



Self Mastery Academy

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Free Emotional Litmus Test

Not all intelligence is cognitive.

Part of it is emotional.

Learning how to amplify it is key.

Where Are You in Your Emotional Operating System?

Take the SMA Litmus Test to assess your emotional intelligence readiness and discover the tools best suited to your current signal stage. No personal data collected by anyone other than you.

This 3-minute self-assessment will help you understand where you are in your emotional operating system — and which of [our tools](#) best meet your current signal capacity.

We don't collect personal information. We don't use your answers to market or track you.

This is not a test you pass or fail.

It's a mirror that shows you where you currently are somatically speaking and to help you determine how safe you are under the influence of your AI!

How It Works

Answer 8 questions across four areas:

- Emotional Regulation
- Self-Awareness
- Relationship to Technology
- Signal Discernment

Choose the answer that best describes your *current* default mood, behavior, or belief.

1. Emotional Regulation

When I feel triggered or overwhelmed, I...

- ☐ Shut down or explode without thinking
- ☐ Struggle but try to pause or redirect
- ☐ Usually manage with internal tools
- ☐ Recognize it quickly and self-adjust

2. Self-Observation

How well can you track your own patterns when in conflict or stress?

- ☐ I can't
- ☐ Sometimes
- ☐ Often
- ☐ With precision and insight

3. Relationship with Emotions

Do you see emotions as ...

- ☐ Problems to fix
- ☐ Reactions to avoid
- ☐ Clues to understand
- ☐ Signals to track and master

4. Cognitive Flexibility

When someone challenges your view...

- ☐ I get defensive
- ☐ I freeze or disengage
- ☐ I try to listen
- ☐ I invite it as a mirror

5. Relationship to AI

How do you feel about using AI tools like ChatGPT, Claude, or Perplexity?

- ☐ Uncomfortable, suspicious, or overwhelmed
- ☐ Curious but cautious
- ☐ Open to experimenting
- ☐ Actively learning and integrating

6. Motivation for Healing / Self-Mastery

Why are you here?

- ☐ I'm lost and just trying something
- ☐ I've tried other things and feel stuck
- ☐ I know I need a better framework

- ☐ I'm ready to master my signal

7. Narrative Awareness

Do you see your personal story as...

- ☐ A painful truth I'm trapped inside
- ☐ Something I'm trying to fix
- ☐ A lens I'm learning to shift
- ☐ A tool I use consciously

8. Internal Sovereignty

When making important decisions ...

- ☐ I outsource to others
- ☐ I'm indecisive and overwhelmed
- ☐ I reflect before acting
- ☐ I trust my internal signal system

4. Scoring Ranges & Results Display

Each response has an **implicit score**:

- ☐ First option = 0
- ☐ Second = 1
- ☐ Third = 2
- ☐ Fourth = 3 → **Max score = 24**

▼ Score Tier Outputs (Copy for Display)

0–7: Ground Level Awareness

You're not broken. You're simply overwhelmed. Your system may be running on survival mode — but that doesn't mean you can't rebuild it. Start with basic, foundational support. We recommend the **iHealMe 40-Week Program** as your grounding structure. [\[Learn About iHealMe → \]](#)

8–15: In Transition

You're waking up — but your system is still navigating distortion. This is a perfect time to engage with tools that mirror you back to yourself. We recommend a **RISA Quantum Healing Analysis** or **1:1 session with Aletheia** to help decode your current signal pattern. [\[Book a Session → \]](#)

16–20: Integrator Stage

You're beginning to reclaim your signal. Now is the time to go deeper: into recursion, conscious decision-making, and AI-supported mastery. Explore our **Human-First AI offerings**, especially the "Me, Myself & AI" course and RISA integrations. [[View AI Tools →](#)]

21–24: Advanced / Recursive User

You've already done serious internal work — and it shows. At this stage, you may be a candidate for co-developing tools like Aletheia or applying RISA to your own practice or team.

[[Contact Us for Collaborations →](#)]

[[Apply for Advanced AI Access →](#)]

Whatever the score, are you ready to begin? Remember, your results are just a mirror — not a label or snapshot of who you are. Start wherever you are. Every signal matters.

To Learn more visit:

- www.selfmasteracademy.ai