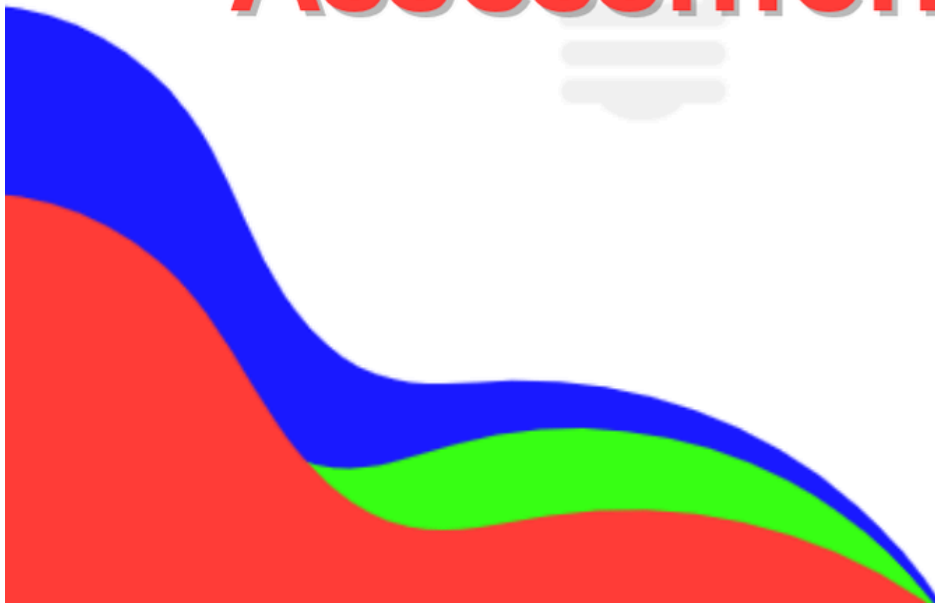




RJ THOMPSON

The Reckon and Reveal

Neural Pathway Diagnostic Assessment



NEURAL PATTERN DIAGNOSTIC ASSESSMENT

Instructions: Choose the response that MOST accurately describes your typical experience:

SECTION 1: THREAT DETECTION PATTERNS

1. **When you receive criticism or negative feedback, your immediate internal response is:** A) "They're right, I'm not good enough" (Shame spiral) B) "They're attacking me, I need to defend myself" (Fight response)
C) "I need to get away from this situation" (Flight response)
D) "I can receive this feedback without it defining me" (Regulated response)
2. **In social situations where you don't know many people:** A) I scan for signs that people don't like me or find me awkward
B) I put on a performance to make sure everyone approves of me
C) I stay quiet and try not to draw attention to myself
D) I can be authentically myself without needing validation
3. **When someone doesn't respond to your text/call quickly:**
A) I assume I've done something wrong or they're mad at me
B) I create stories about what this means about our relationship
C) I send multiple follow-up messages to get a response
D) I assume they're busy and don't take it personally

SECTION 2: ATTACHMENT AND SAFETY PATTERNS

4. **In close relationships, your biggest fear is:** A) Being abandoned or rejected if they really know me
B) Being controlled or losing my independence
C) Being a burden or asking for too much
D) I feel secure in giving and receiving love
5. **When you need help or support:** A) I struggle to ask because I don't want to bother anyone
B) I've learned it's safer to handle everything myself
C) I ask but expect to be

disappointed or let down D) I can ask for help knowing I'm worthy of support

6. **Your relationship with God feels:** A) Distant - like He's disappointed in me or I can't measure up B) Conditional - like I have to perform to earn His love C) Unpredictable - sometimes close, sometimes He feels absent D) Secure - I know I'm loved regardless of my performance

SECTION 3: IDENTITY AND WORTH PATTERNS

7. **When you make a mistake or fail at something:** A) It confirms what I already believe about myself - that I'm not capable B) I replay it over and over, unable to let it go C) I minimize it or make excuses to protect my ego D) I learn from it without it affecting my core identity
8. **Your internal voice about your appearance/abilities sounds like:** A) A harsh critic pointing out every flaw and inadequacy B) Comparison to others who seem more successful/attractive C) Dismissive of compliments but quick to believe criticism D) Generally kind and encouraging, focusing on growth
9. **When others succeed or get opportunities you want:** A) I question why good things don't happen to me B) I feel jealous and wonder what's wrong with me C) I'm happy for them but feel left behind D) I celebrate with them and trust God's timing for me

SECTION 4: CONTROL AND TRUST PATTERNS

10. **When plans change unexpectedly:** A) I feel anxious and struggle to adapt B) I get frustrated and try to force things back to my plan C) I worry about what else might go wrong D) I can adjust and trust that it will work out

11. **In uncertain situations:** A) I need to know all possible outcomes before I can move forward B) I create backup plans for my backup plans C) I avoid making decisions until I have more information D) I can move forward with peace even without all the answers
12. **Your relationship with money/provision:** A) I constantly worry about having enough B) I hoard resources because I can't trust they'll be replenished C) I stress about every financial decision D) I trust God to provide and can be generous

SECTION 5: EMOTIONAL REGULATION PATTERNS

13. **When you feel angry:** A) I suppress it because "good Christians don't get angry" B) It explodes out of me in ways I later regret C) I turn it inward and become depressed or self-critical D) I can feel it, express it appropriately, and let it go
14. **When sadness or grief arises:** A) I try to "get over it" quickly and stay positive B) I feel like I'm drowning and can't function C) I isolate myself until it passes D) I can feel it fully while still functioning and seeking support
15. **Your relationship with your own emotions:** A) They feel dangerous and unpredictable B) I judge myself for having certain feelings C) I'm disconnected from them most of the time D) I see them as information and can navigate them skillfully

SECTION 6: PURPOSE AND CALLING PATTERNS

16. **When you think about your calling or purpose:** A) I feel overwhelmed by the gap between where I am and where I should be B) I doubt whether I really have anything valuable to offer C) I know what it is but feel stuck or unable to move

forward D) I feel excited and equipped to walk in what God has for me

17. **When opportunities arise that could advance your purpose:** A) I immediately think of all the ways I might fail B) I question whether I'm qualified or ready C) I say yes but then self-sabotage or procrastinate D) I can discern and move forward with confidence

SECTION 7: SPIRITUAL AUTHORITY PATTERNS

18. **When praying for breakthrough or healing:** A) I doubt whether God really wants to answer my prayers B) I wonder if I have enough faith for it to work C) I pray but don't really expect things to change D) I pray with authority knowing God hears and responds
19. **Your relationship with spiritual warfare:** A) I feel like I'm constantly under attack with no defense B) I'm not sure what's spiritual warfare vs. my own issues C) I know about it intellectually but don't feel equipped D) I understand my authority and can stand firm against opposition

ANSWER KEY - IDENTIFY YOUR STUCK PATTERNS:

Mostly A's indicate:

- **STUCK PATTERN:** Shame/Inadequacy Programming
- **ROOT ISSUE:** "I am not enough"
- **NEURAL PATHWAY:** Default to self-condemnation
- **PRIMARY NEED:** Identity reconstruction through God's love

Mostly B's indicate:

- **STUCK PATTERN:** Hypervigilance/Control Programming
- **ROOT ISSUE:** "The world is not safe"

- **NEURAL PATHWAY:** Threat-scanning and self-protection
- **PRIMARY NEED:** Nervous system regulation and trust-building

Mostly C's indicate:

- **STUCK PATTERN:** Avoidance/Withdrawal Programming
- **ROOT ISSUE:** "I can't handle disappointment"
- **NEURAL PATHWAY:** Emotional shut-down and isolation
- **PRIMARY NEED:** Emotional regulation and connection skills

Mostly D's indicate:

- **PATTERN:** Integrated and Regulated
- **STRENGTH:** Secure attachment and healthy neural patterns
- **FOCUS:** Refinement and helping others develop stability

Mixed responses indicate multiple stuck patterns that need addressing in sequence.