

The Rouse OS Equation (ROSE)

ROSE converts your current environmental circumstances into a single number: how much structural pressure you're actually carrying, right now. It's the first of the five regulators in the Rouse OS framework, and the only one that requires no relationship data — just your own life.

What it measures

Three things, working together:

Base Pressure — how much load you're carrying across eleven areas of life: Money, Work, Health, Diet, Housing, Transportation, Communication, Safety, Legal/Systemic obligations, Mental Load, and Vices (the pull of a compulsion itself, not its downstream cost).

You rate each on how severe it is, from none to crisis.

Resource Absorption — what you have available to buffer that pressure: Social Support, Sleep Quality, and Time Availability.

Stabilizer Dampening — the behavioral patterns that soften pressure before it becomes damage: Structure, Consistency, Purpose, and Creativity. These aren't unique to Environment — they dampen strain in your own capacity and in your relationships too.

The formula

$$\text{ROSE} = \text{Base Pressure} - (\text{Resource Score} \times 0.25) - (\text{Stabilizer Score} \times 0.20)$$

Each domain is rated on a 1–10 scale and converted to a 0–100 score. The result is clamped between 0 and 100.

Reading your score

ROSE Score	What it means
0–20	Low — pressure is within what your system can absorb
21–40	Moderate — real pressure, but stable
41–60	High — strain is likely showing up elsewhere; reinforcement is worth considering
61–100	Critical — pressure exceeds what's being absorbed; structural reinforcement is recommended

A worked example

Someone rates real financial strain (severity 8/10), moderate work stress (6/10), and a handful of lower-severity pressures elsewhere. Their resources are middling — decent social support, thin sleep. Their stabilizers are a mixed bag — consistent routines, but little creative outlet.

Base Pressure comes out to 33. Resources reduce that by 6. Stabilizers reduce it by another 13.

$$\text{ROSE} = 33 - 6 - 13 = 14 \text{ (Low)}$$

Even with real financial strain, strong-enough resources and stabilizers kept the overall number low — which is the point: ROSE isn't just "how much is going wrong," it's what's left over after what's helping gets subtracted from what's hurting.

What this is, and what it isn't

ROSE is a structured estimation tool — it forces pressures and resources to be rated explicitly rather than described vaguely. It is not a validated psychometric instrument or a clinical assessment, and it doesn't diagnose anything. The coefficients above (0.25 for resources, 0.20 for stabilizers) are provisional, pending pilot validation against real outcomes

– they're stated plainly here rather than presented as more settled than they are.