

The Seven-Layer Audit

A workbook preview for diagnosing which layer of your operating system needs attention first.

WORKSHEET: MAPPING YOUR HIDDEN CODE

****Why this matters:**** Chapter 1 argues most of your life runs on code you never chose, installed before you could question it, and the first act of change is learning to read it. The chapter sorts that code into five categories — core beliefs, identity constructs, emotional response patterns, behavioral scripts, and defensive mechanisms.

****Example:**** Recurring pattern: every relationship ends around 18 months → possible program: "intimacy leads to betrayal" (like Nathan, who sabotaged just as real closeness formed).

****Prompts:****

1. List three patterns that repeat in your life regardless of the specific details (relationships, jobs, friendships).
2. For each, ask: what program would have to be running to produce this same output again and again?
3. Recall three times your emotional response felt too big for what actually happened.
4. For each overreaction, ask: what earlier experience might this present moment be setting off?
5. Finish "I am someone who..." ten times, fast, without editing.
6. Beside each "I am" statement, mark whether you chose it or it was installed.
7. Finish each belief stem: "People are...", "Life is...", "Money is...", "Success requires...", "To be loved, I must...", "If I fail, it means..."

8. For each belief above, name who first taught it to you — and whether you still believe it under close examination.

9. Which of the five categories (core belief, identity construct, emotional pattern, behavioral script, defensive mechanism) holds your most limiting program?

10. Name one thermostat in your life set to "68" by someone else — a default you've never actually chosen.

WORKSHEET: FINDING THE ADAPTIVE LOGIC

****Why this matters:**** Chapter 2 argues every dysfunction was once a solution — your worst patterns were smart fixes for the environment you grew up in, and judging them only deepens resistance while compassion opens the door to change. You honor what a pattern did for you, then update it for who you are now.

****Example:**** Pattern: I can't say no and apologize constantly → protected me from my mother's mood swings, where safety depended on keeping her happy (like Lisa the people-pleaser).

****Prompts:****

1. Pick one pattern you'd like to change — something you do again and again that isn't helping. Name it exactly.

2. When in your past might this pattern have actually helped? Describe the original environment.

3. What bad outcome did this pattern help you avoid back then?

4. What good outcome — safety, love, attention, approval — did it help you get?

5. Can you see the intelligence in this adaptation? Write one sentence honoring what it was trying to do for you.

6. How is your life today different from the environment where this pattern formed? What has changed?

7. Which of the six reasons programs persist keeps yours alive: it's invisible, it shapes what you see, it creates confirming behavior, it feels safe, it's stored in the body, or it serves a hidden payoff?

8. What secondary gain (a perk you haven't admitted) might you lose if this pattern disappeared?

9. Rewrite the old rule into one you'd consciously choose as an adult, knowing the original threat is gone.

WORKSHEET: ARCHAEOLOGY OF SELF — MAPPING THE SEVEN DOMAINS

****Why this matters:**** Chapter 3 says you cannot change what you have not seen, and gives you diagnostic tools to map your operating system across seven domains: identity, beliefs, values, emotions, behaviors, relationships, and energy. Each domain shapes the others, so seeing the whole system is the foundation of any upgrade.

****Example:**** Stated value: family first. Operational value (where time and money actually go): work and status — a gap that explains the strain at home.

****Prompts:****

1. IDENTITY — finish "I am..." at least ten times fast, then label each as role, trait, limitation, value, or comparison identity.

2. For your three strongest "I am" statements, name who or what installed each.

3. BELIEFS — finish: "I am fundamentally...", "My worth depends on...", "People can/cannot be trusted because...", "Life is fundamentally...", "Success requires..."

4. From those, list your three most limiting beliefs.

5. VALUES (stated) — list your top five values in order of importance.

6. VALUES (operational) — looking only at where your time, money, and energy actually go, list your real top five.

7. Name the biggest gap between a stated value and a lived one, and why the gap exists.

8. EMOTIONS — for anger, sadness, fear, and joy, note whether you welcome it, avoid it, suppress it, or act it out; then name which emotions were allowed vs. punished growing up.

9. BEHAVIORS — complete: "When I'm stressed, I typically...", "When I'm criticized, I typically...", "When I need to decide, I typically..."

10. RELATIONSHIPS — which attachment style fits you best: secure, anxious, avoidant, or disorganized? Note one recurring relationship pattern.

11. ENERGY — name your single biggest energy source and your single biggest energy drain this week.

12. Synthesis: list the three key patterns most in need of upgrading, and three strengths already working well.

[TABLE: cols=Domain|Current state (1-10)|Biggest pattern or gap ; rows=7]

WORKSHEET: THE TRUE COST OF RUNNING OUTDATED SOFTWARE

****Why this matters:**** Chapter 4 argues people don't change until the cost of staying the same exceeds the cost of changing — and most people badly underrate what their patterns have cost across seven categories: health, relationships, financial, time, opportunity, emotional, and potential. Making the cost concrete and compounding is what converts insight into drive.

****Example:**** Self-doubt has kept me earning ~\$20,000/year below my capacity; across a 40-year career that's \$800,000 in lost income — before investment returns.

****Prompts:****

1. HEALTH — name the health impacts tied to your patterns and rate the overall cost (1–10 severity).

2. RELATIONSHIP — name relationships damaged or closeness blocked, and rate it (1–10).

3. FINANCIAL — estimate annual income lost to your patterns, multiply by your remaining working years, and rate it (1–10).

4. TIME — estimate hours per week lost to worry, avoidance, or rumination; project the lifetime total; rate it (1–10).

5. OPPORTUNITY — name the biggest chances you didn't take because of fear or limiting belief, and rate it (1–10).

6. EMOTIONAL — name the daily feeling your patterns generate and the good feelings (peace, joy, calm) they cost you; rate it (1–10).

7. POTENTIAL — describe the version of yourself these patterns have prevented you from becoming; rate it (1–10).

8. Total your seven severity scores out of 70 — what does the number say about your urgency to change?

9. Pick the single most expensive pattern and project its cost forward 1 year, 5 years, and 10 years if nothing changes.

10. THE DEATHBED TEST — looking back from the end of your life with this code still running, which of the top regrets fits you: not living true to yourself, working too hard, not expressing feelings, losing touch with friends, or not letting yourself be happier?

11. The past costs are already paid and can't be recovered — name the one future cost you can still choose to stop.

[TABLE: cols=Cost Category|Severity (1-10)|What it has cost / will cost me ; rows=7]

Use the audit

Do this quickly first. The goal is not perfect answers. The goal is to see which layer is asking for work.

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