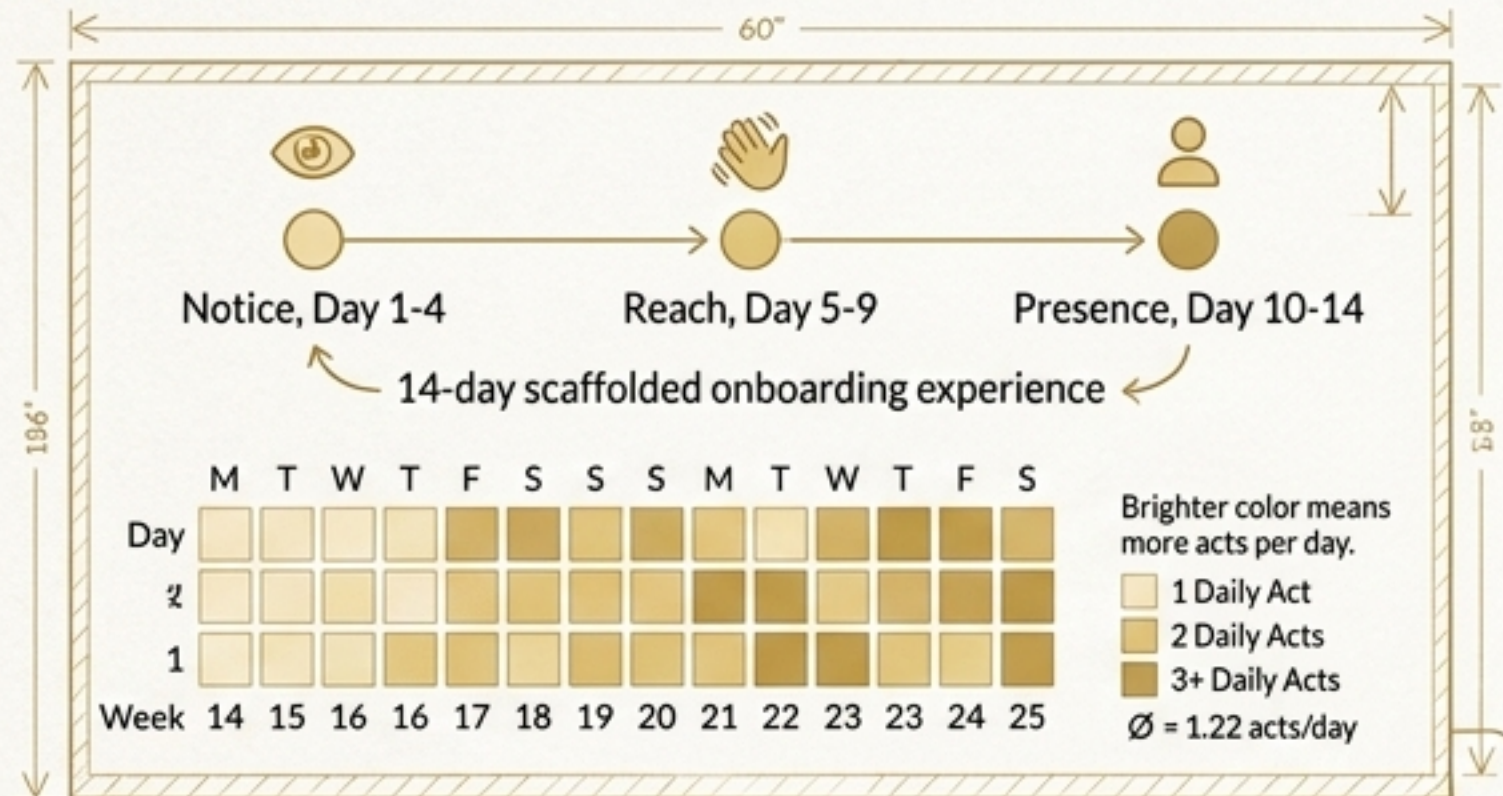


The Architecture of Scaffolding



Deconstructing the 14-day “Today’s Gathering” loop as a clinical intervention for relational habit formation.

Today's Gathering: 14 Days of Load-Bearing Support



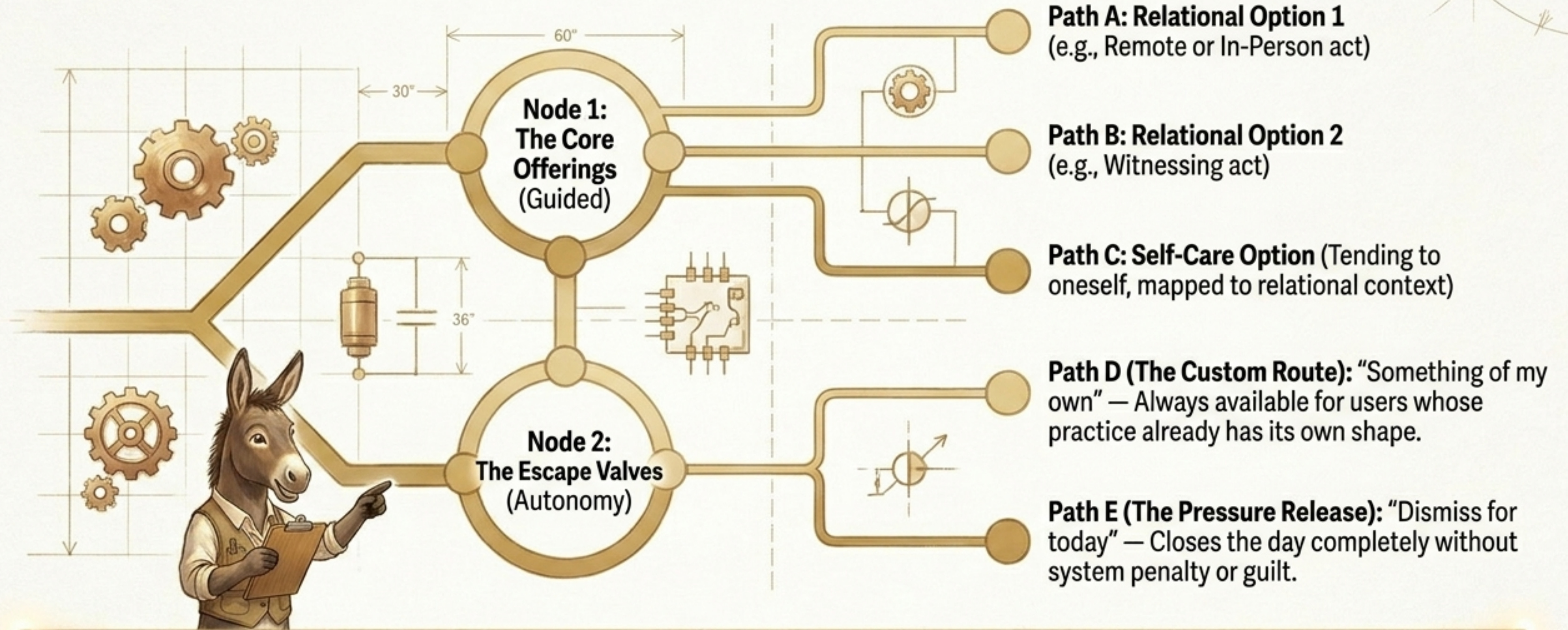
The Framework:
A 14-day scaffolded on-ramp explicitly designed to introduce the Ledger through small, daily relational activity invitations.

The Guide:
Kiko the ambassador frames the daily offerings. He does not lecture; he provides a short, emotionally attuned script that sets a daily thematic arc.

The Clinical Anchor:
Rooted in implementation intention research (Gollwitzer & Sheeran, 2006). It lowers the cognitive load of connection by providing specific, actionable pathways.

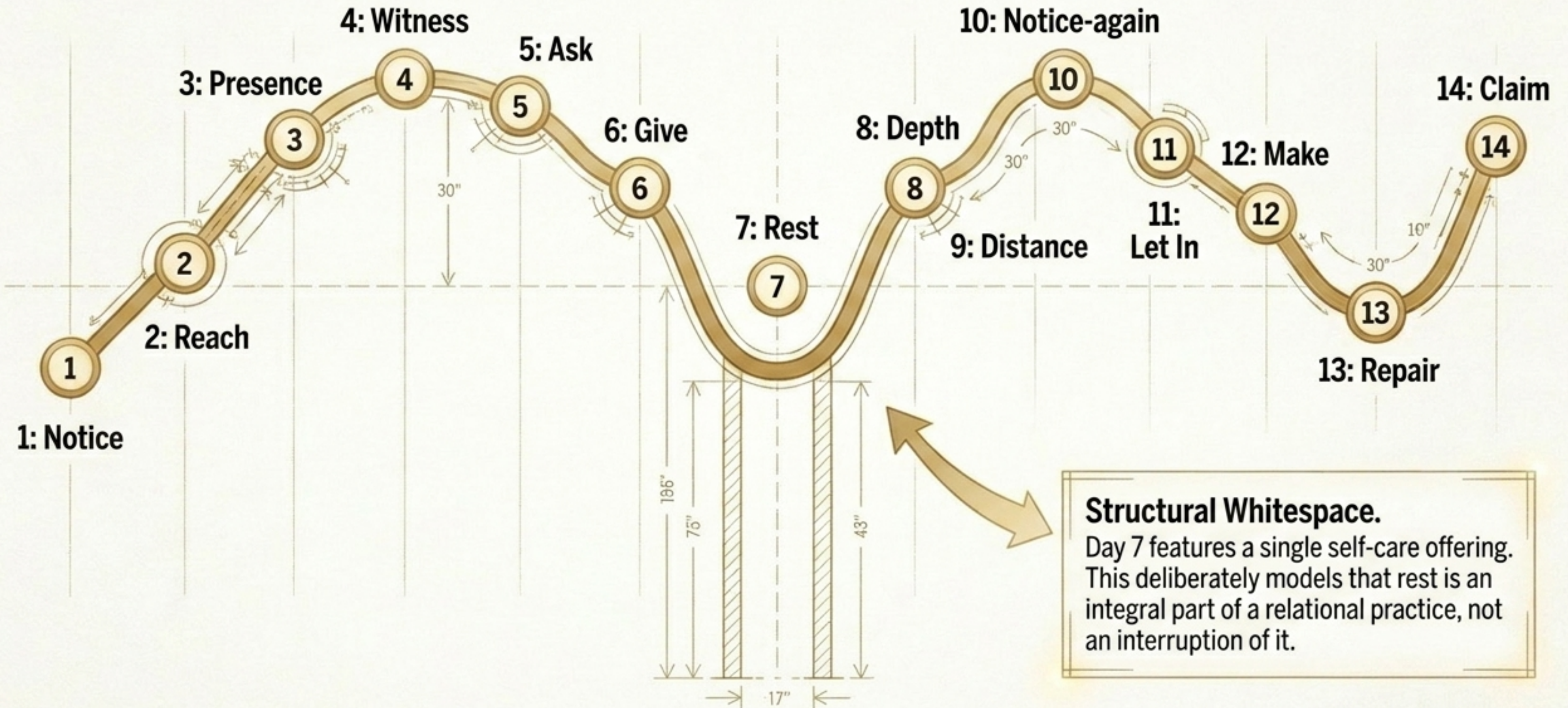


The Anatomy of a Single Day



Scaffolding only works if it doesn't feel like a cage. The inclusion of visible "escape valves" is an active clinical decision to preserve user autonomy.

The 14-Day Thematic Arc



The Taxonomic Substrate

Every offered activity is tagged and categorized behind the scenes. This 9-bin taxonomy forms the data substrate for downstream retention-correlation analysis, allowing the system to learn which early behavioral profiles predict long-term practice.



The Architecture of Autonomy

Standard App Playbook

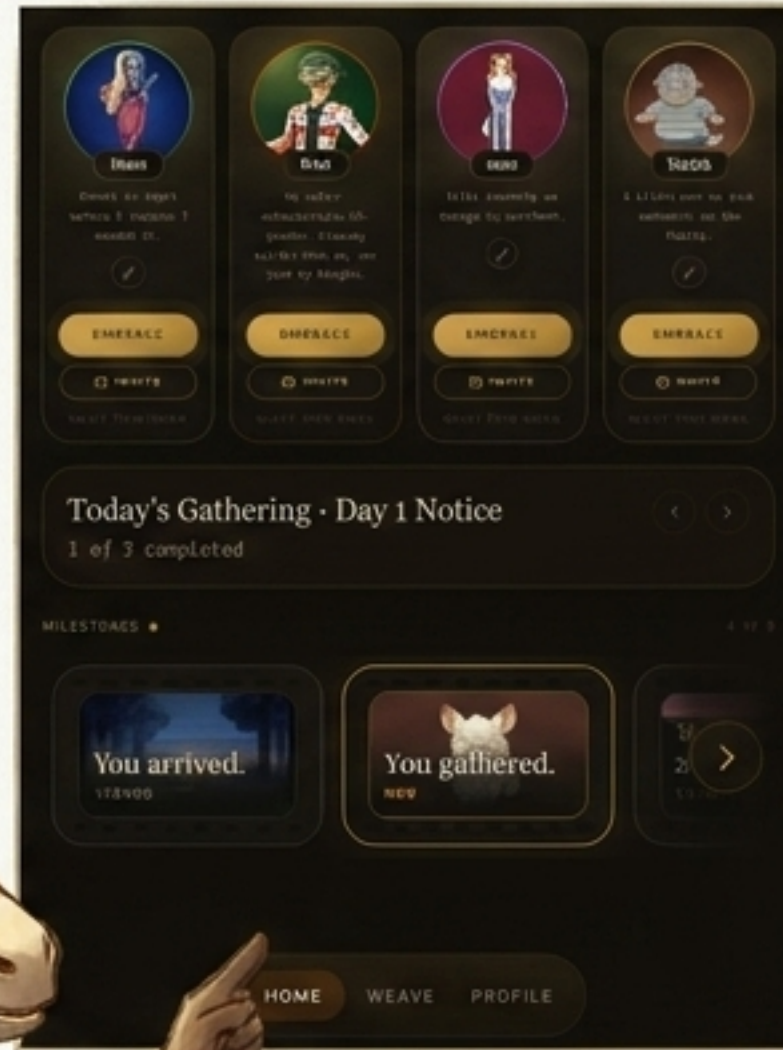
~~OS-Level Push Notifications~~

~~Progress Bars~~

~~Streak Gamification & Leaderboards~~

Coercive Tech Patterns
(External Motivation)

The DunbarrioSolo Blueprint



- ✓ **In-App Blue Star:** A quiet visual indicator signals unviewed offerings. It clears upon viewing.
- ✓ **Chevron Navigation:** Users can reverse and return to missed days without penalty.
- ✓ **Invisible Progression:** Growth is honored, not scored.

Clinical Safety
(Intrinsic Motivation)

“A practice cannot happen safely if you feel you are being managed.”

The Catalyst of Progression

Step 1: Rooted:
The baseline state
upon account creation.

Step 2: Gathering:
The load-bearing node activated
during the 14-day onboarding.

Step 3: Tending:
The outward structure
unlock.

Key Architectural Choice

A user does not reach Tending simply by creating a relational circle. They reach it by engaging with the Ledger enough that the practice has verifiably begun. The energy flowing through the Gathering node is the required catalyst to unlock mutuality and invitations.

The Day 14 Handoff: Removing the Scaffolding

At the conclusion of the 14-day onboarding, users are presented with a **reversible** choice for how their ongoing practice will take shape.

Option Name	Description	System Guidance Level
Repeat	Cycle through the 14-day sequence again.	(High Guidance)
Shuffle	Randomize activities within the same thematic arc.	(Moderate Guidance)
Blend	Mix library offerings with the user's own self-directed entries.	(Balanced)
Only-my-own	The system only tracks user-generated acts.	(High Autonomy)
Off	Prompts are turned off entirely; the ledger operates silently.	(Total Autonomy)

The Quiet Room, Prepared



Structure Over Sycophancy

The first 14 days provide a rigid clinical framework, wrapped in a holding environment that feels entirely safe.

Autonomy Maintained

By Day 14, the habit is built, the scaffolding is disassembled, and the user is left with ownership of their relational energy.

The True Milestone

The goal of DunbarrioSolo's onboarding is not to teach users how to click buttons in an app, but to prove to them that they are capable of tending to their real-world connections.