

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

In this concluding summary of the S:DISS-X Basic Practical Program, Mike Jay reinforces the foundational distinction that **helping is not the same as solving**. Across the seven classes, learners have practiced slowing down enough to notice what is actually happening, using restraint so the person being helped (PBH) can reveal their own problem-finding and problem-solving system. The program targets Levels 9–11 (concrete to formal reasoning), emphasizing selectivity rather than constant inquiry. Jay updates the reference card to stress “let the form choose you” through deep listening, and reviews the three core learning moves: see the move, recognize the pattern, and let the fitting form appear under simple conditions (notice, recognize, relate, regulate).

The basic work centers on three practical rules that protect the entire system: use the PBH’s words selectively (not mechanically or robotically); do not let a cue become an invitation to over-help; and return to **IMULL** (Importance, Motivation, Urgency, Leverage, Low-hanging fruit) when the next move is unclear. These rules support meeting people where they are, protecting **PCC** (Potential Capacity & Capability) and **RWAF** (Ready, Willing, Able, Fit), while avoiding projection of the helper’s capability into the third space. Restraint — or better, awareness — is the low-hanging fruit. A slight pause and breath often signals the right energy, preventing premature advice, interpretation, or scaffolding built on the helper’s system rather than the PBH’s.

Jay highlights the self-developmental nature of S:DISS-X: as helpers practice restraint with others, they automatically apply it to themselves, fostering generative growth. The system is experiential and selective — not about clever questions, scripts, or sounding expert, but about creating space for authentic right action to emerge. In transactional “where’s the milk” situations, helpers move quickly; in developmental moments, they listen for purpose already present (subconscious generator) and support self-organization over control.

Key teachings:

- Pause before adding capability — let the PBH show what they can carry first.
- Use IMULL as the reliable map for good conversations leading to right action.
- Selective experiences are short and temporary; dip in, test an opening, and exit cleanly.
- Restraint protects against Amergenics (creating more problems) and enables genuine transformation.
- The program is self-developmental: better helping improves the helper.

This summary closes the basics arc by distilling the system into simple, actionable principles. S:DISS-X equips helpers in any role to listen differently, reduce harm, and support real progress through awareness, restraint, and selective dynamic inquiry. Practice the rules, return to the map, and let the form choose you.