



The 5-Minute Office Power Audit

By J. Lee, Founder of The Thought Lounge

Answer each question based on your real, day-to-day experience not your intentions.

Use this scale:

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Consistently

Diagnostic Questions

1. Saboteur Detection

Can you reliably identify who benefits when a project fails, stalls, or becomes “confused”?

2. Pattern Recognition

Do you track repeated behaviors (credit theft, selective silence, sudden alliances) rather than isolated incidents?

3. Micro-Contradictions

When a superior agrees with you, do you instinctively verify their truth via "Limbic Leaks" (jaw tension, delayed nods, torso withdrawal)?

4. Emotional Mapping

Can you sense when the emotional climate of a room shifts before the conversation changes?

5. Baseline Reading

Have you mentally profiled the normal body-language baseline of key colleagues so deviations stand out?

6. Influence Without Authority

Are you able to redirect decisions without being the loudest, most senior, or most visible person in the room?

7. Pre-Move Positioning

Are the outcomes of your meetings decided before you enter the room?

8. Narrative Control

Can you identify the "Invisible Architect" of the current office gossip and do you have the tools to neutralize their frame?

9. Threat Calibration

Do you distinguish between emotional noise and genuine strategic risk?



10. Self-Leak Awareness

Do you consciously manage your own non-verbal signals under pressure?

Scoring

Add your total (maximum = 40).

0–14 → PAWN

- *Risk:* You are a resource to be used, not a player to be feared. You mistake "Hard Work" for "Safety." In the next reorganization, you are the most vulnerable.
- *Requirement:* **The Shield** (Saboteurs in Suits) and **The Radar** (Talk Without Speaking).

15–27 → OBSERVER

- *Risk:* You see the game but lack the levers to change it. Awareness without action leads to burnout. You are currently "Competent but Stuck."
- *Requirement:* **The Sword** (Invisible Levers).

28–40 → STRATEGIST

- *Status:* You operate in the hidden layer. You see the mechanics, detect the sabotage, and pull the levers.
- *Requirement:* **The Mastery Vault**. Maintain your dominance.

YOUR NEXT MANEUVER:

A low score isn't a failure; it's a vulnerability report. The office is played on a hidden layer of psychology and mechanics.

Most professionals play blind. You no longer have to.

Access the full 350-page tactical system for Defense, Decoding, and Strategic Dominance.

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