THE COUNCIL OF SELVES · COMPANION

IOS Quick-Start Kit

The Identity Operating System on a few printable pages. Keep it by the desk, in the notebook, on the fridge.

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Council · Waves · Compass · Chair

START HERE

Something needs attention. Point the Chair at it.

You opened this because something feels off. That is the Chair waking up. Find the line that sounds like you right now, and go to the page it names.

I'm overwhelmed CAN'T THINK CLEARLY	Use the **First Aid Card** (p. 9): match your signal to the circuit breaker. Then the **Chair Reboot**: body first, one question, one small act.
I'm stuck CAN'T START OR CHOOSE	Run a **Wave Check** (p. 4). Which state are you actually in? Undertow: rest. Storm: harvest. Low Tide: review. Rising Tide: do the hard thing.
I need to decide A CHOICE IS WAITING	Score it on the **Compass** (p. 5), −3 to +3 in all four directions. Any −3 is an automatic Veto. Then ask which Self is holding the pen.
Something's off BUT I CAN'T NAME IT	Do the **Daily Council Check-In** (p. 6). Who is driving? Is it the right Self for this moment? If the wrong Self, un-blend. If it lasts for days, you may be outgrowing the container.
I had a rupture INSIDE, OR WITH SOMEONE	Inside: the Mediation Script (p. 3). With a partner: wait 30 to 60 minutes, then repair. With a team: chair your own Council first, then the room.

THE IOS HIERARCHY

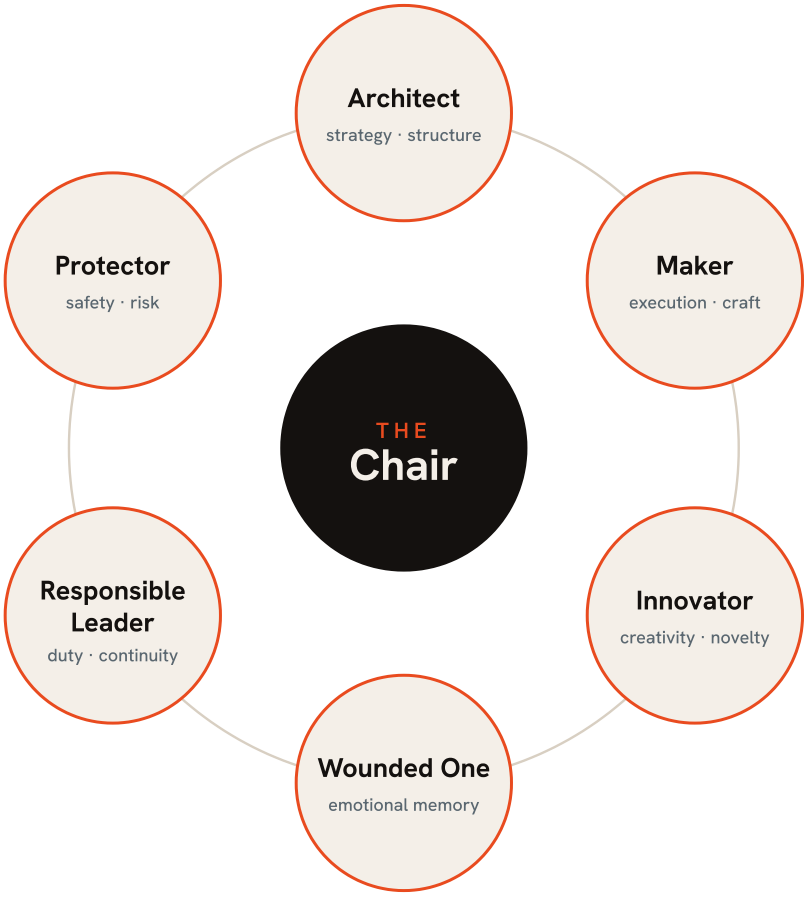
Each layer depends on the one beneath it. When the system feels broken, drop to the lowest compromised layer and repair there first.

LAYER 4	**Continuity** · the Codex and Identity Loops. How does this fit the long arc of my becoming?
LAYER 3	**Direction** · the Compass. Is this aligned with who I want to become?
LAYER 2	**Agency** · the Chair and the Council. Who is driving, and is the right Self at the wheel?
LAYER 1	**Safety & capacity** · South and the Waves. Can my body sustain what I'm asking of it?

> *You cannot lead what you cannot sustain. Start at the bottom. Always.*

Your Council map

Six core Selves share the room. The Chair is not one of them: it is the awareness that watches them without being hijacked by any single one.



WHO LEADS WHEN

Protector under threat, real or perceived. **Architect** when systems need building. **Maker** when work demands action. **Innovator** when ideas arrive unbidden. **Wounded One** when old pain is triggered. **Responsible Leader** when commitments are on the line.

SHADOW COUNCIL

In the shadows: the Critic, the Martyr, the Pleaser, the Saboteur.

MEDIATION SCRIPT · 5 STEPS

1 Call to order. "[Self], you have the floor." **2 Intent.** "Your voice is loud because you want to prevent ___. Right?" **3 Resource.** "What is the smallest thing I can do to honor your need?" **4 Reassign.** "[New Self], you have the next two hours." **5 Close.** "Thank you for the service. Meeting adjourned."

UN-BLENDING · 3 MOVES

Identify. Label the voice: "that is the Critic speaking." **Change the pronoun.** Not "I am a failure" but "a part of me fears failure." **Validate.** Address the fear, not the noise, then excuse it.

Supporting cast you may meet: Philosopher, Storyteller, Night Owl, Fixer, Relational Self, Chaos Spirit.

PILLAR 2 · THE WAVES

The Wave map

Four energy states. Not moods: biological weather. Waves are states, not identities. You are not “an Undertow person”; you are a person in Undertow today.

	HIGH CLARITY	LOW CLARITY
HIGH ENERGY	HIGH ENERGY · HIGH CLARITY **Rising Tide** **Best:** deep work, strategy, high-output creation. **Worst:** low-value email sorting.	HIGH ENERGY · LOW CLARITY **Storm** **Best:** idea harvest, brainstorming, pattern-breaking. **Worst:** final commitments, confrontation, budget sign-off.
LOW ENERGY	LOW ENERGY · HIGH CLARITY **Low Tide** **Best:** review, editing, gentle communication, planning. **Worst:** starting something complex, forcing speed.	LOW ENERGY · LOW CLARITY **Undertow** **Best:** rest, stabilization, passive learning, boundary-setting. **Worst:** self-judgment, major decisions, forcing work.

THE 4R’S OF WAVE ALIGNMENT

Recognize. Name the true state. Don’t judge it.

Reframe. “Low Tide is the perfect time for review,” not “I’m lazy.”

Reschedule. Move high-value tasks to the right future Wave.

Release. Do the task the current Wave legitimately supports.

STORM HARVEST

When a Storm hits, don’t fight it. Set a timer for 20 minutes. Capture every idea, no filtering. When the timer ends, close the document. Return to it in the next Low Tide or Rising Tide.

If you catch yourself saying “I’m always in Storm”, that is data, not a verdict.

PILLAR 3 · THE COMPASS

Score the decision

Every decision passes through four directions. Rate the impact on each from −3 (catastrophic loss) to +3 (massive gain).

North MEANING	Will this help me become the kind of human I want to be?
East PEOPLE	Who will be affected by this, and how?
South BODY · CAPACITY	Can my system realistically sustain this?
West CRAFT · OUTPUT	Does this deepen the work I'm here to do?

THE TWO RULES

Veto. Any single −3 kills the decision. No override. North and South hold this power most often.

Alignment. The total must reach +5 or more.

COMPASS WORKSHEET

DECISION

DIRECTION	QUESTION	SCORE −3…+3
North	Does this serve the kind of human I want to become?	
East	Who is affected? What is the relational cost or gain?	
South	Can my system sustain this right now?	
West	Does this deepen the work I'm here to do?	
	Total · Veto triggered? Which direction?	

SECOND PASS

1. Which Self most wants this score to be true?
2. Which Self most fears this score being true?
3. If I scored this in a different Wave, would the numbers change?

CHAIR'S DECISION

Before you commit. Once a day.

SOUTH VETO QUICK CHECK

Before any major commitment, a rapid audit of the body:

- ☐ **Sleep.** Am I carrying sleep debt?
- ☐ **Movement.** Have I worked off today's stress?
- ☐ **Nutrition.** Have I eaten properly today?
- ☐ **Nervous system.** Is my heart rate up? Am I in the Window of Tolerance?

> *If South is depleted, the Chair invokes the Veto. No decision is made from a bankrupt body.*

DAILY COUNCIL CHECK-IN

Once per day, pause and ask:

1. **Who is driving right now?** Name the Self.
2. **Is that the right Self for this moment?** If not, reassign.
3. **What does the neglected Self need?** Give it a small acknowledgment.

THE 5-SECOND LEADERSHIP SCAN

Before any high-stakes interaction:

Body. One breath. Drop the shoulders. **Self.** Who is driving? **Other.** Which Self is the other person leading with? **Compass.** What direction does this serve? **Proceed.** Lead from the Chair, not from the reactive Self.

THE ONE-DECISION DAY

Each morning, ask the Compass: what is the single most aligned action I can take today? Not the most urgent. Not the most productive. The most aligned. Then protect it from the noise.

THE SYNTHESIS RITUAL

The 5-Minute Coherence Check-In

The ritual that brings the Council, the Waves and the Compass together. Use it to reset at any point in the day, whenever the mood, the conversation or the task starts to drift.

1 **Pause**

Stop all activity. One full, slow breath.

2 **Observe & name**

Who is driving the mood, the conversation or the task right now? Name the Self.

3 **Validate & check the Wave**

Acknowledge the Self's positive intent. Then check your current state: Rising Tide, Storm, Low Tide or Undertow?

4 **Redirect**

Is this Self, in this Wave, serving my North right now? If not, the Compass vetoes. Realign the next action.

WHAT IT SOUNDS LIKE · 6:30 PM, A MESSAGE LANDS WRONG

Pause. Put the phone down. **Name.** The Wounded One is driving; it wants vindication. **Validate & check.** "I see you, Wounded One. That message hit something real." The Wave check says Storm: high energy, compromised judgment. **Redirect.** East holds the veto. Write the raw emotion in a private note; nothing is sent until Low Tide. We respond tomorrow.

TODAY'S CHECK-INS

TIME	WHO WAS DRIVING	WAVE	REDIRECT

QUICKSTART

7 days to sitting in the Chair

One practice per day. Five minutes each. No preparation needed. Tick the box when it's done, not when it's perfect.

DAY 1 ☐ **Name the room**

Notice what is happening inside you. Not what you think; what you feel. Tight chest? Racing thoughts? Flatness? Name the dominant state without judging it: "There is tension."

DAY 2 ☐ **Meet one Self**

Take a recurring inner conflict: the voice that says "not good enough", the urge to start something new before finishing the last. Give it a name from the Council. Write one sentence about what it wants.

DAY 3 ☐ **Track your Wave**

Morning, midday, evening: note your energy state. Rising Tide, Storm, Low Tide or Undertow? No action required. Just notice the pattern.

DAY 4 ☐ **The 5-second pause**

Before your first meeting or important conversation, take five seconds. Which Self is about to speak? Is that the Self this situation needs? The pause itself is the practice.

DAY 5 ☐ **One decision, one Compass**

Pick a small decision. Score North, East, South and West on the −3 to +3 scale (p. 5). Notice which direction you habitually ignore.

DAY 6 ☐ **The un-blending shift**

Next strong reaction, change the pronoun. Not "I am anxious" but "a part of me is anxious." Notice the space between being the feeling and having it.

DAY 7 ☐ **The Council Check-In**

Sit for five minutes. Ask your inner team: who needs attention right now? The answer may come as a word, a sensation, an image. Acknowledge it: "I hear you. We will address this."

AFTER **What shifted?**

Days 1 to 3 train the three foundations: observing your state (the Chair), recognizing a pattern (the Council), tracking energy over time (the Waves).

WHEN THERE'S NO BANDWIDTH

IOS First Aid Card

Not a practice. A circuit breaker. Use it to stop the cascade, then return to the full protocol when capacity allows.

Blended	I *am* the emotion. Change the pronoun: "A part of me feels..."	5 sec
Flooded	The body is overwhelmed. Cold water on face or wrists. Three slow breaths.	30 sec
Hijacked	The wrong Self is driving. Name it out loud: "The Protector is driving."	5 sec
Frozen	Can't start anything. Do the smallest possible version. One sentence. One rep.	2 min
Spiraling	The Critic is looping. Write its exact words on paper. Read them back. Notice the distance.	3 min

CHAIR REBOOT · AFTER DAYS OFFLINE

After illness, crisis, travel or burnout, don't attempt a full restart. The Chair comes back in stages.

1 · Body first. One night of protected sleep. One real meal. One short walk. No decisions.

2 · One question. Who was driving while the Chair was offline? Don't judge it. Just notice.

3 · One small act. Practice the five-second pause once: before a meal, before opening email.

4 · Resume the ritual. Back to the Coherence Check-In. Not perfectly. Not with guilt for the gap.

WEEKLY TRACKERS

One week on paper

Print one per week. Use the Wave Tracker with the 4R's to correct the next day, and the Council Log on Sunday to see who ran the week.

WAVE TRACKER

DAY	DOMINANT WAVE	MAIN TASK	MATCH?	NOTE
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

COUNCIL CHECK-IN LOG

SELF	ACTIVE?	NEGLECTED?	IN CONFLICT WITH	CHAIR'S NOTE
Protector				
Architect				
Maker				
Innovator				
Wounded One				
Responsible Leader				

WHEN THE SYSTEM FAILS

No framework works perfectly

The most common ways it breaks, and the way back.

"I can't reach the Chair."	You are blended. The fix is physical, not cognitive: move, change rooms, cold water on your face.
"I judge myself harder."	The Critic has taken over the framework. Stop, and start again with validation, not assessment.
"My scores always agree with me."	You are performing the Compass, not using it. Ask: am I scoring what I believe, or what I want to believe?
"Undertow, acting Rising Tide."	If you have to convince yourself you're fine, you are not fine. Trust the body's report over the mind's ambition.
"I label other people."	The framework is for self-observation. With others, describe behavior and impact, not an inner architecture you cannot verify.
"It isn't enough right now."	Severe sleep deprivation, trauma flashbacks, intoxication, acute psychiatric crisis: these need professional support, not a better Chair. The move is always South: seek help. The IOS is a leadership tool, not a replacement for clinical care.

GO DEEPER

The full system, sixteen chapters and the complete Toolkit, is in *The Council of Selves*.

multiverseforge.org/council-of-selves

MAP YOUR COUNCIL

A free interactive self-assessment of your Selves, Waves and Compass.

nunovalerio.com/assessment

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