

# **Systems and Soul**

## **Clinician How To Guide**

Using Demir Step 0 Enmity Cured and Step 0.5 The Path Back

A Visual Companion for Pre Contact Estrangement Work

# Sequence Overview

## **STEP 0 ENMITY CURED**

Functional task based coordination

Goal create safe minimal contact

## **STEP 0.5 THE PATH BACK**

Boundary led re entry

Goal stabilize contact with small steps

## **STEP 1 COLEMAN LETTER**

Emotional overture when system is ready

## **COLEMAN LADDER WORK**

Dialogue repair deeper relational steps

# Essay Homework and Wishbone Mapping

## Homework A Enmity Cured

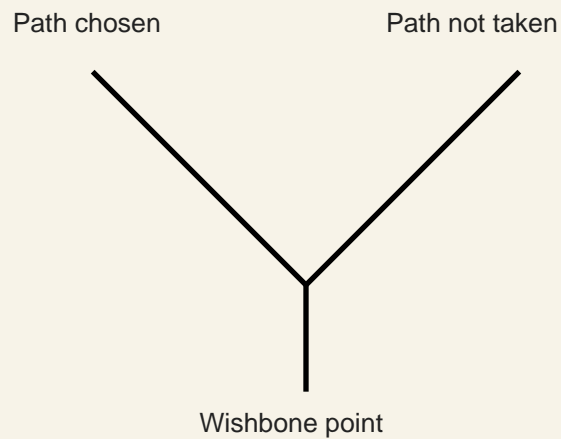
Read the Enmity Cured essay  
Treat it as structure not judgment  
Notice possible task based openings

## Homework B The Path Back

Read The Path Back essay  
See narrow door as boundary tool  
Identify what small steps look like

## Wishbone Point Mapping

Locate the moment where two relational paths diverged



# System Lever Quadrants

<p><b>Functional coordination</b></p> <p>Where can tasks be shared safely</p>	<p><b>Shame triggers</b></p> <p>What activates shame or shutdown</p>
<p><b>Pacing needs</b></p> <p>What speed can each tolerate</p>	<p><b>Boundary structures</b></p> <p>Which containers keep both safe</p>

# Build Step 0 or Step 0.5 Plan

## **Design the experiment**

One low stakes action

One predictable boundary

No emotional content in first contact

## **Readiness for Coleman Step 1**

Lower shame activation

Stable repeatable contact

Fear of misinterpretation reduced