

Summary of S:DISS-X Basic Practical Program Class 7

In the final Class 7 of the S:DISS-X Basic Practical Program, Mike Jay provides a clean wrap-up, returning to basics and reinforcing the core discipline of restraint. He reviews the series, separates basic moves from founder commentary, and highlights **GPM** (Generator, Protector, Moderator) while emphasizing first principles: meet people where they are, self-organizing beats control, and inquiry precedes solution. The session focuses on three practical rules: (1) use the person being helped's (PBH) words selectively, not mechanically; (2) do not let a cue become an invitation to over-help; (3) return to **IMULL** (Importance, Motivation, Urgency, Leverage, Low-hanging fruit) when the next move is unclear.

Through live ChatGPT demonstrations, Jay models dipping into selective experiences and returning gracefully. Starting with “Could you use some help?” and “Anything important?”, he stays with the map, using pings and probes judiciously while avoiding recency bias and automatic generation of ideas. He corrects over-helping patterns (e.g., turning “ideas” into options) and stresses that a single well-placed cue reveals purpose, readiness, and problem-finding/solving systems. The class reinforces that **restraint** (pause before adding capability) is often the low-hanging fruit and the key to genuine helping.

Jay acknowledges the series' tension — basic material with richer founder commentary — and notes AI's ongoing learning about restraint, distinguishing human developmental learning from AI pattern adjustment. He ties everything back to **PCC**, **RWAF**, and the third space, reminding learners that powerful helping protects the PBH's own system rather than substituting the helper's.

Key teachings:

- Let the PBH show what they can carry before adding help — one cue, one form, one lesson.
- Distinguish ping (searching for context) from probe (context already tabled); avoid two mirrors without IMULL.
- Selective experiences are short and temporary; dip in, test, and exit cleanly.
- Restraint prevents projection, false scaffolding, and harm while enabling authentic right action.
- Use the map (IMULL) for orientation; purpose is already present and can be revealed through listening.

Class 7 closes the 7-class basics arc by distilling the system into simple, actionable rules for Levels 9–11 learners. It equips helpers to create meaningful, low-harm interactions in conversations and transactions, fostering better problem-finding, purpose alignment, and genuine progress through selective dynamic inquiry.