

Summary of S:DISS-X Basic Practical Program Class 5

In Class 5 of the S:DISS-X Basic Practical Program, Mike Jay reviews foundational materials and first principles while reinforcing the central teaching: **do not put your capability in the third space**. He discusses purpose as already present (subconscious generator), the importance of self-organization over control, and how inquiry precedes solution. Jay emphasizes meeting people where they are through **IMULL** (Importance, Motivation, Urgency, Leverage, Low-hanging fruit), **PCC** (Potential Capacity & Capability), and **RWAF** (Ready, Willing, Able, Fit), while avoiding projection that leads to false scaffolding.

Through analysis of AI-generated examples and a live demonstration, Jay shows how subtle cues reveal capability. When the assistant says “I think I see it now,” he cautions against jumping to “see it,” instead modeling restraint with exact word cues, **pause and breathe**, and higher-leverage options (e.g., “I?”, “think?”, “now?”). He highlights over-helping when the AI generates options or explanations instead of staying basic. The session stresses that a selective experience can be short and temporary — helpers dip in to test an opening then return to normal conversation without turning every interaction into full coaching or advising.

Key teachings:

- Let the person being helped (PBH) show what they can carry before adding help — do not interpret the lift or project your capability.
- Staying with a word is not the same as claiming understanding; avoid active listening interpretations.
- Use one-word cues sparingly with high leverage; notice openings but let the form choose you.
- Selective experiences protect learning by staying small; seed closes without completing for the PBH.
- Understand ego position, self-protection, and different problem-solving styles (expanding/contracting).
- First principles include do no harm, self-organizing beats control, and braided Spark Outcomes (Satisfaction, Purpose, Awareness, Results, Confidence).

Class 5 deepens the program’s “less is more” discipline for Levels 9–11 learners. It teaches that powerful helping often means restraining your own talent and knowledge so the PBH can reveal their genuine readiness and path forward. By avoiding over-help and false works, helpers create space for authentic connection, clarification, and right action while protecting both parties from harm.