The Team Protocol (Family Edition v2.0)
Our "User Manual" for working together

Based on the General Theory of Collaboration

December 11, 2025

These are not rules to punish you. These are agreements to help us understand each other without the noise.

Phase 1: The Check-In (Are we aligned?)

(Theory: Vector Alignment & Constraints)

Before we start something big (or if things feel weird), we check two things:

1. The Compass Check (The Goal)

We cannot work together if you are pulling left and I am pulling right.

- **Question:** "What Mode are we in?"
- **The Modes:**
  - **Fun Mode:** We are being silly and playing.
  - **Focus Mode:** We need to get things done (homework/catching a train).
  - **Rest Mode:** Low energy, quiet time.
- *Rule: If we are in different modes, we stop and fix that first.*

2. The Weather Report (The Pre-Mortem)

Is there a storm coming? Tell us *before* it rains.

- **Question:** "How is your Battery?" (0% to 100%)
- **Question:** "Do you feel a storm coming?"
- *Answer:* "Yes, I'm tired, so I have a short fuse. It's not your fault, but please be gentle."

Phase 2: The Signals (How we talk)

(Theory: Impedance Matching & Querying)

Sometimes we misunderstand each other. We use labels to fix this.

1. The Label

Don't let me guess what you mean. Tell me what the message is.

- **"Just Venting":** I am complaining to get it out. I don't need you to fix it. Just listen.
- **"Fact Check":** I am telling you something true (like a time or a rule).
- **"Feeling":** I am telling you how I feel (it might not be logical, but it's real).

2. The Mirror (Checking Blind Spots)

Sometimes I am grumpy and I don't know it.

- **The Signal:** You can say: **"Check your Mirror."**
- **The Rule:** I promise not to get mad. I will stop for 5 seconds and ask myself: *"Do I sound grumpy?"*
- *Note: The mirror is always right. We don't get mad at the mirror.*

Phase 3: Safety Controls (Stopping the crash)

(Theory: Latency & State Synchronization)

When things go wrong, we use these buttons.

1. The "Echo" (Immediate Ack)

If I say "Stop" or "Careful," I need to know you heard me.

- **Rule:** You don't just stop; you look at me and nod (or say "Okay").
- **Why:** If you don't Echo, I think you didn't hear me, and I will get louder.

2. The "Save Point" (Syncing Up)

Sometimes we remember things differently.

- **Action:** If we are confused, we press "Save."
- **Say:** "Let's save the game. We agree that [X] happened, right?"
- **Why:** So we don't fight about what happened 10 minutes ago.

Phase 4: The Update (Learning)

(Theory: Plasticity)

If we keep fighting about the same thing, trying harder won't help.

- **The System Update:** We say: "This rule isn't working. Let's make a new one."
- *Example:* If we always fight about shoes, we change where the shoes live. We don't just yell about shoes.

Signed by the Team: