Do you become needed to prevent abandonment?
15. Do you become invisible to prevent attack?
16. Do you become aggressive to prevent exploitation?
17. Do you become perfect to prevent criticism?
18. Do you become funny to prevent sadness?
19. Do you become helpful to prevent guilt?
20. Which adaptation are you ready to update?

E. Reprocessing, narrative repair & integration

1. What part of your past feels unfinished?
2. What memory carries the most charge today?
3. What belief was born from that memory?
4. What protective promise did you make then (e.g., 'never need anyone')?
5. What does that promise cost you now?
6. What would it mean to break that promise safely?
7. What would younger-you need to hear from you now?
8. What would younger-you need to see you do now?
9. What would it look like to grieve what you didn't get?
10. What would it look like to honor what you survived?
11. Who would you be without your old coping strategy?
12. What relationship pattern would shift if the past healed 20%?
13. What body symptom might ease if the past softened 20%?
14. What fear might reduce if you updated your story?
15. What would you forgive yourself for from that era?
16. What would you stop blaming yourself for from that era?
17. What would you reclaim as strength from that era?
18. What would you choose to release from that era?
19. What support would make this work safe (therapy, group, friend)?
20. What would a healed narrative sound like in one sentence?

IX. Strengths, Resources & Resilience (Toolkit)

A. Strength inventory & competence under pressure

1. What are you unusually good at under pressure?
2. What do others consistently rely on you for?
3. What do you learn faster than most people?
4. What do you notice that others miss?
5. What is your strongest interpersonal skill?

6. What is your strongest analytical skill?
7. What is your strongest creative skill?
8. What is your strongest leadership skill?
9. What is your strongest self-management skill?
10. What is your strongest caregiving skill?
11. What did you do in your hardest period that kept you going?
12. What personal rule helped you survive?
13. What relationship helped you survive?
14. What belief helped you survive?
15. What habit helped you survive?
16. What strength do you under-claim because it feels 'normal'?
17. What strength do you overuse until it becomes a liability?
18. What strength would you like to develop next?
19. What skill gap is most costly right now?
20. What strength would your closest friend name first?

B. Protective factors & support network

1. Who would answer at 2 AM if needed?
2. Who do you trust with your shame?
3. Who do you trust with your anger?
4. Who do you trust with your sadness?
5. Who do you trust with your ambition?
6. Do you have mentors? Who and why?
7. Do you have peers you can be real with?
8. Do you have family support that feels safe?
9. Do you have community belonging? Where?
10. Do you have spiritual or values-based support?
11. Do you accept help when offered?
12. Do you ask for help when needed?
13. Do you know how to receive without repaying immediately?
14. What support do you need that you have not named?
15. What support do you need that you resist?
16. What boundaries protect your mental health most?
17. What boundaries do you need but avoid?
18. Who drains you but you keep close? Why?
19. Who nourishes you but you keep distant? Why?
20. What kind of ally do you need right now?

C. Resilience mechanisms & recovery profile

1. How quickly do you return to baseline after stress?

2. What accelerates your recovery most?
3. What slows your recovery most?
4. What does your resilience look like behaviorally?
5. What does your resilience look like emotionally?
6. What does your resilience look like socially?
7. What does your resilience look like cognitively?
8. What does your resilience look like spiritually?
9. What does your resilience look like physically?
10. What pattern predicts a burnout period for you?
11. What pattern predicts a growth period for you?
12. What is your relapse signature?
13. What is your repair signature?
14. What routine is your keystone for stability?
15. What belief is your keystone for courage?
16. What environment is your keystone for calm?
17. What relationship is your keystone for meaning?
18. What practice is your keystone for focus?
19. What is your current capacity (0-10) for change?
20. What is your current confidence (0-10) for change?

D. Joy, play, curiosity & nourishment

1. What reliably makes you feel more alive afterward?
2. What activities give you quiet joy?
3. What activities give you intense joy?
4. What makes you laugh without performing?
5. What kind of play did you enjoy as a child?
6. What kind of play do you allow now?
7. What do you feel guilty enjoying?
8. What do you secretly love but downplay?
9. What do you wish you did weekly?
10. What do you wish you did daily?
11. What music changes your state reliably?
12. What place changes your state reliably?
13. What movement changes your state reliably?
14. What conversation changes your state reliably?
15. What kind of learning excites you?
16. What kind of creation excites you?
17. What kind of service excites you?
18. What kind of challenge excites you?
19. What kind of rest truly nourishes you?
20. What would it mean to prioritize joy ethically?

E. Growth plan, leverage points & maintenance

1. What single change would yield the biggest benefit?
2. What single removal would yield the biggest relief?
3. What 3 practices would you keep if you could keep only 3?
4. What 3 commitments are non-negotiable for your mental health?
5. What 3 people are non-negotiable for your support?
6. What 3 environments are non-negotiable for your calm?
7. What 3 boundaries are non-negotiable for your energy?
8. What 3 skills would you train in the next 90 days?
9. What would you measure weekly to stay on track?
10. What would you measure daily to stay regulated?
11. What is your minimal plan for bad weeks?
12. What is your maximal plan for good weeks?
13. What reward system keeps you consistent without shame?
14. What accountability structure keeps you honest without fear?
15. What will you do when motivation disappears?
16. What will you do when stress spikes suddenly?
17. What will you do when success destabilizes you?
18. What will you do when loneliness destabilizes you?
19. What will you do when conflict destabilizes you?
20. What would 'maintenance mode' look like long-term?

X. Context, Culture & Systems (Ecosystem)

A. Cultural scripts & identity pressures

1. What cultural expectations shape your behavior daily?
2. What gender role expectations shape your emotions?
3. What family-of-origin expectations shape your choices?
4. What community expectations shape your reputation management?
5. What religious/spiritual expectations shape your guilt or shame?
6. What class/status expectations shape your ambition?
7. What 'respectability' rules govern your life?
8. What is considered 'weak' in your culture that you disagree with?
9. What is considered 'strong' in your culture that harms you?
10. What cultural rule do you secretly want to break?
11. Where do you feel watched or evaluated socially?
12. Where do you feel free from social evaluation?
13. What part of you is most constrained by norms?

14. What part of you is most empowered by norms?
15. What identity intersection creates unique pressure for you?
16. What identity intersection gives unique strength for you?
17. What cultural story about success do you live under?
18. What cultural story about love do you live under?
19. What cultural story about parenting do you live under?
20. What cultural story about authority do you live under?

B. Environment design & daily constraints

1. What in your environment keeps you dysregulated (noise, clutter, conflict)?
2. What in your environment keeps you stable (routines, people, spaces)?
3. What is your commute or travel stress load?
4. What is your screen exposure load daily?
5. What is your privacy level at home?
6. What is your autonomy level at home?
7. What is your autonomy level at work?
8. What is your workload predictability?
9. What is your financial predictability?
10. What is your social demand load weekly?
11. What is your caretaking demand load weekly?
12. What is your decision load daily?
13. What is your interruption load daily?
14. What is your sleep-disruption load weekly?
15. What is your conflict exposure load weekly?
16. What is your recovery time availability?
17. What is your access to nature or quiet?
18. What is your access to movement or exercise space?
19. What constraint is real and must be respected now?
20. What constraint is internalized and negotiable?

C. Systems, power & institutional dynamics

1. Where do you feel powerless in your life systemically?
2. Where do you feel empowered in your life systemically?
3. How do you respond to authority: comply, resist, negotiate, avoid?
4. How do you respond to bureaucracy: endure, rage, game, collapse?
5. Where do you feel exploited, and by whom?
6. Where do you feel valued, and by whom?
7. Where do you feel unsafe to speak truth?
8. Where do you feel safe to speak truth?
9. What are the incentives shaping your behavior at work?

10. What are the punishments shaping your behavior at work?
11. What are the invisible rules shaping your social circle?
12. What are the invisible rules shaping your family?
13. What systems would you redesign if you could?
14. What power do you have that you underuse?
15. What power do you have that you overuse?
16. Who benefits when you stay over-responsible?
17. Who benefits when you stay silent?
18. Who benefits when you stay exhausted?
19. What would change if you negotiated more?
20. What would change if you exited one harmful system?

D. Resources, access & opportunity structure

1. What resources do you have that you overlook?
2. What resources do you lack that are critical?
3. What skills increase your leverage in your context?
4. What relationships increase your leverage in your context?
5. What credentials increase your options in your context?
6. What constraints reduce your options in your context?
7. What opportunities are you avoiding out of fear?
8. What opportunities are you missing due to distraction?
9. What opportunity would you pursue with guaranteed support?
10. What opportunity aligns with your values but scares you?
11. What environment would multiply your wellbeing?
12. What environment would multiply your career options?
13. What environment would multiply your family stability?
14. What is your risk tolerance given your responsibilities?
15. What is your realistic time budget for change?
16. What is your realistic money budget for change?
17. What is your realistic energy budget for change?
18. What is your realistic social budget for change?
19. What is the smallest opportunity that unlocks bigger ones?
20. What is the biggest opportunity you can pursue ethically?

E. Contextual adaptation & future positioning

1. What changes if you change your environment rather than yourself?
2. What changes if you change your role rather than your habits?
3. What changes if you change your network rather than your mindset?
4. What is one context you should stop fighting and start leaving?
5. What is one context you should stop leaving and start shaping?

6. What is your 12-month positioning goal (work, family, health)?
7. What is your 3-month experiment to test that goal?
8. What is your worst-case scenario if you change?
9. What is your best-case scenario if you change?
10. What is your most likely scenario if you change?
11. What is your worst-case scenario if you do not change?
12. What is your best-case scenario if you do not change?
13. What is your most likely scenario if you do not change?
14. What boundary will protect your future self?
15. What skill will protect your future self?
16. What relationship will protect your future self?
17. What habit will protect your future self?
18. What belief will protect your future self?
19. What plan will protect your future self?
20. What does success look like in your specific context?