

Practical 6 Summary

In Practical 6, Mike Jay continues the intermediate/advanced Summer Sprint 2026 series, carrying forward themes from Practical 5. He demonstrates how the AI (ChatGPT) autonomously summarizes the previous session and picks up the thread with: “How a clean helping motive could quietly turn into pressure before the helper notices it.”

Jay opens by asking “Anything we’ve done so far that makes sense to explore?” — a creative way to surface coachable moments. When the AI identifies the risk of usefulness becoming pressure, he deliberately uses “Why?” (rarely employed) as a combined ping/perturb to explore its reasoning, then follows with “So” to gently advance. He emphasizes that interrogatory forms like “Why” often elicit scripts rather than deep reflection and can disrupt rhythm, so they should be used sparingly.

Key teachings revolve around **humaning** — Mike’s concept (developed with Don Beck) describing how people existentially operate across four frames: **being, doing, having, becoming**. These operate in networks of weights influenced by bias, style, capability, level, role, and system dynamics, rather than linear stages. He stresses the need to stay present, restrained, and adaptive so that helping remains **subordinate to humaning** — serving the person being helped rather than the helper’s need to feel useful.

The session explores complexity levels (systematic to metasystematic), PCC (Potential Capacity & Capability), RWF (Ready, Willing, Able, Fit), and the danger of “smart-talking dumb” responses that lack genuine application. Jay highlights the **voltage model** (Vertical, Oblique, Lateral, Time complexity) and the power of Human-AI Concurrency (HAICU) to explore higher-order thinking.

He models restraint by avoiding summarization or interpretation, using minimal cues, checking for lived application (“Do you experience yourself humaning that?”), and seeding closure around the governing insight: helping must remain subordinate to humaning. This shifts focus from technique and forms of inquiry to the helper’s own presence, self-awareness, and ability to notice personal pulls toward premature action.

Jay reflects on agency vs. communion, personal biases, and the customized nature of the system — always making it “all about them.” The practical reinforces core S:DISS-X principles: selective focus on signals, less-is-more inquiry, protecting developmental space, and continuous self-observation under the influence of one’s own patterns.

Practical 6 deepens the developmental arc, moving beneath methods into meta-awareness of the helping relationship itself. It equips learners to prioritize authentic human connection and readiness over forced usefulness.