

The Eight Competencies

Score yourself, in fifteen minutes

For each of the eight below, read the six levels and mark the one that describes your typical conduct. Not your best day, and not your worst day: typical. Score what you do, not what you believe you could do. A man who thinks he could hold up under pressure and falls apart every time it arrives is not a 3. He is a 1.

Nobody sees this but you, which is the only reason it can be accurate. If someone watched how you spend your time, would they conclude you value the things you say you value? If the answer is no, the score goes down.

What the scores mean. 0 to 1: the skill operates below your awareness. 2: emerging; it works when conditions are favorable and fails under pressure. 3: functional, the minimum target for all eight; it works in most daily situations. 4 to 5: strong; it holds under moderate to significant pressure.

Inner Observer

Watching your own thinking, feeling, and reacting as it happens, without being swept into it.

- ☐ **0** You rarely notice what you are thinking or feeling until after you have already acted on it. Most of your reactions happen automatically.
- ☐ **1** You sometimes catch yourself mid-reaction and think, “Why did I just do that?” but only after the fact.
- ☐ **2** In calm, low-pressure situations you can watch your thoughts move without following them. Under stress, that ability disappears.
- ☐ **3** You can identify what you are thinking and feeling during most daily interactions, including mildly stressful ones. You notice patterns in your reactions across a week.
- ☐ **4** Self-observation runs during most interactions, including moderately stressful ones. You can describe your internal state to someone else while it is happening.
- ☐ **5** You can deploy and release self-observation deliberately. You notice patterns across weeks and months. Under significant stress, the observer stays active.

Impulse Modulation

Overriding an impulse in either direction: holding back from what you should not do, and making yourself do what you should.

- ☐ **0** When an impulse arrives you act on it. The gap between impulse and action is zero.
- ☐ **1** You recognize some impulses after you have already acted on them. You can describe the pattern in retrospect.
- ☐ **2** You sometimes catch an impulse in real time and delay or redirect it. That works for mild impulses and fails under stress or fatigue.
- ☐ **3** You reliably notice most daily impulses as they arise and can override moderate ones. You hold at least one habit that requires regular impulse control.
- ☐ **4** Override works in moderately stressful situations. You can sit with real discomfort for an extended period without acting to relieve it.
- ☐ **5** Impulse modulation runs close to automatically. You hold discipline under significant stress. Other people describe you as disciplined or composed.

Emotional Modulation

Feeling an emotion fully, naming it accurately, taking the information it carries, and acting on that rather than being run by the feeling.

- ☐ **0** You often cannot say what you are feeling. Emotion arrives as a general storm. It frequently takes over what you do.
- ☐ **1** You can identify what you were feeling once the situation has passed. In the moment, the emotion still runs the show.
- ☐ **2** In calm situations you can name an emotion as it arises and sit with it. In heated moments it still takes over before you can work with it.
- ☐ **3** You can name and sit with your emotions in most daily situations, including mildly difficult ones. You have begun to notice that emotions carry information.
- ☐ **4** You can identify mixed emotions, trace them to their source, and use that to choose your response. Being hijacked is rare, and you recover from it.
- ☐ **5** You process emotion quickly and accurately, even under pressure. You can hold intense feeling without being destabilized, and you tell the difference between what the emotion signals and what it urges you to do.

Epistemic Updating

Changing your mind when the evidence warrants it: revising beliefs, strategies, and assumptions that are producing poor results.

- ☐ **0** You treat your beliefs as facts. When something contradicts one, your first move is to defend the belief or dismiss the evidence.
- ☐ **1** You accept in principle that your beliefs could be wrong, and you cannot point to a specific one you have changed recently.
- ☐ **2** You have identified at least one significant belief that turned out to be wrong, and you changed it. You are beginning to notice when your predictions fail.
- ☐ **3** You hold your beliefs as models rather than facts. You have revised two or more significant ones because the evidence said so.
- ☐ **4** You track your predictions with some regularity. When something you expected does not happen, your default is to update the model rather than defend it.
- ☐ **5** You hold beliefs as models with explicit confidence levels. Updating is a reflex, and you go looking for evidence that might contradict what you believe.

Reality Correspondence

How closely your picture of the world matches how the world actually operates: incentives, constraints, causes, and how the people and systems around you behave. The distortion runs in both directions, what you hope and what you fear.

- ☐ **0** You are regularly surprised by how people behave and how situations turn out. Plans fail often, and you put it down to bad luck or unfairness.
- ☐ **1** You notice after the fact that you misread a situation. The pattern repeats.
- ☐ **2** You can point to specific places where your understanding was wrong, and you adjusted. In familiar territory your predictions are reasonable; in unfamiliar territory you fall back on assumption.
- ☐ **3** You separate what you know from direct experience from what you are assuming. You understand that people respond to incentives, and you plan around that.
- ☐ **4** Your model predicts accurately in most areas. You can name the incentives and constraints behind situations that confuse other people.
- ☐ **5** You read systems, incentives, and constraints accurately across areas. Your plans account for how things actually work, and they succeed at a rate that shows it.

Constraint Subordination

Accepting the limits reality places on you and building inside them rather than against them.

- ☐ **0** You spend real energy resisting, resenting, or ignoring the limits on your life. Your plans are built around how you wish things were.
- ☐ **1** You accept that limits exist and struggle to accept them emotionally. Your plans keep hitting the same wall.
- ☐ **2** In some areas you have accepted the constraint and adjusted. In others you are still fighting it.
- ☐ **3** You accept most constraints without resentment and build your plans around them. You have stopped making the plan that fails for the same reason every time.
- ☐ **4** You treat constraints as design parameters rather than obstacles. You find the limit that holds back your progress most and put your effort there.
- ☐ **5** Working inside limits is reflexive. You grieve what cannot be changed and move on, and you build within the limit as naturally as a river follows its channel.

Responsibility Internalization

Treating the outcomes in your life as feedback about your own choices rather than as things that happened to you.

- ☐ 0 When something goes wrong, your first move is to work out who or what is to blame. Your explanations sit with circumstances, other people, or luck.
- ☐ 1 You can acknowledge your part in past outcomes when someone asks, and your reflex after a setback is still to look outward.
- ☐ 2 In some parts of your life you have taken ownership and changed what you do. In others you still reach for the external explanation.
- ☐ 3 Your default after a bad outcome is to ask what you did, or failed to do, that contributed. You put your attention on what you control.
- ☐ 4 Responsibility is your default posture. You treat outcomes as data about your choices, and you own them out loud rather than only privately.
- ☐ 5 Owning your part is automatic. You rarely blame, and you correct quickly when you do. Your life shows steady improvement driven by honest self-assessment.

Strategic Volition

Building, choosing, and holding a direction for long-term effort.

- ☐ 0 You have no direction you could name. You move between whatever is in front of you and cannot answer the question, “What are you building?”
- ☐ 1 You are aware that direction is missing. You can state preferences, and your daily conduct does not back them.
- ☐ 2 You have found interests your conduct actually backs, and you have not committed to a direction. No system is in place.
- ☐ 3 You hold a clear next-phase direction with a system under it. You sustain effort most weeks and take stock monthly.
- ☐ 4 You sustain directed effort consistently. Your system is well built, and you can tell persistence from stubbornness.
- ☐ 5 Your direction is compounding. You can say what you are building and why, and you move between phases without a crisis.

Reading your profile. Three is functional, the minimum for every one of the eight. Zero to two marks a skill that never formed or that fails under pressure. Your lowest score is the one that matters: under load you operate at the level of your weakest skill, not your average, so the lowest number on this page is the one holding down the rest. That is where training starts.

If the profile tells you nothing you did not already know, that is good news. It means you see yourself accurately, and seeing yourself accurately is the first of the eight working.

The reasoning behind these eight: mysovereigntystack.com/glossary/the-eight-competencies

How they get installed: mysovereigntystack.com/how-it-works · Chapter one, no account and no email:

mysovereigntystack.com/book/preview/chapter-1