

Tracing One Symptom Through the Twelve

Read the article first. This worksheet accompanies *The Architecture of Human Systems: Twelve Intelligences Behind Mental Health* at ThoughtsFromATherapist.com, which defines the twelve intelligences, the three registers each can run in, and the claim that a symptom is a capacity doing survival work. Search “architecture of human systems” on the site to find it.

Almost everything that shows up as a symptom is a capacity doing skilled survival work in conditions it was never built for. The anxiety that reads every room was built in a house where reading the room was the only safety. Nothing about it is broken. The context changed and the capacity kept doing its job. This sheet takes one symptom and traces it through the architecture: which intelligence is doing the work, which others it leans on, which register it is running in, and what the current context asks for instead. There is no diagnosis at the end. There is a reading.

THE SYMPTOM Name it as it shows up	What it does, when it arrives, and what it feels like from inside. Plain description, in the words we would use with a friend, not a label.
BUILT FOR The context it was built for	The conditions in which this response was the right one: the house, the school, the relationship, the job, the year. What was it keeping safe there?
DOING THE WORK Which intelligence is doing the survival work	One of the twelve is carrying the response. Reading every room is relational and somatic work. Planning for every outcome is strategic work. We name the one most clearly on duty.
LEANING ON Which others it is leaning on	Nothing runs alone. Without relational safety the body does not settle; without the body settled, thinking narrows; without clear thinking, strategy drifts. We name which intelligences the symptom pulls in to do its job.
THE REGISTER Coherence, rigidity, or chaos	Rigidity grips; chaos scatters. Both are the capacity protecting the system under load. We name which one is running and what it is protecting.
CONTEXT NOW What context it is in now	The conditions today, honestly described. What is actually present, what is actually absent, and which of the old dangers is no longer in the room.
FITS NOW What fits now	The same capacity in a dose and form that matches the current context. Not removal; the capacity is needed. A different calibration, and what would have to be in place for it.

It is intelligence. It is in the wrong context.

The symptom and where it came from

Directions: one symptom, the conditions it was built for, and which intelligence is doing its work. A few words per space is enough.

THE SYMPTOM

What it does, when it arrives, and what it feels like from inside. Description, not a label.

BUILT FOR

The context it was built for

The conditions in which this response was the right one, and what it was keeping safe there.

THE CONDITIONS

WHAT IT KEPT SAFE

DOING THE WORK

Which intelligence is doing the survival work

The one most clearly on duty. Check it, then write what it is doing.

- ☐ Identity
- ☐ Somatic
- ☐ Cognitive
- ☐ Volitional
- ☐ Ecological
- ☐ Spiritual

- ☐ Relational
- ☐ Emotional
- ☐ Kinetic
- ☐ Strategic
- ☐ Existential
- ☐ Creative and Playful

LEANING ON

Which others it is leaning on

The intelligences the symptom pulls in to do its job, and what each one is being asked for.

- ☐ Identity
- ☐ Somatic
- ☐ Cognitive
- ☐ Volitional
- ☐ Ecological
- ☐ Spiritual

- ☐ Relational
- ☐ Emotional
- ☐ Kinetic
- ☐ Strategic
- ☐ Existential
- ☐ Creative and Playful

The register, the context now, and what fits

Directions: which register the capacity is running in, what the context is today, and the dose and form that would match it.

THE REGISTER

The register it is in

Check one. Rigidity grips; chaos scatters; coherence is available and calibrated. Then write what the register is protecting.

☐ Coherence

☐ Rigidity

☐ Chaos

CONTEXT NOW

What context it is in now

The conditions today, honestly described.

WHAT IS ACTUALLY PRESENT

WHICH OF THE OLD DANGERS IS NO LONGER IN THE ROOM

WHAT FITS NOW

The same capacity, calibrated to this context. Not removal. The capacity is needed; the dose and the form are what changed.

WHAT THE CURRENT CONTEXT ASKS OF THIS INTELLIGENCE:

WHAT A SMALLER, SLOWER, OR DIFFERENT DOSE WOULD LOOK LIKE:

WHAT WOULD HAVE TO BE IN PLACE FIRST (RELATIONAL SAFETY, A SETTLED BODY, CLEAR THINKING, BANDWIDTH):
