# Wiring profile worksheet (alpha)

FOX MIND .space

**Educational content only – not medical or therapeutic advice.**

# Purpose



- This worksheet exists because capable people often break in systems that were never designed for their wiring.

- Its purpose is to help with:
  - ➤ understand your internal architecture
  - ➤ see where effort turns into silent cost
  - ➤ Identify environments that destabilize you over time

- It will not tell you to try harder. It is a **mapping tool** — designed to bring clarity

# Signal vs noise load

**Goal:** detect cognitive distortion risk

- In environments where I **function best**, information tends to be:
  - ☐ clean
  - ☐ explicit & direct
  - ☐ consistent
  - ☐ low-politics
  - ☐ goal- or final outcome oriented
  - ☐ delivered pro-actively

- In environments where I **degrade**, information tends to be:
  - ☐ ambiguous
  - ☐ emotionally charged
  - ☐ socially and/or professionally filtered
  - ☐ constantly shifting
  - ☐ personal agenda-oriented
  - ☐ delivered late (or learned from others)

# Signal vs noise load

**Goal:** detect cognitive distortion risk

- When signal quality drops, my system compensates by:
  (check all that apply)
    - ☐ over-analyzing
    - ☐ holding more context than others
    - ☐ mentally rehearsing scenarios
    - ☐ slowing down
    - ☐ withdrawing & disengaging
    - ☐ getting tired by the need of working around people that should support me
    - ☐ tolerating things that are against my values

- **Reflection**: "I don't overthink. I compensate."

# Emotional load distribution

**Goal:** reveal hidden emotional labor

- In most groups, I tend to:
  - ☐ stabilize tension
  - ☐ identify patterns other miss
  - ☐ absorb emotional spillover
  - ☐ notice what others ignore
  - ☐ adapt my tone to others
  - ☐ carry responsibility silently
  - ☐ take additional tasks on me because I cannot stand set for failure approach that I clearly see and others don't

- Am I carrying this alone?
  - ☐ my depth is matched
  - ☐ my depth is tolerated
  - ☐ my depth is used
  - ☐ my depth is recognized
  - ☐ my depth is ignored
  - ☐ my depth is penalized

- **Reflection**: What happens to me when I carry this alone?

# Standards & self-erosion

**Goal:** detect identity distortion risk

- When my standards exceed the environment's, I tend to:
  - ☐ lower my expectations
  - ☐ accept noise I shouldn't
  - ☐ self-silence
  - ☐ rationalize misalignment
  - ☐ tell myself it is fine
  - ☐ tolerate it just not to get bothered no more about the topic and to be left in peace.

- Over time, this creates:
  - ☐ fatigue
  - ☐ cynism
  - ☐ self-doubt
  - ☐ loss of clarity
  - ☐ quiet resentment
  - ☐ exhaustion
  - ☐ feeling of self-betrayal

- **Reflection**: Prolonged self-reduction is not resilience. It is erosion.

# COST vs BENEFIT mapping

- This is the heart of FoxMind approach (**examples**)

| Environment | Benefits I receive | Cost I pay | Net effect |
|---|---|---|---|
| High-politics meetings | Visibility | Signal distortion, cognitive drain | -2 |
| Ambiguous role expectations | Flexibility | Constant self-correction | -3 |
| "Fast-paced" culture | Short-term output | Chronic nervous system load | -4 |
| Asynchronous communication | Deep work, precision | Slower feedback loops | +5 |
| Being the emotional stabilizer | Group harmony | Carrying it alone | -3 |
| Honest, low-drama conversations | Trust, depth | Discomfort upfront | +4 |
| Avoiding conflict to keep peace | Short-term calm | Long-term self-erosion | −4 |
| Naming limits early | Self-respect, clarity | Temporary tension | +3 |

- **Instruction:** Benefits are not GOOD and COSTS are not BAD. If COST consistently exceeds BENEFIT, VALUE is negative regardless of outcomes.

# Early misfit signals
**Goal:** detect potential collapse early

- Before I reach extreme exhaustion, my system usually shows:
  - ☐ sleep fragmentation
  - ☐ loss of curiosity
  - ☐ increased rumination
  - ☐ emotional numbness
  - ☐ somatic tension
  - ☐ lack of interest in my hobbies or other things I used to love

- These signals usually appear:
  - ☐ months before collapse
  - ☐ weeks before
  - ☐ I ignore them
  - ☐ I normalize them

# Output page
## What this worksheet reveals

- The environment that stabilize me is (example):
  - ➢ Clear expectations and written context
  - ➢ Low-politics, low-drama spaces
  - ➢ Asynchronous communication
  - ➢ Quiet autonomy with trust
  - ➢ Small groups with depth over speed
  - ➢ Predictable rhythms with room for recovery
  - ➢ Environments where I can function in harmony not continuous escalation
  - ➢ Interacting with more selfless people that do not think about their own business but broader sense of everything we do

# Output page
## What this worksheet reveals

- The environment that distort me is (example):
  - Ambiguous roles & shifting goals (incl. everybody treated "equally" even if incompetent)
  - High emotional noise or manipulation
  - Constant interruptions and urgency
  - Performative meetings with hidden agendas (incl. strong propaganda of success)
  - Systems that reward visibility over substance
  - Social pressure to override internal signals
  - Continuous exposure to exhausting and long alignment marathons
  - Frequent and exhaustive business travel
  - Social interactions that do not bring much value like long business dinner marathons
  - Long videoconferences when I am forced to have camera switched on and listen to long monologues.

# Output page
## What this worksheet reveals

- The costs I've been calling "normal" are: (example):
  - Persistent fatigue masked as discipline
  - Overthinking as a form of compensation
  - Emotional absorption without support
  - Self-silencing to maintain harmony
  - Sleep disruption accepted as "part of the job"
  - Chronic tension & stress treated as baseline
  - Continuous distraction with requests to be delivered tomorrow coming from people that are incapable to make a proper strategy & planning
  - Necessity to sugar talk to people for the sake of false team cohesion
  - Incompetent people taking same recognition as true performers for the sake of fake "equality" and harmony

# Output page
## What this worksheet reveals

- The signals I will no longer ignore are: (example):
  - ➢ Loss of curiosity and creative drive
  - ➢ Fragmented sleep or early waking (generally worsened quality of sleep)
  - ➢ Increased rumination and mental looping
  - ➢ Getting sick more often than usual
  - ➢ Emotional numbness or irritability
  - ➢ Body tension that doesn't release
  - ➢ Fantasies of withdrawal or escape
  - ➢ Potential rage in my mind caused by exhaustion

- **Reflection**: These signals ≠ I'm weak. They mean the system is no longer sustainable for me.

# Summary

- This is an alpha tool.
  **Its job is clarity**, not comfort.
  If it feels confronting, that's usually a sign it's accurate.

- This worksheet does not tell you what to do.
  **It tells you what *cannot continue*.**

# Fit is a design problem, not a character flaw.

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