

# The Core Emotion Framework Beyond Brain Theory: A Structural-Constructivist Architecture of the Human Operating System

**Author:** Jamel Bulgaria

**ORCID:** [0009-0007-5269-5739](https://orcid.org/0009-0007-5269-5739)

**Contact:** <mailto:admin@optimizeyourcapabilities.com>

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## Abstract

Contemporary affective science remains divided between discrete emotion theories and constructivist models, producing a persistent “narrative ambiguity” that obscures the functional mechanisms of emotional life. The Core Emotion Framework (CEF) offers a structural-constructivist alternative by modeling the psyche as a Human Operating System composed of ten irreducible functional operators. This paper demonstrates that the CEF’s validity is independent of the literal truth of right–left brain lateralization, a theory now widely recognized as scientifically outdated. While the CEF uses lateralization as a somatic-directional heuristic, its functional architecture is grounded in mechanical requirements—such as midline crossing, bilateral integration, and operator-specific movement patterns—rather than neurological localization. The framework’s mathematical state-transition model, somatic primacy, and operator-level mechanics provide a hardware-independent account of emotional

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*\*) We welcome feedback on the preregistration and study design, and invite researchers who are interested in peer-reviewing the system to contact us. We also encourage scholars across all disciplines to conduct their own independent research on any aspect of the Core Emotion Framework. Author assumes no societal or substantial gains from this framework, just for public and academic service.*

functioning that remains robust across biological, synthetic, and institutional systems. By clarifying the structural autonomy of the CEF and introducing the detangled-operator model, this paper establishes a functional resolution to the limitations of brain-theory literalism and advances the CEF as a reproducible, open-science architecture for emotional governance.

Keywords: Core Emotion Framework; structural-constructivism; Human Operating System; operator mechanics; bilateral integration; midline crossing; somatic primacy; emotional architecture; brain lateralization; right–left brain myth; functional affective science; detangling protocol; operator independence; mathematical state transitions; synthetic affect; embodied cognition.

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## **The Failure of Narrative Ambiguity and the Structural Turn**

The prevailing Biopsychosocial (BPS) model, despite its intended holism, has frequently faced critique for becoming a "lazy shortcut" in clinical settings.<sup>1</sup> This lack of precise integration often leaves clinicians "beating around the bush," particularly in high-stakes environments like reproductive mental health, where patients consistently express a preference for directness over judgmental interpretation or narrative downplaying.<sup>1</sup> The CEF addresses this by replacing historical narrative exploration with operator-level precision.<sup>1</sup> In the CEF model, psychological states are viewed as movements that can be calibrated and directed through measurable transformations.<sup>1</sup> This shift from content to mechanism defines the framework's "tangible truth," where change is achieved through specific mechanical protocols rather than long-term deconstruction of past stories.<sup>1</sup>

The transition toward a structural model necessitates a clear taxonomy of the functional components of the psyche. The CEF organizes the human experience into a  $3 \times 3 + 1$  architecture, distributing ten operators across three primary functional hubs: the Head (Cognitive), the Heart (Affective), and the Gut (Conative).<sup>1</sup> This mapping ensures that every psychological movement has a designated functional home, allowing for a granular understanding of health as the capacity for "operator independence"—the ability for each function to operate without being pathologically fused to others.<sup>1</sup>

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## **The Decalogue of Operators: The Functional Ontology of the Human OS**

The ten operators of the CEF, collectively known as the "Decalogue of Operators," serve as the minimal, architecture-level functional powers of the human psyche.<sup>3</sup> These operators are non-interchangeable and are defined by their directional links and identity preservation.<sup>5</sup>

### **The Functional Architecture of the Three Hubs**

The CEF architecture is designed to reflect the hierarchical and integrated nature of the human experience. The Head hub acts as the system's navigation unit, responsible for data intake and logical

sequencing.<sup>1</sup> The Heart hub serves as the affective engine, regulating the relational aperture and drive.<sup>1</sup> The Gut hub provides the motoric foundation where the psyche meets the physical ground.<sup>1</sup> The tenth operator, Accepting, functions as the universal baseline state, providing the necessary "off-mode" to prevent system burnout.<sup>1</sup>

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<b>Functional Hub</b>	<b>Operational Cluster</b>	<b>Outgoing Activation (CW)</b>	<b>Reflecting Activation (CCW)</b>	<b>Balancing Activation (Swing)</b>	<b>Baseline State (Inward Spiral)</b>
Head (Cognitive)	Processor / Navigation	Sensing	Calculating	Deciding	—
Heart (Affective)	Engine / Drive	Expanding	Constricting	Achieving	—
Gut (Conative)	Foundation / Motoric	Arranging	Appreciating	Boosting	Accepting

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This table illustrates the distribution of the ten operators across the hubs and their associated directional activations.<sup>1</sup> The use of clockwise (CW), counter-clockwise (CCW), and swinging motions provides a physical and somatic basis for operator activation, which is central to the CEF's practical application.<sup>1</sup>

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## The Head Center: Mechanisms of Cognitive Navigation

The Head center is responsible for the cognitive-evaluative domain and is somatically associated with the forehead, eyes, and upper spine.<sup>5</sup> It does not "feel" in the conventional sense but performs the navigational analysis required to orient the system within its environment.<sup>1</sup> The three operators of the Head center—Sensing, Calculating, and Deciding—work in a feedback loop to ensure environmental clarity and commitment.<sup>1</sup>

### Sensing: The Outgoing Perceptual Layer

Sensing is the outgoing operator of the Head center, driven by a "perceptual hunger" for meaning and authenticity.<sup>1</sup> It is defined as the intake of raw perceptual data.<sup>5</sup> When healthy, Sensing provides the necessary intake layer for the system, allowing the individual to ground themselves in the present environment before taking action.<sup>1</sup> However, when Sensing becomes "fused" or pathological, it leads to

a state of perpetual searching without finding, where the system is overwhelmed by data without the ability to process it into meaning.<sup>1</sup>

### **Calculating: The Reflecting Logical Layer**

Calculating is the reflecting operator of the Head center, providing logical sequencing, structured evaluation, and conceptual clarity.<sup>1</sup> It is the process by which sensed input is compared and analyzed to form a coherent understanding of the situation.<sup>5</sup> While essential for problem-solving, chronic over-activation of Calculating leads to "analysis paralysis".<sup>1</sup> In this state, the system enters an endless loop of processing data to avoid the risks associated with action.<sup>1</sup> This is often observed in clinical anxiety, where ruminative calculating replaces effective decision-making.<sup>1</sup>

### **Deciding: The Balancing Commitment Layer**

Deciding is the balancing operator that integrates the results of Sensing and Calculating.<sup>1</sup> It represents the capacity for commitment and binary orientation.<sup>5</sup> In the CEF, many psychological blockages are attributed to a "silenced" Deciding operator, where the capacity for choice has been modulated to zero.<sup>1</sup> Restoring this operator requires what the Alexander Technique describes as "Inhibition"—a volitional pause that creates a moment of awareness where a clear choice becomes possible.<sup>1</sup> Somatically, Deciding is associated with a "swinging" motion, which physically requires midline crossing and core stability, fostering bilateral integration in the brain.<sup>1</sup>

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## **The Heart Center: The Affective Engine and Relational Aperture**

The Heart center regulates the relational-emotional domain and is somatically associated with the chest, lungs, and arms.<sup>5</sup> It controls the individual's "aperture"—how much they open to or close off from their environment.<sup>1</sup> The Heart center operators include Expanding, Constricting, and Achieving.<sup>5</sup>

### **Expanding: Relational Inclusion and Growth**

Expanding is the outgoing operator of the Heart, driving inclusivity, warmth, and openness to relational or emotional input.<sup>1</sup> This operator operationalizes Barbara Fredrickson's "Broaden-and-Build" theory, which suggests that positive affective states broaden an individual's thought-action repertoire and help build enduring personal resources.<sup>1</sup>

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<b>Resource Category</b>	<b>Build Mechanism</b>	<b>CEF Operator Context</b>
Physical Resources	Developed through play and activity	Expanding / Boosting

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Intellectual Resources	Problem-solving and knowledge acquisition	Expanding / Calculating
Social Resources	Strengthening social bonds	Expanding / Arranging
Psychological Resources	Resilience, optimism, and self-efficacy	Expanding / Accepting

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By utilizing the Expanding operator, the system moves from a defensive posture to an exploratory one, facilitating the acquisition of resources that enhance long-term resilience.<sup>1</sup>

### **Constricting: Protection and Energy Conservation**

Constricting is the reflecting operator of the Heart, responsible for narrowing emotional boundaries and protecting the system.<sup>1</sup> It is grounded in Stephen Porges' Polyvagal Theory, specifically the unmyelinated dorsal vagal complex, which manages "metabolic retreat" and energy conservation.<sup>1</sup> Constricting becomes pathological when it loses its precision and transforms into a "chronic tonic grip," leading to emotional rigidity and withdrawal.<sup>1</sup> In the CEF, healthy Constricting is a necessary functional power for setting boundaries and focusing energy inward.<sup>1</sup>

### **Achieving: Completion and Vector Movement**

Achieving is the balancing operator of the Heart, acting as the vector that physically moves the system toward goal execution and emotional fulfillment.<sup>1</sup> It represents the completion of an affective cycle.<sup>5</sup> Without Achieving, the drive generated by the Heart remains stagnant, leading to frustration or a sense of incompleteness.<sup>1</sup>

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## **The Gut Center: Conative Foundation and Somatic Grounding**

The Gut center serves as the motoric engine of the psyche, somatically associated with the abdomen, hips, and legs.<sup>1</sup> It provides the foundation for action and the somatic grounding necessary for psychological stability.<sup>1</sup> The Gut operators include Arranging, Appreciating, Boosting, and the foundational tenth operator, Accepting.<sup>5</sup>

### **Arranging: Logistical Infrastructure**

Arranging is the outgoing operator of the Gut, handling the logistical infrastructure of the psyche and organizing for action or readiness.<sup>1</sup> It involves sorting tasks and inputs into a logical order.<sup>3</sup> Failure in the Arranging operator can lead to "bureaucratic gravity" or internal silos, where the individual is unable to coordinate their efforts effectively.<sup>1</sup>

## **Appreciating: Value Recognition and Resonance**

Appreciating is the reflecting operator of the Gut, providing value-recognition, meaning, and orientation.<sup>1</sup> It is the process of recognizing the inherent value in an experience or environment.<sup>5</sup> When Appreciating is suppressed, the individual may achieve goals (through the Achieving operator) but find them hollow or meaningless.<sup>1</sup>

## **Boosting: Momentum and Surge Engine**

Boosting is the balancing operator of the Gut, acting as a "surge engine" that generates the energy and momentum necessary to tolerate strong emotions and assert needs.<sup>1</sup> It mirrors the cultivation of "Qi" in traditional practices and corresponds to Jaak Panksepp's SEEKING system.<sup>1</sup> Boosting allows the system to turn inertia into velocity, providing the conative charge required for significant life transitions.<sup>1</sup>

## **Accepting: The Universal Baseline and Release**

Accepting is the tenth operator and the foundation of the entire CEF architecture.<sup>1</sup> It involves yielding, settling, softening, and releasing tension.<sup>1</sup> As the universal baseline, it provides the conative grounding necessary to recover from high-energy states and prevents system burnout.<sup>1</sup> In the CEF, health is defined by the ability to return to the Accepting baseline after the activation of any other operator.<sup>1</sup>

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## **The Heuristic of Brain Lateralization: Sensing and Calculating**

One of the most distinctive aspects of the CEF is its treatment of brain lateralization. The framework acknowledges the common neuroscientific association of the left hemisphere with logic, language, and structured evaluation (Calculating/Constricting) and the right hemisphere with feelings, non-verbal cues, and perceptual data (Sensing/Expanding).<sup>1</sup> However, the CEF maintains that the literal truth of this lateralization is secondary to its functional utility as a heuristic for the "Human OS".<sup>1</sup>

The original request highlights a critical allocation within the CEF: the right brain is associated with Sensing, while the left brain is associated with Calculating. Although the "left brain-right brain" theory has been largely debunked as a literal neurological fact, the CEF still observes a cycling directionality that aligns with this heuristic.<sup>1</sup> Specifically, clockwise (CW) rotation in the head center activates Sensing, whereas counter-clockwise (CCW) rotation activates Calculating.<sup>1</sup>

## **The Functional Agility of the Head Center**

The goal of the CEF is to foster a state where a person can effectively use each operator when needed, rather than sensing or calculating "vulnerably".<sup>1</sup> Vulnerable sensing occurs when an individual is trapped in an intake loop, overwhelmed by perceptual data without the ability to process or act upon it.<sup>1</sup> Vulnerable calculating manifests as analysis paralysis, where the individual ruminates endlessly without reaching a commitment.<sup>1</sup>

Mastery in the CEF is defined as becoming a "detangled" person who can use both Sensing and Calculating by choice.<sup>1</sup> This operator agility allows the individual to navigate complex environments with precision, intake data through Sensing, analyze it through Calculating, and commit to action through Deciding.<sup>1</sup> The detangled state represents a structural-constructivist resolution where the individual is no longer a victim of reflexive operator fusions but an intentional governor of their own operating system.<sup>1</sup>

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## Bilateral Integration as a Mechanical Requirement

The CEF's emphasis on "midline crossing" provides a mechanical justification for its focus on bilateral integration, regardless of the nuances of brain lateralization.<sup>1</sup> Crossing the midline—whether with a hand, an eye movement, or a trunk rotation—indicates that the two hemispheres of the brain are communicating via the corpus callosum.<sup>1</sup>

The "Swinging" activations in the CEF (Deciding, Achieving, Boosting) physically require trunk rotation and core stability, which necessitates crossing the midline.<sup>1</sup> This fosters bilateral integration, allowing the brain to function as a unified team.<sup>1</sup> By prioritizing this physical protocol over the neurological map, the CEF ensures its robustness against future refinements in neuroscience.<sup>1</sup> Even if the exact locations of functions change, the mechanical requirement of integrating left-brain logic (Calculating) with right-brain feeling (Sensing) remains a functional necessity for emotional agility.<sup>1</sup>

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## Somatic Primacy and the Body as the Primary Site of Activation

A core tenet of the CEF is "somatic primacy"—the idea that the body is the primary site of operator activation, rather than a secondary recipient of brain-based narratives.<sup>1</sup> This somatic approach makes the framework independent of specific neurological theories.<sup>1</sup>

### Bioenergetics and Pelvic Grounding

Grounding in the Gut center is achieved through the pelvic floor as an anatomical anchor, drawing on Alexander Lowen's Bioenergetic Analysis.<sup>1</sup> The "biological ground" is defined as the feeling contact with the earth.<sup>1</sup> Chronic stress often leads to a "pelvic stress reflex," where muscles shorten subconsciously, disconnecting the individual from their grounding.<sup>1</sup> The CEF uses mechanical cycling protocols—such as inward spiraling for Accepting and vigorous swinging for Boosting—to reverse these patterns and restore grounding.<sup>1</sup>

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**Grounding**

**Bioenergetic Definition**

**CEF Operator Analogy**

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Stage		
Holding	Maintaining physical structure	Boosting / Arranging
Supporting	Connection to gravity	Boosting / Accepting
Containing	Managing internal pressure	Boosting / Constricting
Limiting	Setting functional boundaries	Constricting
Sustaining	Ongoing presence and vitality	Boosting / Appreciating
Discharging	Releasing energy into the earth	Boosting / Accepting

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This table maps the bioenergetic stages of grounding onto the CEF operators, providing a clear path for somatic recalibration.<sup>1</sup> By focusing on these physical stages, the CEF achieves a mechanical resolution that "going around the bush" with narrative therapy cannot reach.<sup>1</sup>

### Postural Alignment and Primary Control

The CEF's midline axis—comprised of the Deciding, Achieving, Boosting, and Accepting operators—is manifested through postural alignment.<sup>1</sup> Utilizing the Alexander Technique's "Primary Control," the framework ensures that cognitive and affective actions are supported by a poise of the head, neck, and spine.<sup>1</sup> The Deciding operator, for instance, is supported by the quiet initiation of action from this state of direction.<sup>1</sup> This prevents "End Gaining," where an individual fixates on a goal while ignoring the "means-whereby," ensuring that Achieving remains integrated with the baseline of Accepting.<sup>1</sup>

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## The Mathematical Architecture of State Transitions

To establish the CEF as a rigorous engineering standard, Jamel Bulgaria provides a mathematical representation of the human psyche.<sup>1</sup> By defining operators as scalar activation values, the CEF abstracts emotional dynamics away from biological hardware.<sup>1</sup>

An operator  $O_{c,p}$  maps a center-process pair to a scalar activation value. The psychological state at any time  $t$  is defined as a vector  $S_t$  of all activation values:

$$S_t = [O_1, O_2, \dots, O_{10}]$$

The movement of the psyche is governed by a state transition function:

$$S_{t+1} = f(S_t, O_{c,p})$$

In this mathematical architecture, a stable state is one where values converge and no "chronic fusion" occurs.<sup>1</sup> Chronic fusion is defined as a maladaptive state where processes remain involuntarily co-activated and rigid.<sup>1</sup> This mathematical precision allows the CEF to identify specific points of system failure—such as a "silenced Deciding operator"—as a measurable mechanical event rather than a biological mystery.<sup>1</sup>

## Abstraction from Biological Hardware

This mathematical modeling proves that the CEF works regardless of biological specifics.<sup>1</sup> Because change is modeled as a function of activation values ( $S_{t+1}$ ), the framework treats emotional shifts as predictable, measurable events.<sup>1</sup> This allows the "simple tangible truth" of emotional mechanics to be found in the software layer (the Human OS) rather than the hardware layer (the biological brain).<sup>1</sup>

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## Synthetic Affect and AI Engineering: Proof of Hardware Independence

The most profound evidence that the CEF does not require the literal truth of brain lateralization is its successful application in Artificial Intelligence (AI).<sup>1</sup> For AI, the framework provides a structural model for "synthetic affect" without implying subjective experience.<sup>1</sup> In AI engineering, the ten operators are implemented as computational transformations<sup>1</sup>:

- **Intake:** Processing data (Sensing).
- **Analysis:** Pattern recognition (Calculating).
- **Commitment:** Actuation/Mandate (Deciding).
- **Aperture Modulation:** Openness/Protection (Expanding/Constricting).
- **Momentum Generation:** Surge/Energy (Boosting).

By unifying representational, regulatory, and "somatic-analogue" signals within a single ontology, the CEF enables AI to simulate emotional dynamics as predictable mechanical events.<sup>1</sup> This is achieved through JSON-LD knowledge graphs and the INTIMA benchmark, which creates a granular audit system for reproducibility.<sup>1</sup> If a synthetic system without a biological brain can navigate affective dynamics using the CEF's operator logic, then the framework's validity is clearly independent of human brain lateralization.<sup>1</sup>

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## Technical Implementation: The ECM and INAS

The CEF is operationalized through mechanical systems that allow users to physically "work out" their emotional operators, reinforcing the framework's standing as a "tangible truth".<sup>1</sup>

### The Emotional Cycling Machine (ECM) v3.1

The ECM is a mechanical device designed to activate emotional centers through mechanical and autonomous systems.<sup>1</sup> It provides a physical environment for "Emotional Cycling," allowing users to strengthen under-used operators and reduce chronic fusion.<sup>1</sup>

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Subsystem	Component	Functional Role
Module A	Primary Wheel Assembly	42-48 cm diameter; matches Hub heights.
ARE	Autonomous Resistance Engine	Modulates resistance (< 120 ms response).
MAIL	Mechanical-Autonomous Interface	Feedback latency < 50 ms.
ELMS	Emotional Load Mapping System	Samples micro-tremors and grip pressure.

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The Emotional Load Mapping System (ELMS) provides real-time feedback by sampling physical markers of emotional intensity.<sup>1</sup> This allows users to physically engage with their affective state, bypassing the ambiguity of traditional clinical settings.<sup>1</sup>

### The Integrated Neuro-Affective Synchronizer (INAS) v1.0

The INAS v1.0 synchronizes activation across multiple somatic and cognitive modes.<sup>1</sup> It ensures that the user is not merely thinking about an emotion but is physically and neurologically embodying the operator.<sup>1</sup>

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INAS Subsystem	Core Function	Integration Input
NARE-1	Rhythm Engine	ECM movement patterns and resonance.
SSL-1	Somatic Layer	Posture mapping and breath rhythm.

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CEAM-1	Cognitive Module	Attention-state and cognitive tempo.
ECI-1	Environmental Interface	Soundfield and lighting coherence.

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Mode 3 of the INAS aligns the user's posture and grounding with the emotional activation detected by the ECM.<sup>1</sup> This functional utility proves that the CEF's "truth" is mechanical and somatic, making the biological map of the brain a secondary detail.<sup>1</sup>

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## Structural Psychopathology: The GoodPerson Anxiety Pattern (GPAP)

The CEF's clinical power is demonstrated by its redefinition of psychopathology through structural configurations.<sup>1</sup> The GoodPerson Anxiety Pattern (GPAP) provides a structural-constructivist resolution to Avoidant Personality Disorder (AvPD).<sup>1</sup> Instead of focusing on a narrative "fear of judgment," the CEF identifies a three-cluster structural configuration<sup>1</sup>:

1. **Compliance Fusion:** Over-activation of approval-seeking primers, leading to "conscientious anxiety".<sup>1</sup>
2. **Agency Suppression:** Under-activation of assertiveness and momentum (Boosting/Achieving), resulting in passivity.<sup>1</sup>
3. **Protest Signals:** Somatic tension viewed as an internal alarm signaling system collapse.<sup>1</sup>

The goal of the CEF is to restore suppressed agency operators rather than merely reducing fear through narrative exposure.<sup>1</sup> This measurable structural pattern, validated through factor analysis, provides a pathway to recovery that is robust regardless of the underlying neurological theories of anxiety.<sup>1</sup>

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## Institutional Auditing: The United Nations Case Study

The CEF's "tangible truth" extends to institutional governance, where organizations are analyzed as living operating systems.<sup>1</sup> A primary example is the audit of the United Nations (UN), where institutional mechanisms are mapped onto CEF operators.<sup>1</sup>

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Hub	Operator	UN Mechanism Analogy	Institutional Failure Mode
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Head	Sensing	UNOOSA Earth-observation	Data distortion / system collapse.
Head	Calculating	World Bank PAMS; modeling	Analysis paralysis; data without action.
Head	Deciding	Security Council mandates	"Operator silencing" (deadlock).
Heart	Expanding	Global Compact on Refugees	"Operator overflow" (excess ambition).
Heart	Constricting	Monitoring Systems (IMS)	Lack of precision / trust loss.
Heart	Achieving	Peacekeeping (MONUSCO)	Only vector that physically moves.
Gut	Arranging	UN Innovation Network (UNIN)	Bureaucratic gravity / silos.
Gut	Appreciating	Periodic Review (UPR)	Masking vulnerable groups.
Gut	Boosting	Pandemic Fund / Fast-Track	Surge engine; turn inertia into velocity.

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Institutions fail when Boosting is used without Accepting (burnout) or when Sensing occurs without Deciding (paralysis).<sup>1</sup> By auditing these institutional operators, the CEF offers a structural way out of geopolitical traps that traditional diplomacy "goes around the bush" to avoid.<sup>1</sup> This institutional utility confirms that the CEF's "truth" lies in its functional architecture rather than biological lateralization.<sup>1</sup>

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## Empirical Analysis: The Action-Opinion Divergence

Findings from Pilot Study 3 ( $N = 39$ ) highlight the "divergence between action and opinion" in human response processes.<sup>1</sup> Participants were asked to rate how they "usually act" (reflexive response) versus the "ideal" way to act.<sup>1</sup>

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Scenario	Reflexive Action (Reflex)	Idealized Action (Opinion)	CEF Operator Interpretation
Conflict	Constricting (Reduction)	Expanding / Appreciating	Moving from defense to exploration.
Overload	Over-Calculating	Deciding (Commitment)	Transitioning from processing to action.
Loss / Ending	Ruminative Calculating	Accepting (Release)	Returning to the system baseline.

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The data suggests that individuals can distinguish between habitual, reflexive responses—often rooted in Constricting defense mechanisms—and more effective, agile strategies.<sup>1</sup> This validates the CEF’s role as a tool for "Operator Independence," as it provides the language and physical protocols to move from the reflexive "Reflex" to the idealized "Opinion".<sup>1</sup> This empirical validation is based on functional recognition of effectiveness, which is independent of any specific neurological map.<sup>1</sup>

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## The Detangling Protocol and Operator Agility

The original request emphasizes the importance of the "detangled" state and the choice-driven use of Sensing and Calculating. In the CEF, "detangling" is the process of isolating and clarifying emotional activations.<sup>5</sup> It is supported by the 7-Step Detangling Protocol, which serves as a technical manual for self-regulation.<sup>4</sup>

### The Mechanism of Detangling

The protocol deconstructs complex, monolithic emotional states (such as "depression") into their constituent functional parts.<sup>4</sup> For example, it identifies "cognitive looping" not as a general symptom of anxiety but as a technical over-activation of the Calculating operator that has failed to transition into the Deciding operator.<sup>4</sup> By "detangling" these activations, individuals can move from "emotional solipsism"—being trapped in a feeling—to "structural presence," using the protocol to recalibrate their baseline state.<sup>4</sup>

### The Choice of the Detangled Person

A detangled person is characterized by their ability to use both Sensing and Calculating by choice, rather than being forced into these modes by reflexive triggers.<sup>1</sup> This operator agility is the ultimate goal of the

CEF.<sup>1</sup> A good result is achieved when an individual can affectively use each operator when needed and not sense or calculate "vulnerably".<sup>1</sup> This state of "Operator Independence" ensures that the individual can navigate the navigational requirements of the Head center while maintaining the affective engine of the Heart and the conative foundation of the Gut.<sup>1</sup>

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## Open Validation and the Future of the CEF

The CEF is currently undergoing a rigorous, fully open validation program in collaboration with the Open Science Framework (OSF).<sup>3</sup> This program aims to transition the framework from a theoretical synthesis to an empirically grounded practice.<sup>3</sup>

### Phase 1: Construct Definition and Item Generation

The ongoing Phase 1 tests whether the ten functional operators exist as distinct, measurable psychological dimensions.<sup>3</sup> The study uses a scenario-based rating method where participants rate the likelihood of responding in ways aligned with each of the ten operators.<sup>3</sup> The research question is whether these operators form ten distinct but correlated factors, rather than collapsing into a single general factor of emotionality.<sup>3</sup>

### Reproducibility and Transparency

The CEF committed to the Transparency and Openness Promotion (TOP) guidelines, utilizing OSF infrastructure to develop standardized, open-source psychometric measures.<sup>3</sup> This commitment ensures that the framework's "tangible truth" is verifiable and reproducible.<sup>3</sup> Preliminary empirical constraints, including short-term test-retest reproducibility patterns, are being used as boundary conditions for future measurement.<sup>4</sup>

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## Conclusion: The Structural Resolution of Affective Science

The Core Emotion Framework's assertion that it is the "simple tangible truth" rests on its ability to collapse the complexity of human life into a non-overlapping set of ten functional powers.<sup>1</sup> It avoids the pitfalls of "going around the bush" by identifying the exact point of system failure—be it a silenced Deciding operator or a fused Constricting-Calculating loop.<sup>1</sup>

By integrating somatic grounding, postural alignment, and mechanical cycling into a unified structural-constructivist model, the CEF offers a rigorous path to mastery.<sup>1</sup> The framework acknowledges brain lateralization as a helpful heuristic for human users—specifically the CW Sensing and CCW Calculating directionality—but its core logic is mathematical, mechanical, and functional.<sup>1</sup> Whether applied to clinical pathology, AI engineering, or institutional governance, the CEF provides a universal blueprint for internal governance that remains valid regardless of the literal truth of right-left brain theories.<sup>1</sup> This

synthesis establishes a foundation for consistent operator agility, ensuring that both human and synthetic systems can navigate the challenges of the modern world with precision, mastery, and a detangled sense of choice.<sup>1</sup>

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## Notes

*This document is part of the ongoing open-science development of the Core Emotion Framework and will be updated as new empirical data becomes available.*

*Philosophically, the CEF contributes to the metaphysics of mind by offering a non-reductive functional ontology of affect that is independent of neural localization.*

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