

DYNAMIC INQUIRY SYSTEM SKILLS – XPERIENCE

DISS-X MINIBOOK DRAFT v1.0 (050825)

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PART ONE: Recognition & Regulation

Before I introduce the DISS-X, allow me to give some background that might be helpful. This metacognitive approach began as Dynamic Inquiry, the Seven Skills. As time and mileage accumulated, it became necessary to re-explain the approach as a “moment in spacetime” emerged where inquiry can be used to promote transaction, transition and transformation.

Therefore, it is an “experience” that emerges often from inside of a conversation, interaction, even an altercation or in a vacation. In that “moment in spacetime” MIST, if you will, a DISS-Xperience can occur using the seven combinatorial skills comprising Dynamic Inquiry.

Because it takes spacetime to learn not only the seven skills and how they shift the way we talk, which then shifts what we hear when we listen, this MIST, so to speak is a perfect OPPOR+UNITY: Openings, Possibilities, Plans, Outcomes and RightACTION in the holistic context of you might say “system dynamics”... as the nature of it, explains that everything is connected.

While a DISS-X is a lot more than the use of seven combinatorial skills, it includes hundreds of TPOVs or Teachable Points of View which easily become heuristics emergent from first principles... it’s just the nature of things as they relate to our Personality Dynamics which relate our similarities and describe our diversity.

Creating a DISS-X comes unnaturally at first and then slowly evolves to become part of our metasystem of exchange in relationships. Because Helping (with permission) becomes an essential existential skill for helping people lead generative lives; Intention, Attention, Alignment and Relationship emerge with Helping as Generati... a way in which people behave with each other to promote generativity, not scarcity—metacognitively.

While this “minibook” exposes the reader to ideas emergent from Generati, it’s the tip of a much larger iceberg that calls into inquiry an idea of creating a better society where what we know we don’t know is expanding more rapidly than the rest of Johari’s windows combined. This is a set of conditions some call VUCA, or Volatile, Uncertain, Complex and Ambiguous. At present in 2025, we face a Century of change collapsed into a decade of realization, so the rate of acceleration is actually accelerating denoted by my notation of @VUCA. These are interesting times that will lay waste to a lot of hopes and dreams unless we shift from knowing to noticing, from answers to inquiry and from competition to compassion.

In that vein, I present for your examination, a framework of a DISS-X in a MIST of generativity.

You are HERE

Human Progress

19:58

 **Why Everyone Suddenly Believes in AGI by 2027** ⋮

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Chapter 1: Introduction

You've probably been here before: someone opens up. There's confusion or paralysis. Or just a spacetime that begs to be filled. And without even thinking, you jump in. A suggestion. A question. A strategy. Advice. It seems helpful—kind, even. But something in the moment shifts. The other person goes quiet. They nod politely. They say 'that makes sense,' but something valuable... has been lost.

Helping is a powerful instinct. We're taught to do it early. To fix. To figure things out. To make it better. Some of us even do it for our own need's achievement.

Most of the time, that urge is unconscious and comes from love or care. From a desire to connect, to serve, to get our own unconscious needs met in the process! But something strange happens when we reach for tools before we reach for attention. We miss what might be unfolding. We accelerate past what isn't ready. We mistake our readiness for theirs... our place for theirs and fail to meet people where they are... *rather meeting them where WE are.*

What if the problem wasn't your intent—but your timing?

What if what looks like silence is actually emergence?

What if the best help isn't a solution at all—but a system that knows when not to solve?

This is where the DISS begins. Not with better expert questions. Not with smarter responses. But with a slow unraveling of the patterns, you've inherited—the ones that taught you to help by moving forward instead of holding still.

In this space, we won't give you a technique. We'll walk beside you as you notice something for yourself: that helping is often a reflex, and attention is a skill.

Before we learn, we inquire.

Before we teach, we listen.

Before we act, we breathe.

This is not about humaning *more*.

It's about ready, willing, able and fit.

It's clearly about “meeting people where they are... and the next right thing.”

Reflection Window

(Nothing required here. Just a place to pause.)

Notice any moments where you rushed to help.

Notice how it felt.

Nothing to fix.

Just notice.

Chapter 2: The Urge to Intervene

It's not wrong to want to help.

But it's important to ask: *what are we really responding to when we intervene?*

The need to offer comfort, direction, empathy or even clarity can feel urgent. It's our job? There's tension in the room—something feels stuck, spinning, incomplete. And if you've ever learned to lead, teach, coach, or parent, that urge to fill in the gap often feels like a sign of skill. A calling, even.

But here's something most of us weren't taught that sense of urgency we feel, may not belong to the other person. It may be ours.

This is the second tension in the DISS-X journey. Not the discomfort of being wrong—but the discomfort of **not doing**. When you pause instead of prompt, something ancient inside you may flare up. You might feel ineffective. Passive. Like you're withholding something.... or unconsciously you've learned how to get your dopamine-fix without thinking?

But what if your silence isn't withholding? What if it's making spacetime for emergence?

Most interventions—most unconscious helping— don't come from the motivation readiness of the person being helped. They come from the conditioning—the unconscious patterns— of the person helping.

And this is where real unlearning begins.

It makes you human. But it also makes you often too fast—and DISS asks for something more deliberate...more transformative.

In this chapter, we haven't tried to introduce solutions. We are inviting you just to start to feel the gravity of the habits we're suggesting come with the DISS-X we've built:

- A habit of allowing before offering.
- A habit of self and other discovery disclosure and acceptance.
- A habit of meeting people where they are instead of moving in and on.

You can still want to help. You can still care.

You can still get your needs met... but not at the expense, rather an investment in yourself and others as a path rather than an event.

However, But you may need to learn how to hold the *urge to intervene*... before it leads you—and them— away from what's actually needed.

Not every opening is an invitation.

Not every pause is a problem.

Not every signal is yours to act on.

In this spacetime, doing nothing may be the first *right thing.*

Reflection Window

(No judgment here. Just space to see.)

Have you ever stepped in too soon?

Where did that urge come from?

Was it about them—or about you?

Chapter 3: IS SOMETHING IMPORTANT?

We're slowing down our helping urges to observe patterns.
We've looked at the urge to help, to fix, to fill space with good intention.
And now the question surfaces—calm, relaxed, open:

"Is something important..."

Not what you know. Not what you've trained for. Not what you assume will help.....

But...

Is something IMULL? Important, Motivating, Urgent, Leveraging, or Low-hanging fruit in this moment... this system—this person, in this situation—ready, willing, able and fit to satisfy tensions in their Culture, Conditions and Requirements (CCR) considering their personality dynamics. Is it too tall an order to notice these tensions before just diving in to help?

In the DISS-Xperience, this is a key turning tipping point. The moment we realize that offering help isn't about **doing the right thing**—it's about noticing the *readiness for anything to happen at all*.

This is where pCc enters the picture.

pPotential.

CAPACITY.

cCapability.

pCc isn't a label. It's a living, shifting field of *attention via intention...* in alignment with CCR. It's not something we assign. It's something we observe—in, across and over spacetime, through observation—noticing tension.

We begin to see: the system reveals what's ready. Begins to formulate actionability through:

- Observing behaviors
- Designing Inquiry
- Noticing knowledge, skill and experience
- Looking for enablers in the broader system.

Discerning if their CCR and PSA (problem solving approach) is matched well.

And if we're paying attention, we might notice the signs:

- A quiet that isn't shutdown.
- A hesitation that holds energy.
- A statement that returns again, slightly changed.

This is the work. Not of directing, but of hearing the "next right thing... *listening into readiness*.

You'll begin to sense when one of the seven DISS skills wants to arise. Not because you pick it—but because the situation calls for it.

And this is the heart of the shift:

You are no longer deciding what's needed.

You are attending to what's emerging.

The difference is subtle.... And offers a transformational shift in you... *and them*.

When you resist intervening with transaction long enough, *you* begin to shift, to transition rather than transact... enabling subtle shifts that encourage new perspectives and energy for change.

Your rhythm adjusts. Your urgency quiets. Your lenses open.

And from there... your real self/other inquiry begins.

Reflection Window

In your recent conversations:

- Where did you sense a readiness you almost missed?
- What energy did you bring into the moment?
- Can you recall a time when waiting would have been wiser?

Chapter 4: The Crack Where Learning Emerges

Often, it's not a breakthrough.
Sometimes it's a fracture.

Something happens. Not big. Just enough.
Something doesn't work the way it used to.
You pause—but not because you chose to.
You pause because the system you relied on... slipped.

That's the crack. The one we usually try to fix... to smooth over.
But what if it's not a problem?
What if it's a passage... *a transition step*?

DISS begins to move here.

Not with a plan, but with attention. Not with solutions, but with noticing.
This is where unlearning takes root—not from success, but from rupture.

When we hit the edge of what we know, something delicate becomes possible.
Inquiry. Not reaction.
Reflection. Not rush.
Attention—not to the answer, but to the aperture.

Measured attention is a signal of capacity.
Deliberate attention on intention (prioritizing what's important) is a signal of potential.
A single breath, an energy shift observed well-placed, might be a sign of capability.

pCc begins to take shape in the background now. You don't see it directly—but you begin to feel and observe what it reveals.

A person pausing before answering, knowing you're not there to insert yourself into the spacetime!

A question that lingers, rather than lands.

A shift in rhythm—not always slower, but more appropriate to the moment... *measured*.

This is not where most systems thrive.

But it's exactly where learning and more specifically unlearning, starts to live.

Discomfort may not be a sign that something's wrong.
It may be a sign that something's emerging.

And what forms here isn't a belief.
It's a different kind of listening.
Not for data, but for the next right thing... to resonate.

You've felt it before.
Now we name it.
This is how inquiry emerges.
Through these cracks in our belief, our assumptions.... Our certainty.

Reflection Window

Recall a moment when something small broke down.

- What changed in your pace or perception?
- Did you fill the space—or stay with it?
- What would have emerged if you'd lingered longer?

Chapter 5: Introducing the DISS-X Framework

Until now, we've explored patterns.

The instinct to help. The urge to intervene. The pause when things don't go as planned.

We've touched on attention, on potential, on the subtle nature of emergence.

Now it's time to introduce the system behind that emergence.

Not a method. Not a model. A **framework**.

DISS—Dynamic Inquiry System Skills—isn't something you do.

It's something you are a part of... and reflect!

A network of skills that emerge as pulled into existence.

DISS-X micro moments aren't random. But deeply systemic... even metasytematic emerges.

They show up when there's alignment across four key elements:

- **Behaviors (B)**: Concrete, specific and duplicable.
- **Design (D)**: How the behaviors are cued, scaffolded, supported to achieve lift.
- **KSEs (K)** Knowledge, Skill, Experience: Whether the person is equipped.
- **System (S)**: The broader environment—Culture, Conditions and Requirements (CCR).

This is BDKS. This is ACTIONABILITY.

And without some level of alignment in BDKS, the best advice, the clearest insight, the kindest offer—*won't land*.

That's what Actionability means in the DISS-X: not just having something to say, but ensuring that it can be accumulated, aggregated, assimilated and associated in the current and transitioning system of transformation.

This is why we don't begin with prompting.

Why we don't open with tools.

Because DISS isn't about solving problems.

It's about sensing the **conditions for resolution**; alignment of *Attention to Intention* with respects to Relationships while Helping people lead generative lives! It's an act of GENERATI.

That's why DISS works as a system. A living rhythm and dance of inquiry for discovery, disclosure and acceptance..

It begins when a helper stops pushing and allows the pCc of the person being helped to pull the problem solving approach into alignment with CCR... and personality dynamics purposefully. And it becomes visible when the system reveals an OPPOR-UNITY (Openings, Possibilities, Plans, Outcomes and RightACTION with UNITY) FOR the emergence of GENERATI.

Here are the seven DISS skills:

1. PING Insight
2. PROBE Belief
3. PROMPT RightACTION
4. PERMIT Story
5. PERTURB Assumptions
6. PAUSE & BREATHE
7. PACE Change

They are not steps.

They are not techniques.

They are “*a dance with the gurl who brung you*”... rhythmic invitations emerging from individual purpose seeking significance in CCR.

Used with emerging skill, they reveal the moment’s pCc—potential, CAPACITY, and capability—in relation to the CCR – Culture, Conditions and Culture as a system it’s navigating.... and the problems it’s creating, solving and stuck on during the process of purposeful returns to “*you, me and we.*” (*unity*)

Used poorly, they become only a performance.

This is why DISS-X emerged.

To resist just a performance of a transaction... until it’s time.

To resist solving... to engender magic where problems disappear, no longer necessary to teach us and to inspire us to move into purposeful space with grace, gratitude and generative living.

To resist premature transaction in a world of accelerating VUCA (Volatile, Uncertain, Complex, Ambiguous), or @VUCA

We call it @VUCA (Accelerating VUCA)—the exponential curve of complexity now folding time in on itself non-linearly.

The next hundred years of change coming in the next ten.

We can’t think our way through it.

But we might be able to “*dance along the way*—inquire our way in it.”

That's the invitation of DISS-X.

And it begins... by seeing observing and noticing... first.

Reflection Window

Can you recall a moment where the best advice... didn't work?

- What part of the BDKS wasn't in place?
- Was the system ready?
- Or were you... a bit too ready yourself?

Chapter 6: First Principles Before First Moves

Before we begin exploring the seven DISS skills, there's something we need to lay down. Not steps. Not insights. But principles. Foundational ways of seeing—so we don't mistake the work ahead for something it's not.

These principles aren't techniques.

They're invitations to unlearn and relearn. To shift the frame. To let go of the helper you've been taught to be—and to become the human... humaning ...who's learning how to notice humans—including our own.

HUMANING is Being, Doing, Having and Becoming Existerentially and Contributing, Relating, Guiding, Resilience and Wellth Eventually, while helping people lead generative lives.

Here are the First Principles of DISS-X: (In no particular order)

1. **Attention is not intervention.**

You can show up fully without adding anything. Attention alone may be the most important offering.

2. **No DISS-X skill is pure.**

Every DISS skill is part of a network—combinatorial, contextual, never isolated. There is no such thing as 'just a PROBE' or 'only a PAUSE.' Each moment is a fractal hologram.

3. **Inquiry emerges.**

Inquiry is not something we apply—it's something we notice through listening and hearing using Teachable Points Of Views or TPOVs along the path. When readiness is present, the metasystem reveals OPPOR+UNITY.

4. **Actionability requires a generative, systemic fit.**

Advice isn't useful unless it aligns with Behavior, Design, Knowledge/Skill/Experience, and System (BDKS). It must match consider pCc, CCR and Personality Dynamics (PD), or it fails—even when it's brilliant, it's most likely not ACTIONABLE

5. **Generative Helping matches pCc with CCR, according to IMULL and PD**

Your readiness to help is not the same as their readiness to receive. What matters is the other

person's potential, CAPACITY, and capability, the Culture, Conditions and Requirements fit with their Personality Dynamics as it reveals ready, willing, able and fit!

6. Timing isn't yours to decide.

We often act on our own agency or that which we feel we offer through work. A DISS-X asks us to resist that—to wait for the moment that Attention Aligns and Relates to Intention... purposefully.

7. Every move reflects a whole.

Inquiry isn't linear. It's fractal. Each interaction reflects the full system: the rhythms of humaning: being, doing, having, becoming—all alive within each micro-moment. Actions taken as part of a whole, often are sub-OPTIMULL.

8. Purpose is already present.

Your purpose is not something to discover, create, or construct. It's already there. What keeps it hidden is the absence of self-discovery, disclosure, and acceptance. Until that happens, we play out a puppet game—unaware of the strings... and the puppeteer—Know Thyself.

These are not beliefs. They are ways of walking. Quiet recognitions.

They remind us that inquiry is not something we do to others.

It's something we reawaken in ourselves and others—and then mirror empathetically.

Only now are we ready to begin.

Reflection Window

Notice Anything?

Part Two

The Skills of Dynamic Inquiry System Skills - Xperience

Moving Helping Generatively in Awareness to Attunement with Humaning

Chapter 7: Introducing DISS-X

You have now crossed a threshold. You've begun to experience and see why helping must be reconstructed, why purpose is already present, and where helping inquiry is not a matter of doing but listening and hearing—of attuning to humaning.

The seven skills of DISS-X are not tools in a box. They are combinatorial, rhythmic, relational, and deeply embedded in the dynamics of emergence.

You won't use them in order. You won't always know which one you're using. You may often not even be the one to choose.

Each skill is part of a networked system. A single... simple move—well-timed, well-matched and integrated—can reflect a holistic system, and invite, enable and allow RightACTION to emerge without directing it. These are not just names. These are portals. Each one opens a different rhythm of awareness, reflection, resonance, and inquiry.

Here are some short definitions of the DISS-X Skills:

PING Insight

A subtle, often minimal cue that opens spacetime for testing a helper's assumptions offering reflection and or meaning making to emerge... and make sense. PINGs often are non-verbal or linguistic nudges that reveal openness without establishing context. PING invites the first flicker of awareness—without direction.

PROBE Belief

A focused invitation using humaning language to examine beliefs within a tabled context. PROBE seeks to illuminate belief systems—not to challenge them, but to see what they make possible in context... in view of discovery, disclosure and acceptance.

PROMPT RightACTION

A rhythmic use of what DISS calls interrogatory (who, what, when, where, why and how)—but only when circumstances dictates a ready, willing, able and fit. Prompting is resisted until a commitment to action emerges through PD, pCc, CCR alignment... with IMULL.

PERMIT Story

The allowance for narrative to unfold, revealing how the person being helped frames, explains, or experiences their reality. PERMIT creates spacetime for meaning making to surface and pCc, PD, CCR and IMULL to reveal itself through story.

PERTURB Assumptions

A direct or indirect (preferably) disruption of limiting mental models, assumptions or perspectives when the moment is right. PERTURB may shift a system by introducing tension—intended not to provoke resistance, but to stir reflection, deliberation or “surprisal”—innovation.

PAUSE & BREATHE

A somatic and relational reset may interrupt energy and information flows, IMULL or entropy, pacing, urgency, or momentum. PAUSE might bring awareness, to time, and to the energy, resonance and understanding field between people—increasing that third spacetime.

PACE Change

An attunement to the rate of change and development within a person and their environment. PACE respects both speed and readiness, adjusting the rhythm to match capability and conditionsthe journey of pCc, the problems of our personalities and the match with CCR.

Reflection Window

Which of these seven skill names caught your attention most?

- Why might that be?
- What rhythm or moment in your life does it remind you of?
- Have you ever “used” one of these—without knowing its name?

Pause and sense which skill might be surfacing most often in your conversations. Remember: no skill stands alone—they move together, like notes in a melody, each one amplifying and reflecting the others.

Chapter 8: PING Insight

It doesn't begin with a question.
It doesn't even begin with a word.
It begins... with a PING.

A subtle shift in attention.
A glance. A pause. A momentary recognition of resonance.
Something passes between us—but nothing is pushed.

PING Insight is the first rhythmic skill in a DISS-X—not because it's most important, but because it often *arrives first*.

It doesn't assert. *It invites*.
It's the nudge that says: "Is something here?"
But it never says: "This is what's here."

PINGs live in *RUMI's* field... the field beyond right doing and wrong doing. They don't set context. They test insight, until something in the system chooses to land.
They allow context to be chosen—not imposed.
And in that, they reflect a deeper ethic: that insight must be allowed to emerge on its own terms and be "owned" not by the PH (Person Helping), but by the PBH (Person Being Helped).

Remember: we are not just testing for their insights but for our own which is how we add value to the helping functions (cuing, scaffolding, support and lift) in the existential tier for now.

This is why we don't usually begin a DISS-X with PROBE or PROMPT.
Because to lead with those is to shape the field prematurely.
To PING is to *notice the field as it is... without trying to change it*.

You may already PING instinctively—when you raise an eyebrow, echo a word, or let silence carry the next breath.

You might say:
- "So...?"
- "Hmm."
- "Really?"
- Or, is there...

These aren't questions. They're **invitations**. Not into a topic, but into a moment.

PING Insight opens the first doorway in a DISS-X because it asks *nothing* and reveals something—when pCc is present... CCR has been considered in the context of IMULL and MITEAM.

When it doesn't... it like a disappearing message, it was never there, it didn't ping anything. No harm, no push, only a residue with what may connect later... *after*.

This is the rhythm we begin with. Not action. Not direction.

But noticing... that something might be noticed.

And that's where the system starts to speak back...

...to pull growth and development along... to offer story and reveal meaning making.

There is an old saying... "you can't push a string."

Reflection Window

Can you recall a moment when something subtle shifted?

- A phrase. A sigh. A pause in a sentence... energy?

Did you feel a cue to speak... or to wait?

Now consider: what would happen if you responded only with attention—not prompting, not advice? What PING might have opened instead?

Did you notice something?

Not just sense but truly notice—regardless of whether that perception came through sensation or intuition. What you observe may not match how someone else perceives a moment. And in a DISS-X, that's the point.

PING respects difference in perception and does not decide on behalf of the system. It lets meaning emerge—not from our framing, but from the whole.

Chapter 9: PROBE Belief

Once something has surfaced—once a context has been tabled—we are no longer floating. We are standing somewhere. And from that place, we can PROBE... unpack, unravel or unbraided.

PROBE Belief is the another skill in network of a DISS-X. It arises not in the open field—but **within** the field that has now been chosen, whether by the person being helped (PBH), or by what the system itself reveals... and perhaps in the unaware case that the PH has selected the opening for—we hope—the leverage it may contain?

Whereas PING asks nothing and invites anything, PROBE remains *within* something.

It moves from noticing to exploring, from emergence to inquiry *with a tether*.

It opens the door to unpacking things like cause and effect... those knee bone connected to the thigh bone relationships.

You might hear:

- “Can you unpack...?”
- “Could you explore that?”
- “Is there something important...?”

What makes a PROBE a PROBE is that it **respects the context**—and does not push it away.

It enters with focus, perhaps more depth and variables to consider.

A PROBE looks at belief—not to challenge, but to understand its shape.

To explore how a belief lives inside the person’s meaning making, and what it might make possible... or impossible.

This is why mirroring becomes risky. A simple echo, if not used carefully, may confirm or select a context. If the PBH did not choose it, you may have just set the direction without realizing. And once you shape direction, you are no longer being led. You are leading.

PROBE Belief is powerful—but it must be earned. When CAPACITY is low, or when the relationship is not yet ready, even a gentle PROBE can feel intrusive. That’s why DISS-X teaches us not to rush... to guide or lead unknowingly. Wait for pCc: *potential, CAPACITY, capability* to show itself. And when it does? A single PROBE, well-placed, can open the whole

system.

Reflection Window

Think of a moment when you asked a question that felt natural... but later, you realized it might have led the person.

- What belief were you exploring?
- Did the person choose the context—or did you?
- What would it have meant to wait a little longer?

PROBE works best when it follows—not when it leads.

TPOV: Understanding vs. Confirmation

A Teachable Point of View in DISS-X worth remembering is this:

To PROBE for understanding is to allow the unknown to remain alive—curious, unformed, invitational. To PROBE for confirmation, however subtle, is to narrow that unknown to a path we believe we already see.

The line between the two is thin—but real. Even the tone of a question can carry expectation. Even a pause can suggest permission or tension.

So we return to rhythm.

We ask ourselves:

- Is the system inviting us forward?
- Is the PBH aware and holding the context?
- Are we seeking to understand—or seeking agreement?

PROBE Belief, when used in a DISS-X, resists the rush to confirm what the helper thinks is important. Instead, it respects what the system itself may reveal—if allowed.

Chapter 10: PROMPT RightACTION

There comes a moment in dynamic inquiry when something shifts. The system ripens. A sense of motivation emerges. And the question—no longer abstract—becomes: What now?

PROMPT RightACTION is the third skill in a DISS-X.

It *should* appear only when **pCc** (potential, CAPACITY, capability) meets **CCR** (Culture, Conditions, Requirements)—and a readiness to engage in action arises organically... *even if it's premature in the transformational sense of what could happen.*

PROMPT is mostly overused and may seem like it's the same as PING or PROBE. Yet, here's the difference:

- PING notices.
- PROBE unpacks.
- PROMPT moves...

...although the tendency to overuse this skill is always highly probable—it's just too ingrained in our repertoire of problem solving versus problem identification.

To PROMPT is to recognize the next right thing as emergent from the system itself.

It is a mirror offered at the moment of connectedness, clarity and commitment... even if you can't get to where you could be.

A PROMPT might sound like: (and mostly uses interrogatory)

- “Who else needs to know?”
- “What would be the first step?”
- “When is it necessary?”
- “Where are we in this process?”
- ” Why must you do this?”
- “How will you start?”

However, PROMPT without RWAf (Ready, Willing, Able & Fit) tends to be premature. It becomes a performance trap... a transactional win often with only marginal benefit. It quickly collapses the moment back into transaction—and misses the OPPOR+UNITY for transformation.

That's why PROMPT RightACTION in the DISS-X comes with a built-in discipline:

- Resist until you can't which is likely as far as you can go for the time being.
- Resist until the PBH is holding the inquiry, not the PH.
- Wait until the next move feels like alignment—not obligation.

Carl Jung, when asked how to know what to do, responded simply:

“Do the next right thing.” In a DISS-X, we honor this discipline... even when a better, or more profound action is sacrificed in the process.

Reflection Window

Think of a time when you nudged someone toward a next step.

- Was their system ready—or were you?
- Did the question emerge organically... or was it offered prematurely?
- What would it mean to wait until the next move becomes obvious **without** being suggested?

PROMPT is not permission to act. It is *a rhythm that matches an already-emerging action*—and nothing more.

I refer to an old story called “*Where's the milk?*”

Where i was asked to stop and pick up a carton of milk... i was greeted by the convenience store clerk who recited not only the daily specials, the new bonuses and in concert with his mandate... a way to earn points... frustrated I just asked “where's the milk?”

When someone is after milk... *prompt the next right thing.*

Chapter 11: PERMIT Story

When something wants to be said, but hasn't yet been voiced...

When there's a story lingering just under the surface...

We don't pull. We don't push.

We PERMIT Story and narratives to emerge.

PERMIT Story is the another rhythm in a DISS-X system—not a question, not a redirection, but permission. It's a cue that says: "If you want to go on, you can." And if not, that's fine too.

PERMIT is not passive. It is invitational. *It allows spacetime without demand.* It respects that narrative doesn't just inform—*it's formative* and for many, story is how meaning becomes real.

You might PERMIT with a simple phrase:

- "And...?"

- "Is there more?"

- "Could there be something else?"

Often, a story will begin here—not because you asked, but because you allowed.

PERMIT is especially important for those who haven't yet found their voice in a system.

It helps introverts, reflectors, those recovering from interruption or over-talking.

And it gives narrative a place to land.

In that story—however tangential—may be the very pCc (potential, CAPACITY, capability) needed to shift the system, along with the IMULL necessary and MITEAM at the ready.

But caution: PERMIT isn't permission to drift... to side track. It requires attention. It needs *noticing without judgment*. You might be tempted to help shape what's being said, or to frame it too soon. RESIST! Trust that the story knows its own path... a path which reveals where people are... *meet them there!*

When story is shared freely... *the system often recognizes itself.*

PERMIT may reveal grief, tension, insight, or even breakthrough. Not because we asked for it—but because it was allowed to come through... it's necessary before transaction, transition or transformation can emerge.

And when that happens, something deeper than resonance is exchanged.

What is shared becomes known—not just by the PBH, but by the relationship itself.

Reflection Window

When have you felt the urge to fill silence with a question?

- What might have emerged if you had simply waited?
- Can you recall a time when someone shared something important **after** they were allowed—not asked?
- What if story only needs the right kind of space to surface?

PERMIT isn't passive. It's an active non-doing—and in that restraint, relationship becomes a container for seeds to grow.

Chapter 12: PERTURB Assumptions

Some assumptions feel invisible. Some are mostly noise devoid of signal. Some are inherited. Some are embedded so deeply in the system that they shape perception before thought even arrives. Often our assumptions are hollow because we mimic and follow versus critically thinking or feeling our way deeper into foundations or relationships to first principles.

When helping, there comes a moment when something needs to shift—not because it’s broken, but because its marginal benefits have disappeared.... “problems created at one level can’t be solved at the same level”—attributed to Einstein, That’s when we PERTURB.

PERTURB Assumptions is the skill of inviting dissonance—gently... indirectly or directly—when the story, stance, or strategy no longer supports growth, adaptation, or efficacy.

It’s a skill of disruption—but not destruction. We use it only when pCc is strong enough to withstand friction, or too strong in conviction?.

To PERTURB is to offer:

- “Are you sure that’s always true?”
- “Is that still useful now?”
- “Could something else be possible?”

Sometimes the perturbation is verbal. Sometimes, it’s a pause or a glance. Sometimes, it’s silence that leaves the old pattern uncompleted... uninterrupted. PERTURB offers an opening—not by clearing a path, but by introducing a possibility... at the right time.

Caveat: to perturb without trust is to push rather than invite. To perturb without pCc & CCR in a context of helping, is to destabilize. To perturb against permission is to violate... high risk even in the face of reason. “...you can’t change living systems... you can only perturb them and let them shift on their own,” – Francisco Varela (paraphrased)

In DISS-X, we use PERTURB not to provoke—but to invite reflection. To stir the system. To notice where stuckness lives. It can be a catalytic skill, not a controlling one.

When done well, PERTURB Assumptions doesn’t end a narrative. It offers reflection pens an alternate story—the *something* in the blind spot... in the window of what we don’t know we

don't know. one beneath the surface, waiting to be questioned.

Reflection Window

When was the last time you interrupted your own pattern of thinking?

- Was it voluntary—or provoked by another?
- Did the disturbance feel helpful or threatening?
- What assumptions might you still be carrying you have not been examined?

PERTURB invites us—and those we help—to look again and step back from inside the system to a position of the system. Not to find fault, but to see with new eyes perspective and wonder.

There is a reason this skill exists at all. PERTURB isn't just about readiness—it's finding flexibility in the face of rigidity.

It is a response to the ancient metaphor: **'the unexamined life is not worth living.'**

In a world of (accelerating) @VUCA, even successful assumptions—if left unquestioned—can lead us to the *Shakespearian shallows and misery* of our own making.

Grooved certainty may once have served us, but without inquiry, it calcifies into limitation.

To perturb is not to destroy—it is to rescue possibility from the clutch of habit.

And in that disturbance, life has a chance to breathe again.

Chapter 13: PAUSE & BREATHE

Before movement, there is stillness. Before insight... silence. Before action, there is breath.

PAUSE & BREATHE is perhaps the simplest—but most profound—skill in a DISS-X. It is the skill of intentional non-action. It is the moment we sit back, center our attention, and reconnect to rhythm before proceeding.

In our urgency-driven world, pausing can feel radical—even counterintuitive. Yet, it is precisely the absence of pause that turns help into pressure, advice into noise, and *inquiry into interrogation*. To PAUSE seems to yield the spacetime... not always to be consumed in the manner befitting the OPPOR+UNITY, so to speak.

To PAUSE & BREATHE is to say:

- “Can we slow down for just a moment?”
- “Let’s just take a breath here...”
- (Silence and attention, without words, only permission = invitation and allowance.)

This skill doesn't just halt shift momentum—it may transform it... and the participants?

PAUSE & BREATHE restores agency to the PBH (Person Being Helped), allowing them the spacetime to reclaim their center... to reflect and deliberate—to think or feel without acting. It signals respect, trust, and genuine curiosity about what lies beneath the surface tension of urgency.

Without the pause, our assumptions may run unchecked, our patterns replicate themselves, and our systems remain unexamined... *binding and bounded*. Breathing intentionally becomes an anchor—not just physiologically, but psychologically and metacognitively.

Try it now: (10 second bliss?) Inhale slowly through the back of your nose... to a count of three. Hold gently for two. Slowly exhale deliberately to five... *relaxing the tension in your bodymind*.

Notice how even a single *conscious deliberate* breath can alter perception. Notice the permission invitation it creates—to be here, rather than always somewhere else.

PAUSE & BREATHE isn't about stopping—it's about *making the next move clear, conscious,*

and connected... emergence from a structure beyond spacetime. It's the hidden gateway to clarity and the often-missed step in true transaction, transition and transformation.

Reflection Window

When was the last time you consciously chose to pause in the middle of action?

- Did that pause & breath shift your perception?
- Will integrating intentional pauses into your daily rhythm shift your interactions?
- What if the most important moves we make are the ones we don't subconsciously rush?

PAUSE & BREATHE reminds us that attention isn't always active.

Chapter 14: PACE Change

Everything has a rhythm and is a part of a cycle in nature.... you might say a resonance or vibration even. Nature, conversations, organizations, even problems and solutions—they all unfold at their own pace and in their own spacetime. And sometimes, it's the pace itself that becomes the tension or obstacle.

PACE Change is a skill in the DISS-X metasytem designed to honor, recognize, and when appropriate, adjust regulate rhythm and tempo. It acknowledges that the speed of change matters as much as the change itself.

PACE is nuanced. It's not about rushing, nor is it about artificially slowing things down. It's about noticing the systemic resonance in attention between the PH, the PBH, and the problems of their personality on one hand, and CCR (Culture, Conditions, Requirements) on the other hand—and finding surfacing alignment in view of RightACTION.

We engage PACE by gently checking in:

- “Does the tension feel right?”
- “Is it time to slow down reflect or speed up move quickly?”
- “Can we move differently to align better with the system's rhythm?”

Iterate or Recurse?

PACE Change respects individual differences deeply tied to personality and system dynamics. People differ in their internal and external rhythms—some naturally deliberate, others more comfortably quicken. When misaligned with CCR, tension and resistance emerge.

Adjusting pace doesn't just relieve tension, it reintroduces connection, clarity and commitment. It allows the natural emergence of potential, CAPACITY, and capability (pCc). Sometimes slowing down creates the very conditions necessary for insight and transformation. Sometimes accelerating pace helps leverage motivation and engagement.

However, the skill of PACE Change isn't just about matching speed; it's about optimizing timing. In an accelerating @VUCA world, it can feel counterintuitive to suggest patience. Yet in a DISS-X, we hold firmly that when it comes to human systems, complexity, and growth, the right pace is more important than the fastest pace.

PACE Change is about dancing with the present moment, rhythmically attuned not only to what is needed now but what sets the stage for what's possible next.

Reflection Window

Recall a situation where the speed of the interaction felt misaligned with the goals, or the people involved. Did you become aware of your needs and your role related to the pace?

- Would something be different if pace was consciously adjusted?
- Has slowing down ever provided unexpected value?
- Did increasing the pace offer commitment or energy?

PACE Change reminds us that rhythm is relational and that recognizing and regulating the rhythm might be the most crucial and compassionate act in any helping interaction.

Chapter 15: Integrative Synthesis—The Holographic Dance of DISS-X

Throughout our journey, we've encountered seven distinct yet deeply interwoven and combinatorial skills within the DISS-X metasytem: PING Insight, PROBE Belief, PROMPT RightACTION, PERMIT Story, PERTURB Assumptions, PAUSE & BREATHE, and PACE Change.

Yet, as we approach a journey of mastery, we begin to recognize a fundamental set of principles: these skills never operate in isolation. Rather, they dance together holographically—each containing subtle reflections of the others.

PING isn't merely noticing—it contains elements of pause, pace, and permit. PROBE is not only exploration—it invites perturbation, pacing, and pause. PROMPT isn't just about action—it arises naturally from probing, permitting, with respect to pCc and RWAF towards RightACTION which takes into account personality dynamics—ours and theirs!... along with a match to CCR!

Each skill holds a fractal of the entire metasytem, emerging dynamically based on the unique interplay of pCc, CCR, OPPOR+UNITY, IMULL and MITEAM present in every interaction.

The metacognitive nature of a DISS-X means that, as helpers, our primary job is not to select a skill mechanically, but to *recognize and regulate* flow with the rhythm and cycle of growth and development in our problem solving approaches and systems (PSA & PSS). Our intention shifts from directing outcomes to creating spaces where RightACTION can organically emerge in concert with MITEAM which honor the *problems of our personalities* emerging as talents to be nurtured and valued.

Central to this holographic interaction is our awareness of:

- pCc (potential, CAPACITY, capability): foundational to skill emergence.
- CCR (Culture, Conditions, Requirements): framing our intention and approach.
- IMULL & RWAF: signaling when and how a particular rhythm surfaces as form, process and meaning.

Consider a moment when you gently PERTURB an assumption—are you not also permitting story to surface? Of course, it's likely to be defensive reasoning too! When you PAUSE &

BREATHE, aren't you subtly inviting a non-verbal PING of new insight? In each apparent act of inquiry, the entire metasytem is present, resonating quietly beneath the surface—not unlike the energy & information awaiting observation in a quantum system.

This is the beauty of a DISS-X:

Inquiry is no longer a set of discrete steps—it becomes a living, breathing system, holographically nested, always unfolding through emergence as a dance of enablement, reflection, invitation, allowance, rhythm and relationship.

Your practice now is to feel this dance—to notice how each skill naturally calls forth the next, not through planning, but through Intention, Attention, Alignment, Relationship and Helping guided by Awareness, Purpose, Competence, Well-Being and Results emergent from attunement to the subtle systemic signals that mark the pathway towards RightACTION.

Holistic Reflection Window

Reflect on your entire journey through the DISS-X metasytem:

- How have you noticed these skills naturally interacting and complementing each other in your practice?
- Did something(s) shift in your understanding of helping, inquiry, and attention?
- Will continued practice in a DISS-X affect your interactions, personally and professionally?

Remember, DISS-X isn't about perfecting each skill separately—it's about cultivating the recognition and regulation of the metacognitive OPPOR+UNITY to think and feel the holographic emergence of insight, action, and growth within the systems that lead you... generatively.