

# The Fracture Cycle Assessment

Use this to determine where a team, relationship, or system currently sits.

## Stage 1 · Signal

**Question:** What broke, exactly?

**Indicator:** Confusion, sudden load shifts, reactive emotion.

**Action:** Apply Demir Step 0 — identify the structural failure before addressing feelings.

## Stage 2 · Containment

**Question:** What stops the fracture from spreading?

**Indicator:** Multiple parties pulled into the rupture.

**Action:** Apply Elegant Restraint — restrict movement, stop escalation.

## Stage 3 · Boundary Setting

**Question:** What is the narrow door?

**Indicator:** Expectations unclear, accountability diffuse.

**Action:** Define standards, consequences, and the conditions of return.

## Stage 4 · Return Path

**Question:** Is the path back real, intact, and uncompromised?

**Indicator:** Performances of remorse, avoidance, or attempts to bypass standards.

**Action:** Apply Path Back Doctrine — allow re-entry only under high structure.

## Stage 5 · Reintegration

**Question:** Has dignity been restored without lowering the floor?

**Indicator:** Tension gone, clarity regained, behavior aligned.

**Action:** Apply Pulse–Return Doctrine — test stability before proceeding.

## Stage 6 · Strengthening

**Question:** What beam did this reveal?

**Indicator:** Better function post-repair than pre-fracture.

**Action:** Apply Load-Bearing Beam Doctrine — reinforce what truly holds the system.