

## **Practical 1**

This first S:DISS-X practical session demonstrated how a helping exchange can begin without forcing immediate clarity, diagnosis, or problem-solving. Rather than starting with a fully defined issue, the exchange began with a faint signal: “pressure.” The session showed how a helper can respond to that signal using selective inquiry rather than interrogation or advice.

A major learning point was that S:DISS-X works through seven forms of inquiry used selectively and contextually. Mike demonstrated how a small mirrored question such as “Pressure?” can slow the pace, protect the emerging moment, and allow the conversation to unfold naturally. The exchange avoided rushing toward explanation or solution-making. Instead, it stayed close to the person’s present experience.

The practical also introduced IMULL as a beginner-facing framework for evaluating helping interactions through Importance, Motivation, Urgency, Leverage, and Low-hanging fruit. Students were shown that RightACTION is not always a major intervention. Sometimes the fitting action is simply naming the starting point clearly and helping the person take one small next step.

Overall, the session modeled disciplined restraint, contextual fit, beginner’s mind, and inquiry before advice.