Real applications of SELFTRACE

Complete new-user dossier: what you can achieve, how to move through reports and real case files, and how to lean on external AI.



Focus	Use	Value
Concrete outcomes	**Public guide + PDF**	**Route, benefits, and steps**

What you will find here

This guide is not meant as a technical manual but as a library of concrete outcomes. You choose the goal and SELFTRACE guides you on which modules to touch, in what order, and what kind of output you can build.

- You can enter through identity, emotions, work, relationships, problem solving, or shared Traces.
- The routes are approximate: they do not replace your judgment, but they save you from getting lost inside a broad system.
- External AI expands language and options; the core reading still comes from SELFTRACE.
- One reading can support multiple outcomes: self-description, hard conversation, work, couple work, or sharing.

Ways to enter

- Understand myself better: To get a clear self-description, read your patterns, organize your biography, and understand your tensions.
- Solve something concrete: To turn the system into decisions, hard conversations, work clarity, strengths, and real problem solving.
- Share or relate better: For couple work, close relationships, Traces, shared profiles, and reading other people better.

Identity · I want a clear description of myself

This helps you present yourself better, think more clearly, and stop explaining yourself through vague phrases.

What this gives you

- It turns your cartography into usable language for yourself and for others.
- It helps you separate pattern, biography, current emotion, and relational style.

- It can end in a short text, a personal bio, or a deeper presentation.

Suggested route

1 **Base cartography**
Complete enough scenarios until the map stops feeling random and already gives you useful signal by pattern and life area.

2 **What can I know about myself**
Read the central synthesis, dominant patterns, and area nuances. Highlight what really feels faithful to your lived experience.

3 **Biography**
Add story, milestones, and context so the description does not stay flat or detached from real life.

4 **Prompts or external AI**
Copy a synthesis or structured prompt and take it to your preferred AI for a short, intimate, or professional version.

Outcomes you can get

- A short description of who you are and how you usually function.
- A deeper text to share with someone you trust.
- Finer language to explain yourself without over-reducing yourself.

External AI support

Ask for three versions: intimate, professional, and very short for conversation use.

Work · I want to know my work strengths

This helps you detect where you bring the most value, which conditions help you perform better, and what kind of work distorts you.

What this gives you

- It translates your strengths into work language, not only psychological language.
- It helps you detect the contexts where you flourish and the ones where you twist yourself.
- It can support interviews, leadership, role changes, and professional development.

Suggested route

1 **Cartography**
Answer enough rounds for the system to build a stable reading of your tendencies, especially around work, life direction, and relationships.

2 **What can I know about myself**
Review patterns, stronger areas, and repeated tensions. See which strengths appear when you are regulated and which become risk under overload.

3 **Biography**
Add concrete examples: projects, roles, bosses, conflict, achievements, and moments when you performed especially well or badly.

4 **Apply**
Load a concrete work case: interview, promotion, manager conflict, leadership, or role definition. Use the analysis to turn the reading into strategy.

Outcomes you can get

- A work-strength map and an overuse-risk map.
- A script for interviews or development conversations.
- A clearer sense of the role, rhythm, and environment that suit you.

External AI support

If you use external AI, ask it to translate your reading into professional value, collaboration, and leadership language without inventing unsupported traits.

Emotion · I want to understand what activates me emotionally and regulate better

This helps you move beyond 'I feel bad' and into triggers, repeated states, and more concrete care patterns.

What this gives you

- It clarifies what disorganizes you and what helps you come back to center.
- It separates current emotion from deeper pattern or accumulated story.
- It produces material useful for self-observation, therapy, or trusted conversation.

Suggested route

1 **Emotional state**
Register what you feel, name the emotional load, and observe which tensions appear more often.

2 **Cartography and life areas**
Contrast that state with your wider map to see whether it is a punctual episode or a repeated pattern inside certain contexts.

3 **What can I know about myself**
Review synthesis, dominant tensions, and reading notes to place your triggers more accurately.

4 **Prompts or external AI**
Take the material to an external AI if you want help turning it into a regulation plan, journaling prompts, or micro-practices.

Outcomes you can get

- A list of triggers and overload signals.
- A small personal protocol to regulate better.
- More ability to speak about your emotional state without being swallowed by it.

External AI support

This works especially well if you ask the AI for practical outputs: what to do in five minutes, during a hard afternoon, and across an overloaded week.

Decisions · I want to prepare a difficult conversation

This helps you enter a hard conversation with more self-reading, less impulsiveness, and more strategy.

What this gives you

- It helps you see from where you react before you speak.
- It reduces improvisation and reactivity in sensitive topics.
- It can end in a concrete conversation script.

Suggested route

1 **Emotional state**
Clarify how you arrive emotionally to the conversation: activated, hurt, angry, avoidant, or over-explaining.

2 **What can I know about myself**
Look for the pattern or tension most likely to dominate you during that scene and what your better version needs to stay present.

3 **Apply**
Load the conversation as a real problem and ask the system for a situational reading: risks, bias, tone, timing, and action lines.

4 **History**
Save the case, compare versions, and export the result or prompt if you want to work it with more calm or with external AI.

Outcomes you can get

- A base script of what to say, what not to mix, and how to enter.
- More clarity about your real intention and your conversational risks.
- A less chaotic and more aligned conversation.

External AI support

Ask an external AI for three scripts: gentle, firm, and very concise. Then choose the one that fits your real goal.

Relationships · I want to improve a couple bond or an important relationship

This helps move from mutual judgment into a finer reading of needs, triggers, rhythms, and repair styles.

What this gives you

- It helps people talk about friction without reducing everything to blame.
- It allows controlled sharing with consent.
- It opens one-to-one exercises from a more structured base.

Suggested route

1 **Individual cartography**
Ideally each person first completes their own cartography so the relationship is not entered without personal language.

2 **Sharing**
Share the profile with controlled permission or create a Trace if you only want to show one specific piece.

3 **Interaction**
Use cross reading or one-to-one exercises to detect tensions, compatibilities, rhythms, and care points.

4 **Guided conversation**
Turn the reading into concrete agreements: what each person needs, how to warn, how to repair, and how not to escalate.

Outcomes you can get

- A much more structured conversation about the bond.
- Concrete agreements instead of diffuse reproaches.
- More clarity about how each person gets activated.

External AI support

If you use external AI, ask it not to take sides: it should translate differences into agreements, boundaries, and mutual care options.

External reading · I want to understand another person better

This helps you observe someone relevant more clearly without inventing a closed story about their identity.

What this gives you

- It organizes observations about a person, character, boss, partner, or public figure.
- It forces you to separate evidence, hypothesis, and missing information.
- It is useful for relationships, negotiation, environmental reading, and relational preparation.

Suggested route

1. **Relational entities**
   Create a card for the person and load concrete observations, scenes, conflicts, traits, and repeated signals.

2. **Attributes and contrast**
   Complete relationship, source, examples, and complementary attributes so the reading does not depend on one loose impression.

3. **Apply**
   If the bond has a specific problem, move that reading into a real case and analyze the interaction more sharply.

4. **PDF or summary**
   Download the card or use it as a base to talk, prepare yourself, or step back with more judgment.

Outcomes you can get

- A readable card of that person with better ordered observations.
- More interpretive caution and less impulsive projection.
- A better starting point for action around that relationship.

External AI support

The best practice here is to ask the AI for cautious hypotheses, not certainties. The value is clarifying observed patterns, not guessing anyone's essence.

Politics · I want to analyze public actors, social entities, and political problems with more judgment

This helps you profile public figures, parties, institutions, media actors, interest blocs, and political conflicts as readable and comparable files.

What this gives you

- It lets you read power, narrative, incentives, and tensions without collapsing into impulsive opinion.
- It connects social and relational entities to map actors, alliances, rivals, constituencies, and framing dynamics.
- It can end in a public card, political brief, decision memo, or strategic simulation.

Suggested route

1. **Social entities**
   Create cards for parties, governments, movements, media outlets, unions, public companies, or pressure blocs. Name mission, image, style, contradictions, and repeated signals.

2. **Relational entities**
   Profile concrete actors inside the board: president, mayor, spokesperson, advisor, journalist, negotiator, or key rival. This lets you separate institution from person.

3. **Apply**
   Load the political problem as a file: reputation crisis, negotiation, pact, reform, campaign, legislative conflict, or territorial tension. Analyze risks, actors, timing, and action lines.

4. **Traces and sharing**
   Turn the analysis into a Trace or shared piece for a team, client, campaign cell, or external expert with controlled access.

Outcomes you can get

- A clearer and less reactive political dossier.
- A map of public actors, crossed interests, and narrative risks.
- Material ready for briefing, committee work, campaign use, advisory work, or strategic communication.

External AI support

External AI can help here by contrasting scenarios, preparing objections, translating the case into an executive brief, or simulating actor responses without losing the structured base of the system.

History · I want to create historical entities and recreate situations with a sage, leader, or figure from the past

This helps you profile a historical person, an ancient sage, or a civilizational figure and use that card to think through situations from another perspective.

What this gives you

- It opens an attractive, creative, and pedagogical use of the system.
- It lets you treat historical figures as relational or social entities with observations, traits, context, and thinking frameworks.
- It can end in a historical card, situational simulation, guided conversation, or a highly shareable public piece.

Suggested route

1 **Historical relational entity**
Create a card for the person: Socrates, Marcus Aurelius, Teresa of Avila, Sun Tzu, Seneca, or any historical figure. Load scenes, phrases, traits, tensions, and judgment style.

2 **Entity or social context**
Also add the polis, school, order, empire, tradition, or community where that figure operated. This prevents the reading from floating without civilization or context.

3 **Apply**
Pose a situation and work it as a recreation file: how would this sage think through the conflict, what risks would they see, what criterion would they prioritize, and what action line might they suggest today?

4 **Marketing or Traces**
Turn the best recreation into a shareable Trace, brochure, or public-learning asset for education, entertainment, applied philosophy, or culture.

Outcomes you can get

- A structured and reusable historical or wisdom-oriented card.
- Scenarios recreated through powerful and comparable thinking frameworks.
- Attractive material for education, outreach, serious play, applied philosophy, or cultural exploration.

External AI support

External AI works especially well here if you use it to expand style, language, and contrast between figures, but it helps to keep clear what comes from structured observation and what belongs to hypothetical recreation.

Apply · I want to solve a real problem with more judgment

This helps you unite your identity reading with a concrete case and turn the system into strategy.

What this gives you

- It connects identity, context, and strategy in one flow.
- It gives practical outputs instead of abstract diagnosis.
- It works for work, relationships, money, family, habits, and difficult decisions.

Suggested route

1. **Cartography and reading**
   Arrive with a minimum self-knowledge base so the case is not analyzed in an empty vacuum.

2. **Apply**
   Formulate the problem with name, context, goal, risks, and key questions. Use the analysis to see patterns, tensions, and strategy.

3. **History**
   Save versions, compare solutions, export prompts, and keep the case as an evolving file.

4. **External AI**
   If you want more depth, use the generated prompts to ask your favorite AI for scenarios, plans, objections, or weekly steps.

Outcomes you can get

- A clearer plan for the problem you are facing.
- Less emotional noise and more context reading.
- A reusable file to keep iterating the solution.

External AI support

External AI shines here when you ask for alternatives: conservative plan, ambitious plan, and minimum viable plan.

Traces · I want to share something useful without exposing my whole profile

This helps you show one concrete reading with access control, without exposing more than necessary.

What this gives you

- It lets you share one specific piece by link instead of your whole inner world.
- It can stay hidden by link or become visible in Public Traces.
- It is ideal for punctual conversations, presentations, work, or trusted relationships.

Suggested route

1. **Biography, emotions, or Apply**
   Start from one concrete piece worth sharing: a biography, an emotional Trace, or a worked case.

2. **Sharing**
   Create a Trace in the sharing area. Decide whether it will stay hidden by link or listed in Public Traces.

3 **Review**
Check how the piece looks, what tone it carries, and whether that version is appropriate for the audience who will access it.

4 **Distribution**
Copy the link and send it to the right people. If needed, you can revoke it or make it visible later.

Outcomes you can get

- A sober, readable, shareable piece.
- Control between hidden-by-link, public listing, and revocation.
- More precision to share only what you truly want to show.

External AI support

Think of the hidden Trace as an unlisted video: only those with the link can access it, not the whole world.

Implementation · I want to implement SELFTRACE in an organization, family, club, or business

This helps you move from 'we have access to a tool' to 'we are achieving concrete results through guided and sustainable adoption'.

What this gives you

- It helps sell the idea through visible benefits instead of abstract theory.
- It reduces cultural resistance because it clarifies goals, limits, and healthy use cases.
- It allows the system to be deployed as a means for transformation, not as an end in itself.

Suggested route

1 **Entry case**
First choose two or three visible outcomes for your context: self-description, work strengths, hard conversation, couple work, Traces, or problem solving.

2 **Niche adaptation**
Define what hurts in that environment: family coexistence, hiring, leadership, coordination, belonging, culture, reintegration, or personal growth.

3 **Training by routes**
Teach simple journeys by outcome: if you want this, go here, then here, then here. Do not flood the community with the whole system at once.

4 **Sustained interaction**
Push cohorts, guided sessions, weekly challenges, one-to-one exercises, and periodic review.

Transformation comes from continued and accompanied use.

Outcomes you can get

- A more realistic implementation that depends less on initial enthusiasm.
- Higher adoption because people understand what it does for their real life.
- More chance of achieving cultural change, shared judgment, and better conversations.

External AI support

External AI can help you design onboarding plans, launch messages, training sessions, and resistance handling, but the north star must still be the human goal of transformation.

External AI · I want to get more value using an AI of my choice

This helps you expand language, options, examples, and plans without letting AI replace the base reading from SELFTRACE.

What this gives you

- It helps you translate outputs into everyday, professional, or relational language.
- It works for exercises, questions, plans, scripts, and reformulations.
- It preserves judgment if you use AI as an extension, not as the main source of identity.

Suggested route

1 **Structured base**
Always start from a SELFTRACE reading, not from a vague question thrown to AI without context.

2 **Prompts**
Export prompts or copy summaries from the relevant module: identity, biography, emotions, or Apply.

3 **AI of your choice**
Paste the material into your preferred AI and ask for something concrete: synthesis, plan, journaling questions, or guided conversation.

4 **Human filter**
Keep what is useful, correct exaggerations, and preserve as base what the system could actually justify with evidence.

Outcomes you can get

- Better structured prompts and less generic AI use.
- More action ideas without losing method.

- A powerful combination between guided system and external linguistic support.

External AI support

The healthy rule is simple: SELFTRACE detects and organizes; external AI helps write, expand, compare, or rehearse.

Available prompts and how to use them

Use SELFTRACE to detect, organize, and provide context. Use external AI to expand language, generate options, rehearse conversations, draft outputs, or convert a report or case file into a useful format.

Identity prompts

They turn your map into clear language about who you are, how you function, which tensions dominate, and how your life areas organize.

- Who I am
- Dominant and secondary patterns
- Tensions, coherence, and blind spot
- Light holistic diagnosis
- Likely master judgment
- Observer shift
- Linguistic tools

Biography prompts

They deepen one life area through history, references, entries, goals, and closures.

- Identity biography dossier
- Situated guidance
- Linguistic intervention
- Body prompt
- Area-specific guides

Emotional prompts

They help read installed mood, ask for regulation, reframe a story, and design more lucid micro-actions.

- Installed mood diagnostic
- Mood regulation
- Story reframing
- Linguistic intervention
- Body prompt

Real-problem prompts and final outputs

They turn a case into strategy and then translate it into final deliverables through external AI.

- Case prompt
- Executive summary
- Action plan
- Institutional brief
- PowerPoint-style deck
- Decision memo
- Workshop agenda
- FAQ
- Long-form article
- LinkedIn post
- X thread
- Carousel
- Video script
- Podcast outline
- Press release

Relational and interaction prompts

They help read another person better, prepare one-to-one crossings, and structure a delicate conversation or important bond.

- Cross-reading prompt
- Relational card for another person
- Interaction and guided-conversation questions

Next step

Do not try to use everything at once. Pick one goal, follow one route, validate whether it helps, and only then expand.

General rule for external AI

Use SELFTRACE to detect, organize, and provide context. Use external AI to expand language, generate options, rehearse conversations, draft outputs, or convert a report or case file into a useful format.