

CHASE BUTALA

SCORECARD

The Rugged Resilience Scorecard

A non-diagnostic pressure audit for driven men who are tired of running on fumes.

PRESSURE



RECOVERY



EMOTIONS



RELATIONSHIPS



CONTROL



SUPPORT



HOW TO USE THIS

Read one short section. Look at the example. Fill in your answer. Pick one next step. You do not need perfect words.

Educational resource. Not medical advice, diagnosis, or a substitute for care.

START HERE

Use the score like a dashboard

This is not a test you pass or fail. It helps you see where pressure is landing and which part of your operating system needs attention first.

HOW TO SCORE

- 0 Rarely
- 1 Sometimes
- 2 Often
- 3 Almost always

Answer for the last 30 days. Use the truth, not the image you want to protect.

EXAMPLE

Statement	My mind stays at work after the workday ends.
Answer	2 - Often
Reason	I check messages during dinner most nights.
Next clue	Recovery and relationships may need attention.

IMPORTANT

This scorecard is not a validated screening or diagnostic tool. Do not store answers or scores in a non-HIPAA marketing CRM.

SCORE IT

Choose one number for each statement. The PDF calculates each domain after all three answers are selected.

PRESSURE LOAD

#	STATEMENT	0	1	2	3
1	My mind stays at work after the workday ends.	☐	☐	☐	☐
2	I feel responsible for holding everything together.	☐	☐	☐	☐
3	Small problems feel like one more demand I cannot absorb.	☐	☐	☐	☐

PRESSURE LOAD SUBTOTAL

Auto-calculates after all three answers; type it if your reader does not calculate.

RECOVERY

#	STATEMENT	0	1	2	3
4	My recovery habits leave me less rested.	☐	☐	☐	☐
5	I have trouble shifting from high alert into rest.	☐	☐	☐	☐
6	I keep sacrificing recovery to protect output.	☐	☐	☐	☐

RECOVERY SUBTOTAL

Auto-calculates after all three answers; type it if your reader does not calculate.

EMOTIONAL RANGE

#	STATEMENT	0	1	2	3
7	Stress mostly shows up as anger, numbness, impatience, or tension.	☐	☐	☐	☐
8	I have trouble naming what I feel beyond fine, bad, or angry.	☐	☐	☐	☐
9	I treat emotion as interference instead of information.	☐	☐	☐	☐

EMOTIONAL RANGE SUBTOTAL

Auto-calculates after all three answers; type it if your reader does not calculate.

RELATIONSHIPS

#	STATEMENT	0	1	2	3
10	The people closest to me get the leftovers of my energy.	☐	☐	☐	☐
11	I avoid hard conversations until pressure leaks out sideways.	☐	☐	☐	☐
12	I feel misunderstood but rarely explain what is happening inside.	☐	☐	☐	☐

RELATIONSHIPS SUBTOTAL

Auto-calculates after all three answers; type it if your reader does not calculate.

CONTROL AND AVOIDANCE

#	STATEMENT	0	1	2	3
13	I overwork, fix, plan, or withdraw when I feel uncertain.	☐	☐	☐	☐
14	I confuse being in control with being safe.	☐	☐	☐	☐
15	I keep using an old strategy even when the cost is clear.	☐	☐	☐	☐

CONTROL AND AVOIDANCE SUBTOTAL

Auto-calculates after all three answers; type it if your reader does not calculate.

SUPPORT

#	STATEMENT	0	1	2	3
16	I do not have a person with whom I can be fully honest.	☐	☐	☐	☐
17	I wait until a problem is severe before asking for help.	☐	☐	☐	☐
18	I believe I should be able to handle this alone.	☐	☐	☐	☐

SUPPORT SUBTOTAL

Auto-calculates after all three answers; type it if your reader does not calculate.

READ IT

Use the total and the highest domain

The total shows overall strain. The highest domain shows where to start. A lower total can still matter if one domain is doing damage.

TOTAL	PLAIN-LANGUAGE READ	NEXT MOVE
0-13	Mostly steady	Protect what works. Address the highest single item.
14-27	Carrying too much	Choose one recovery standard and one honest conversation.
28-40	System under strain	Talk with a qualified professional instead of using willpower alone.
41-54	Do not white-knuckle it	Reach out promptly. If in crisis, call or text 988.

TOTAL SCORE
Auto-calculates after all 18 answers; manual fallback: add the six subtotals.

HIGHEST DOMAIN
Auto-identifies the highest subtotal; ties show both domains.

RESULT BAND

Auto-matches the total to the plain-language table above.

WHAT THAT DOMAIN IS COSTING ME
Name the effect at work, at home, or in your body.

BUILD IT

Turn the score into three standards

A standard is a behavior someone could see. 'Be less stressed' is not a standard. 'No work email during dinner' is.

WORKED EXAMPLE

Highest domain

Recovery

Weak promise

I will relax more.

Clear standard

Phone outside the bedroom by 10:30 p.m. on work nights.

Review date

Two weeks from today.

RECOVERY STANDARD

What will you do, when, and how often?

RELATIONSHIP STANDARD

What conversation or behavior will you stop avoiding?

SUPPORT STANDARD

Who will you contact and by when?

PRACTICE

Your 14-day proof plan

Pick one standard. Track whether you did the rep. Do not grade your personality.

DAY	YES	NO	WHAT GOT IN THE WAY?	NEXT ADJUSTMENT
1	☐	☐		
2	☐	☐		
3	☐	☐		
4	☐	☐		
5	☐	☐		
6	☐	☐		
7	☐	☐		
8	☐	☐		
9	☐	☐		
10	☐	☐		

11	☐	☐		
12	☐	☐		
13	☐	☐		
14	☐	☐		

At Day 14, keep the standard, shrink it, change the cue, or get more support.

NEXT STEP

Ownership includes the right help

If the score exposed a pattern that another productivity trick will not solve, use the completed pages as the agenda for a direct conversation.

- ☐ Licensed therapy is health care and depends on fit and location.
- ☐ Non-clinical coaching, if offered, must be clearly separated and is not covered by insurance.
- ☐ A medical evaluation or another provider may be the right next step.

MAKE THE CONVERSATION USEFUL

Finish one page. Circle the pattern or goal that matters most. Request a consultation and bring the completed page so the first conversation starts with a clear pattern and goal.

Talk with Chase about the right next step

chasebutala.com

Serving Virginia, Maryland, West Virginia, and Pennsylvania. Confirm service type and eligibility.

Evidence used

- National Institute of Mental Health: Psychotherapies, Men and Mental Health, and Finding Help. - VA National Center for PTSD: grounding, paced breathing, active coping, and RESET resources. - CDC and OSHA: mental health, worker stress, healthy coping, and burnout education. - 988 Suicide and Crisis Lifeline: current crisis support guidance.

IF YOU NEED HELP NOW

Call or text 988. Veterans can call 988 and press 1. In immediate danger, call 911.