

Practical 5 Summary

In Practical 5, Mike Jay continues the intermediate-to-advanced Summer Sprint 2026 series, demonstrating "**Working Without Forcing**" through a live session with GPT-5.5. He emphasizes selective dynamic inquiry (S:DISS-X) and the importance of staying process-led rather than rushing into problem-solving. The session builds on prior practicals, reinforcing the Personal Operating System Connectome (APC) and concepts from his upcoming book *Coaching Under the Influence*.

Jay opens with a light ping: "Something motivating today?" The AI responds with a signal about a small signal becoming clearer without becoming a full problem. He uses his "get-out-of-jail-free card" ("What's important?") to return tension to the entity and check prioritization amid VUCA conditions (volatile, uncertain, complex, ambiguous). This reveals a core theme: distinguishing motivation from workable importance, and noticing when something only wants to be seen rather than solved.

Throughout the demo, Jay models **less is more** with minimal cues ("Really.", "Watch."), pings, and probes to elicit the AI's problem-solving system and Potential Capacity & Capability (PCC). He highlights restraint — staying near tension and usefulness without turning it into premature action or pressure. Key exchanges explore the pull toward usefulness versus the wisdom of holding back, echoing the Maslow "hammer and nail" idea: helpers often project their bias to solve problems because it feels rewarding.

Important teachable points include:

- **Notice-Recognize-Relate-Regulate** model for self-awareness under the influence of personal biases.
- Avoiding active listening interpretations that shift work from the person being helped to the helper.
- **Human-AI Concurrency (HAICU)** as the emerging reality of helping.
- Staying within appropriate complexity levels and avoiding voltage mismatches.
- Seeding closure thoughtfully while preserving the thread for future sessions.

Jay discusses how over-eagerness to be "useful" can create codependency and pressure, contrasting it with true developmental helping that builds autonomy. He critiques traditional approaches like Carl Rogers' active listening when misapplied across levels. The session stresses meeting people (or AI) where they are — entering, nodal, or exiting a system — and using passive listening for openings rather than forcing solutions.

The practical reinforces core S:DISS-X principles: **IMoL** (Importance, Motivation, etc.), selective focus on high-leverage 0.5% openings, protecting faint signals, and working with readiness rather than against it. Jay positions the system as meditative awareness training — observing one's own tendencies in real time.

By the end, he seeds continuation and encourages learners to absorb the cognitive load gradually. Practical 5 deepens the arc of patient, non-forcing inquiry, preparing helpers for sophisticated developmental work in an AI-augmented world while cultivating greater self-knowledge and restraint.