



EXECUTIVE DECISION PROTOCOL

HYPER REFINERY™ COACHING VS. THERAPY COMPLEXITY ASSESSMENT

Your Legacy Expedition begins with an accurate assessment of the complexities that threaten your accomplishment.

As a Visionary and high-performing professional, you know the difference between a small setback and systemic friction that threatens your entire workflow.

The essential question is not if you're struggling, but why: Is your inconsistency rooted in a systems' failure that requires strategic action (Coaching), or an emotional wound that requires healing and insight (Therapy)?

This focused assessment will analyze your patterns of response to executive challenges, providing the unfiltered clarity you need to choose the right path for your next level of achievement.

What You'll Discover

Executive Decision Protocol:

Hyper Refinery™ Complexity Assessment

ADHD COACHING Strategic Challenge	VS	THERAPY Healing Challenge
Significant Mental Load Requires a Neuro-Optimized Framework	ROOT of RESISTANCE	Internal Systems Backlog (Requires Audit & Processing)
Systemic Vulnerability (Lack of Aligned External Systems)	SOURCE of ANXIETY	Emotional Leverage Deficit & Fear of Exposure
Seeks Immediate System Fix (Bias toward Action)	YOUR DEFAULT RESPONSE	Retreats to Executive Paralysis & Shame
COACHING: Action, Accountability, and Architecting Performance Systems	CONSIDER YOUR NEXT STEP	THERAPY: Healing, Insight, and Clearing the Emotional Landscape

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How It Works: This quiz places you in 10 real-world scenarios tailored to the ADHD experience. Choose the response that most accurately reflects how you'd react in the moment—not how you wish you'd react. Your answers will reveal whether therapy, coaching, or self-trust is your best next step.

Why It Matters: ADHD isn't a deficit—it's a difference. But even the most brilliant minds get stuck. This quiz helps you pinpoint the root of the stuckness so you can invest your time, energy, and resources in the right kind of support.

Ready? Grab a pen and paper, or open a notes app to track your answers. Be honest. Be brave. And most importantly—trust the process.

KNOW WHEN TO SEEK IMMEDIATE HELP

Disclaimer: This assessment is for informational purposes only and is not a substitute for a professional mental health assessment or diagnosis. If you are experiencing severe distress or a mental health condition, please consult a licensed mental health professional.

If you are experiencing severe distress, thoughts of self-harm, or symptoms that are significantly impacting your daily life, it's crucial to reach out to a mental health professional immediately. If you are experiencing a life-threatening medical emergency, call 911 immediately.



QUESTION 1

"You've been staring at a blank screen for weeks. A major project is due in 14 days, and the pressure is crushing. Every time you think about it, your chest tightens, and you feel like you're drowning. You've avoided opening the file for days."

- A: "The shame is paralyzing. You can't even bring yourself to admit you're stuck. When someone asks how it's going, you lie and say you've been busy with other priorities—anything to avoid facing the truth."
- B: "You've been binge-watching crime dramas and scrolling through nature documentaries for hours. Part of you knows you'd make progress if you just had a clear plan to break it down, but you can't seem to start."
- C: "You swallow your pride and ask a trusted colleague for help. Together, you break the project into tiny, manageable steps. Within an hour, you've made real progress and finally feel the weight lifting."

QUESTION 2

"Your small business is stagnating. You hired an assistant to help, but every time you think about delegating, your stomach clenches. What if they see how disorganized you really are? What if they judge you—or worse, expose your chaos to clients?"

- A: "You take a deep breath, force yourself to sit down, and scribble out a list of tasks you can hand off—no overthinking, just action."
- B: "The thought of letting go is unthinkable. You've tried delegating before, and it always ends with you redoing everything. You'd rather work 24/7 than risk someone else messing it up—or worse, seeing the mess you've been hiding."
- C: "You spend hours crafting the 'perfect' training documents, but they sit in your drafts folder for weeks. Every time you think about sending them, you open them up to discover you can make them better with a few more edits."

QUESTION 3

"In a team meeting, a colleague casually suggests a way to 'improve your completion rate.' Their tone isn't unkind, but the words hit like a punch to the gut. You feel exposed, like everyone just saw the cracks in your armor."

- A: "You don't show up for work the next two days. The criticism replays in your head on loop: 'I'm a fraud. I don't belong here. Maybe I should just quit before they fire me.'"
- B: "Your jaw clenches. 'Who does he think he is?' you think. 'He's just trying to look good for the boss.' You dismiss him entirely and refuse to give his comment another second of your energy."
- C: "You're furious. You rant to anyone who'll listen, replaying the moment over and over. By the end of the day, you've derailed your own work—and half your team's. It's only after a sleepless night that you finally let it go."

QUESTION 4

"You look up from your desk, and the office is dark. Your phone buzzes—a text from your brother: 'Where are you? We saved you a seat at dinner.' Your stomach drops. You missed an important family dinner gathering. Again. The guilt is a physical weight in your chest."

- A: "You tell yourself it's too late now. You dive back into your work, losing another hour in 'the zone.' 'Next week,' you promise yourself. But you've said that before."
- B: "You text your brother right then: 'Next time, call me when you're heading to dinner so I don't lose track of time.' It's not a perfect fix, but it's something."
- C: "The thought of facing your brother's perfect life—his promotion, his kids, his 'together' spouse—makes you nauseous. You silence your phone and ignore the text for the next three days."

QUESTION 5

"Your laundry is piled to your knees, and your kitchen counter looks like a science experiment. Your college friend is coming from out of state to visit for the weekend. The thought of them seeing this chaos makes you want to crawl under a blanket and disappear."

- A: "You flop onto the couch and turn on the TV. 'I'll deal with it tomorrow,' you think. You then crawl under the blanket and sleep instead of dealing with the thought of company or cleaning."
- B: "You launch into a cleaning frenzy, but it's all surface-level. You shove half the clutter into bins and boxes, knowing you'll 'organize them later.' (But probably not.)"
- C: "You take a deep breath, toss a load of laundry in the wash, and start the dishwasher. It's not perfect, but it's progress. You'll tackle the rest tomorrow—if everything doesn't get done, you know your friend is coming to see you and doesn't care about clothes or kitchen counters."

QUESTION 6

"You're already 20 minutes late for work, and your car keys are nowhere to be found. You've torn apart your bag, your pockets, the couch cushions—nothing. Your pulse is racing. If you don't leave now, you'll have to face the 'where were you?' looks from your boss. Again."

- A: "You pull out your phone and order a key organizer for the entryway table. You shoot a quick message to your virtual assistant: 'Remind me to put my keys here every night.' Then you grab your spare set and run out the door, already mentally rearranging your morning routine."
- B: "I HATE MORNINGS. I HATE KEYS. WHY DOES THIS ALWAYS HAPPEN?" You're screaming, tossing pillows off the couch in a panic. You finally find them—in the wrong pocket of your bag. 'I need a better system,' you mutter. (But you've said that 100 times before.)"
- C: "You sink onto the floor. Even if you found them now, you're too late. The thought of walking in late, of the judging glares from co-workers and making up more car trouble excuses makes you want to vomit. You text your boss: 'Not feeling well, stomach trouble. Taking a sick day.'"

QUESTION 7

Rumors are swirling: your company is merging, and your department is on the chopping block. You've experienced a significant professional setback and are struggling with feelings of self-blame. 'They're going to let me go first. I know it.' The fear is a knot tightening in your throat."

- A: "You can't sit still. On your way home, you detour to the mall and buy three things you don't need. The credit card bill can wait."
- B: "You stop at the grocery store and grab chips, cookies, and a family-sized pack of Twix. You eat until you're numb, but the anxiety keeps you staring at the ceiling all night. Sleep isn't happening."
- C: "You call your most level-headed friend and spill your fears. After hanging up, you open your laptop and pull up your resume. It's been years since you've updated it, but you start typing. Just in case."

QUESTION 8

"You're bone-tired. Again. Every day ends with you slumped on the couch, drained in a way that doesn't make sense. You're not doing that much—so why does it feel like you're running on empty?"

- A: "You haven't slept through the night in weeks. The closer it gets to bedtime, the more your mind races with dread about the next day. You scroll on your phone until 2 a.m., too wired to sleep but too exhausted to move."
- B: "You've always been a night owl. Your brain finally kicks into gear at 3 p.m., and by 10 p.m., you're a powerhouse. You're ticking off items from your home project list, even if it means burning the midnight oil."
- C: "You realize you've been staying up too late. Tonight, you turn off the TV at 10 p.m., set your phone across the room, and climb into bed. It's not revolutionary, but it's a start."

QUESTION 9

"Your new manager just announced quarterly 'team-building' activities: icebreakers, role-playing, and 'fun' off-site projects. The word 'mandatory' wasn't said, but you hear it loud and clear. Your palms are sweaty just thinking about it.

- A: "That's just great. Maybe they'll at least feed us,' you think. Then you shrug and dive back into your inbox. It'll probably get canceled anyway—nothing ever sticks around here."
- B: "That's just great,' you think. Your heart is racing. The thought of forced small talk, of being put on the spot, makes you feel awkward and embarrassed in advance. You Google 'how to quit a job gracefully' before you've even left the meeting."
- C: "You're already brainstorming a million ideas—team volunteer projects, a trivia night, meal delivery to Seniors. You fire off an email to your manager: 'Can we chat about how I can help lead some of these?' You're too excited to attend to your regular work."

QUESTION 10

"Due to rapid expansion, three months ago your company 'modernized.' Your private office is gone, replaced by an open floor plan with 'hot desking.' You're supposed to feel 'connected' and 'collaborative,' but you have different feelings about it."

- A: "Surprisingly, you're feeling okay. The noise-canceling headphones help, and the company's new digital tools have improved your workflow. You take walks when the chaos gets too loud, and your productivity is inching upward. "
- B:"You negotiated one remote day a week, but the office days are torture. You spend evenings and weekends catching up on work you couldn't focus on during the day. You don't know how long you can keep this up."
- C: "You feel exposed and ungrounded, like you've lost your home. You miss your desk—your photos, your Chia Pet, your Magic 8 ball. The open floor plan was supposed to bring everyone together, but you've never felt more alone. You eat lunch in your car just to breathe."

CONGRATULATIONS ON COMPLETING THE EXECUTIVE DECISION PROTOCOL.

You've moved past guessing and self-blame to achieve unfiltered clarity on the nature of your friction. Whether your next step is foundational healing, strategic action, or focused amplification, know this: **You are not broken, you are merely complex.**

At Hyper Refinery™, we recognize that high achievers don't need more generic advice—they need a system as extraordinary as their ambition. We are the essential resource for the high-performance mind, ready to help you convert complexity into **Neuro-Optimized Leverage and architect a timeless legacy.**

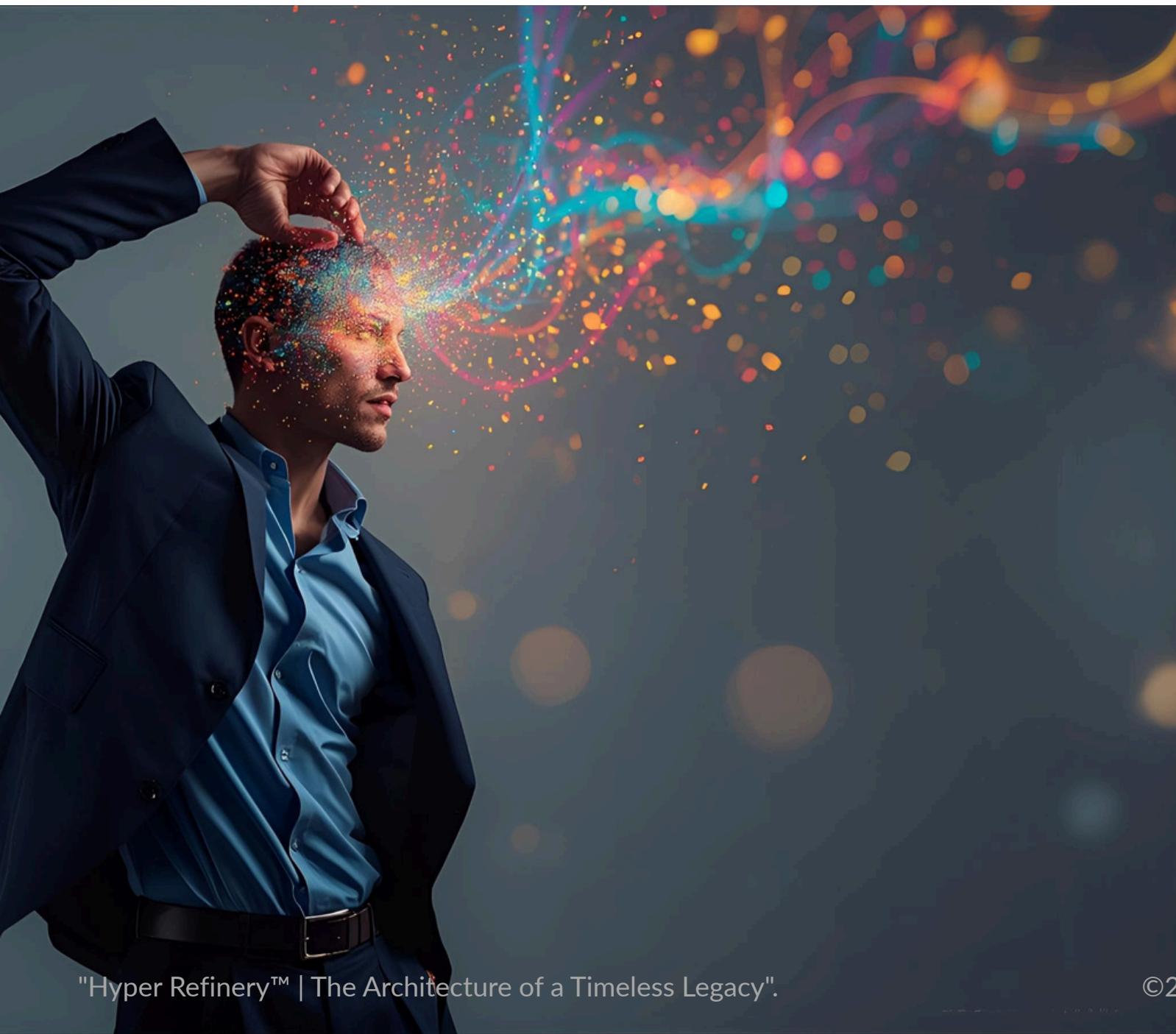
SCORING KEY: FIND YOUR PRIMARY MODALITY

Use the chart below to tally your total score for T, C, and S. Mark one point for the modality corresponding to the letter you chose in each question.

T = TRADITIONAL THERAPY
C = COACHING
S = SELF SUFFICIENT

Question	Your Choice A	Your Choice B	Your Choice C
1	T	C	S
2	S	T	C
3	T	S	C
4	C	S	T
5	T	C	S
6	S	C	T
7	C	T	S
8	T	C	S
9	S	T	C
10	S	C	T
TOTALS	T: ____	C: ____	N: ____

YOUR RESULTS:



MOSTLY THERAPY ANSWERS

PROTOCOL ASSESSMENT: The Healing Mandate

Your Friction is a Foundational Issue. Insight Must Precede Action.

Your assessment reveals that your path to a timeless legacy requires a foundational step: clearing the emotional landscape.

The emotions you feel are rooted in deep-seated patterns that must be processed and healed.

Attempting to build a new system on a shaky emotional foundation will only lead to more friction.

The good news? Recognizing this is the first and most powerful act of self-leadership. Now you have a clear mandate for the next step.

Next Steps: Consider working with a therapist who specializes in **ADHD, trauma, or cognitive behavioral therapy (CBT)**. Look for someone who understands the unique challenges of adults with ADHD and can help you rewire emotional responses that no longer serve you.

YOUR RESULTS:

MOSTLY COACHING ANSWERS

PROTOCOL ASSESSMENT: The Action Protocol

Your Friction is a Systems Mismatch. Your Solution is Strategic Design.

Your assessment reveals the profile of a classic high-achiever: You are competent, ambitious, and ready to take action, but your ambition is being undermined by a **systemic inconsistency**.

The struggle you feel is rooted in a fundamental disconnect between the high-command architecture of your mind and the chaotic systems you are currently forced to use.

You do not need healing; you need a Neuro-Optimized Framework designed to work in perfect concert with your strengths. You are ready to stop fixing yourself and start architecting your legacy.

Next Steps: Strategic Engagement

The Complexity Assessment confirms your need for a systems solution. Your next move is a strategic one: **Schedule your Discovery Call with Hyper Refinery™. Convert your current systemic friction into Neuro-Optimized Leverage.**



YOUR RESULTS:



MOSTLY SELF SUFFICIENT ANSWERS

PROTOCOL ASSESSMENT: Trajectory Validation

Your Current Systems Are Noteworthy. Now, It's Time for Amplification.

Your assessment confirms a reality you already know: You possess strong internal awareness and have successfully built effective systems to manage the friction of a high-performance mind.

Your current trajectory is noteworthy. You do not need radical change; you need **strategic amplification** to take your already successful life to the **next tier of legacy**.

Your work now shifts from building the foundation to perfecting the structure.

Next Steps: Strategic Engagement

Your next move is a strategic one: **Schedule your Discovery Call with Hyper Refinery™**. We are the resource for the high-achiever who is already succeeding but **refuses to settle**.

THANK YOU

Thank you for making the strategic investment of your time to complete this assessment. Clarity is the first act of leadership. We honor your commitment to architecting a timeless legacy.



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