

# 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** ( $\tau$ ) 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 ( $\tau$  / DII)** - The commitment line (red circle). If the arrow tip reaches it, commitment is reached.

**Previous Phase (prev  $\phi$ )** - Consistency over time. Close to current  $\phi$  = 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  $\times$  (1 - Justification Bias)  $\times$  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  $\phi$  consistent over time (prev  $\phi$  close to current  $\phi$ ).
- 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  $\phi$  with current  $\phi$  - watch integrity rise.
- Try the same map position with different value sliders to see why 'bold' isn't always 'valid'.