

Nerva v5 - 1-Page Quick Guide

A decision dashboard for clarity. Map the situation first, then test whether action is actually justified.

How to use (60 seconds)

- **Set the situation:** Move **Emotion**, **Strategy**, and **Risk** until the blue arrow matches reality.
- **Set commitment:** Adjust **Horizon Threshold (τ)** to represent how much certainty you require before acting.
- **Test validity:** Use the **v5 Value Model** sliders (gain, blowback, evidence) to see if action is worth it.
- **Read the result:** Green = action is justified. Red = escalation/instability or negative outcomes.

Map sliders (where you are)

Emotion (E) - How intense/reactive you feel. Left = calm, right = fired up. Adds energy; too high can create momentum without clarity.

Strategy (S) - How planned/deliberate your move is. Left = impulsive, right = structured. Strategy converts emotion into direction.

Risk (R) - Exposure/stakes. Left = reversible, right = high consequence. Risk amplifies both wins and mistakes.

Horizon Threshold (τ / DII) - The commitment line (red circle). If the arrow tip reaches it, commitment is reached.

Previous Phase (prev ϕ) - Consistency over time. Close to current ϕ = stable direction (integrity higher). Far away = sudden swing (integrity lower).

v5 Value Model (is acting valid?)

Perceived Gain (PG) - The upside you believe exists.

Blowback Probability (Pb) - Likelihood of backlash/retaliation.

Blowback Impact (Ib) - Severity if backlash occurs.

Expected Cost (EC) - What it costs you to act (time, stress, money, relationships).

Evidence Quality (EQ) - Strength of proof (verified vs rumor).

Justification Bias (JB) - How much you're rationalizing ('I'm right because I feel right'). Lower = cleaner judgment.

Key readouts (plain language)

EV (Expected Value) = Gain - (Blowback + Cost). Positive EV means the move helps on average.

Integrity = Evidence x (1 - Justification Bias) x Phase Stability. Low integrity = confident but unsupported.

Decision rule

COMMIT_VALID if $EV \geq 0$ and $Integrity \geq 0.5$.

TOXIC_ESCALATION if $EV < 0$ or $Integrity < 0.5$.

How to earn green (practical recipe)

- Make EV positive: increase realistic gain, reduce blowback, reduce costs.
- Raise evidence quality (EQ) and lower justification bias (JB).
- Stabilize direction: keep ϕ consistent over time (prev ϕ close to current ϕ).
- Avoid extremes and sudden pivots; coherence beats intensity.

Beginner exercise (2 minutes)

- Push sliders to extremes and notice how often red appears (amplitude without coherence).
- Now slowly move sliders together and align prev ϕ with current ϕ - watch integrity rise.
- Try the same map position with different value sliders to see why 'bold' isn't always 'valid'.