SAMPLE DRAFT · $19 when checkout resumes

Your Felt Map

Nervous System Blueprint

Original Felt Map recovery framing. Does not copy AQ, RAADS, CAT-Q, or any other instrument items. Not medical advice. Not a diagnosis.

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1 · After the number

What a score can and cannot do

You took a map or a named screener. You have a number, a band, or a pile of items that lit up. That can be clarifying. It is not a diagnosis, a personality tattoo, or permission to diagnose other people.

Use the number for three jobs only:

- Name patterns you have been explaining away.
- Separate trait load from “I am bad at being a person.”
- Decide one next move — rest, assessment, or more mapping — not all three at once.

If you are in crisis, stop here and get live help (U.S. 988). This guide is for after the spike, when you still want a calm frame.

2 · Trait vs state

Two layers, one body

Late discovery often mixes how you are wired (sensory, social battery, attention shape) with what your nervous system learned under load (freeze, fawn, hypervigilance, collapse after masking). Both can be true. Treating only one usually fails.

- Trait: patterns that show up across years and contexts — even when life is “fine.”
- State: what your body is doing this week — window wide, narrow, or offline.

Free maps on Felt Map lean into the gaps clinical checklists skip. Named screeners stay free too — they are not the product you buy.

3 · Window of tolerance

A tiny map of capacity

Think of a band where you can feel, think, and recover without disappearing or exploding. Above it: go / panic / spin. Below it: freeze / shut down / fawn until you vanish. Autistic and AuDHD nervous systems often run a narrower band after years of camouflage — not because you are weak.

Tonight, mark one sentence only:

- Right now I am mostly: in window / above / below.
- The last thing that widened the window was: _____.
- The last thing that collapsed it was: _____.

4 · Recovery budget

Stop spending like a neurotypical schedule

Masking is a loan with interest. Planners do not repay it. After a high-score week, budget like someone who already spent tomorrow’s energy:

- One hard social thing per day max, on recovery weeks.
- Sensory debt: light, noise, clothes, food texture — pick one to soften before you “optimize.”
- Blank blocks on the calendar count as work if you are rebuilding capacity.

Write three non-negotiables for the next seven days. Cross out anything that is really someone else’s urgency.

5 · Body next steps

If freeze or fawn is loud

Insight without a body plan often loops. Small experiments beat heroic routines:

- Longer exhale than inhale for two minutes — stop if it spikes you.
- Warmth + weight (blanket, bath, heavy hoodie) before “productivity.”
- One trusted person who gets a short script instead of a full explanation.

TENS, intense breathwork, or trauma-processing tools are not in this sample as how-to medical advice. The Body Map guide covers lived notes with hard disclaimers. If you have cardiac issues, implants, pregnancy, epilepsy history, or trauma that floods easily, talk to a clinician before somatic experiments.

6 · One next move

Pick a lane for this month

1. Rest lane: no new assessments; protect sleep and sensory load.
2. Clarity lane: one conversation with a trusted clinician or assessor if that is useful and safe for you.
3. Map lane: one more free Felt Map or note — then stop collecting numbers for two weeks.

Wired differently. Not broken. The score was a flashlight — not the whole room.

— Felix Mathers · Felt Map · sample draft · not a clinical document