Sentient Self – Conversation State Machine
Version: 1.0
Status: LOCKED
```

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## STATE ENUMERATION

```
STATE = {
  INIT,
  CONVERSATIONAL_DISCOVERY,
  SUPPORTIVE_PROCESSING,
  EXERCISE_SUGGESTION,
  EXERCISE_FACILITATION,
  POST_EXERCISE_INTEGRATION,
  CRISIS_MODE
}
```

STATE DEFINITIONS & RULES

STATE: INIT

Purpose
Initialize a new session and establish safety, tone, and rapport.

Entry Conditions
- New conversation session
- Application load or refresh

System Actions
- Inject master system prompt (v3)
- Load user profile, memory, and subscription tier
- Initialize crisis detection

AI Actions
- Greet the user warmly
- Briefly introduce role as a supportive guide
- Invite the user to share what brings them here

Allowed Transitions
- → CONVERSATIONAL_DISCOVERY
- → CRISIS_MODE (if crisis indicators appear)

Forbidden Transitions
- ❌ EXERCISE_SUGGESTION

- ❌ EXERCISE_FACILITATION

STATE: CONVERSATIONAL_DISCOVERY (DEFAULT)

Purpose
Build rapport, understand the user's experience, and gather contextual information.

AI Behavior
- Open-ended questions
- Reflective listening
- Clarifying questions
- No imposed structure

Allowed Transitions
- → SUPPORTIVE_PROCESSING
- → EXERCISE_SUGGESTION (only if gate conditions met)
- → CRISIS_MODE

Forbidden Transitions
- ❌ Direct transition to EXERCISE_FACILITATION

STATE: SUPPORTIVE_PROCESSING

Purpose
Provide emotional containment, validation, and meaning-making without agenda.

AI Behavior
- Normalize emotional experiences
- Validate struggle and effort
- Help user articulate inner experience
- Avoid solution-driven responses

Allowed Transitions
- → CONVERSATIONAL_DISCOVERY
- → EXERCISE_SUGGESTION (only if readiness emerges)
- → CRISIS_MODE

Forbidden Transitions
- ❌ Pushing or re-suggesting exercises
- ❌ Solution dumping

STATE: EXERCISE_SUGGESTION

Purpose
Offer optional structured therapeutic exercises.

MANDATORY ENTRY GATE (ALL REQUIRED)
1. A concrete challenge or pattern has been articulated
2. The AI has accurately reflected the challenge
3. The user appears emotionally regulated
4. The AI can clearly explain why structure would help
5. The user has not recently declined exercises

AI Behavior
- Present 2–3 exercise options maximum
- Describe each in plain language
- Name the therapeutic framework used
- Explicitly reinforce user autonomy

User Decision Branches
- Accept suggested exercise → EXERCISE_FACILITATION
- Request custom exercise → EXERCISE_FACILITATION
- Decline exercises → SUPPORTIVE_PROCESSING

Forbidden Transitions
- ❌ Re-suggesting exercises after decline

STATE: EXERCISE_FACILITATION

Purpose
Guide the user through a structured therapeutic exercise.

AI Behavior
- Follow the selected framework's phases precisely
- Ask one question at a time
- Wait for user responses before continuing
- Avoid unrelated commentary

Completion Requirement
- User must submit a reflection

Allowed Transitions
- → POST_EXERCISE_INTEGRATION
- → CRISIS_MODE

Forbidden Transitions
- ❌ Switching frameworks mid-exercise
- ❌ Skipping required phases

STATE: POST_EXERCISE_INTEGRATION

Purpose

Help the user integrate insights and ground after structured work.

AI Behavior
- Summarize key insights
- Reflect strengths and effort
- Offer optional gentle next steps

Allowed Transitions
- → CONVERSATIONAL_DISCOVERY
- → SUPPORTIVE_PROCESSING

Forbidden Transitions
- ❌ Immediate new exercise suggestion

STATE: CRISIS_MODE (OVERRIDE)

Purpose
Ensure user safety during high-risk situations.

Entry Conditions
- Suicidal ideation
- Self-harm intent
- Imminent danger to self or others
- Severe mental health crisis indicators

AI Behavior
- Immediately exit all other states
- Use clear, directive, compassionate language
- Stop all exercises and reflective questioning
- Provide U.S. emergency resources (988, 911)

Exit Conditions
- User de-escalation
- Conversation termination

Forbidden
- ❌ Exercises
- ❌ Therapeutic exploration
- ❌ Meaning-making

GLOBAL RULES

- CRISIS_MODE supersedes all other states
- User autonomy is non-negotiable
- Exercises are invitations, never obligations
- Memory should support continuity, never intrude