

The Core Emotion Framework (CEF) Decalogue: Expanded Report

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Abstract

The **Core Emotion Framework (CEF) Decalogue** represents a systematic, humanistic architecture for understanding and optimizing emotional intelligence and personal growth. Rooted in the tripartite division of Head, Heart, and Gut centers, the CEF Decalogue identifies ten core emotional operators—each with distinct definitions, directionality, and balancing pairs—that together form a comprehensive map of human emotional functioning. This expanded report deepens the original Decalogue's clarity and structure, providing nuanced operator definitions, practical examples, modulation risks, and architectural commentary for each center. It further explores systemic dynamics, fusion patterns, and balancing forces, offering practitioners and researchers a robust, drift-free resource for implementation and ethical application.

The CEF Decalogue stands as both a practical tool and a conceptual model, bridging cognitive, relational, and embodied domains to foster self-awareness, resilience, and adaptive capacity. Its implications extend across personal development, coaching, education, and therapeutic contexts, promising a more integrated and actionable approach to emotional well-being. This report is formatted for direct Zenodo upload, with full metadata, licensing, and acknowledgments, and maintains strict fidelity to the public Decalogue.

Introduction and Contextual Framing

The **Core Emotion Framework (CEF)** is a transformative approach to emotional intelligence, personal growth, and psychological optimization. Unlike models that treat emotions as fleeting or disruptive, CEF posits that every individual possesses a set of ten core emotional operators, each actionable and systematically organized across three primary centers: **Head (Cognitive Focus)**, **Heart (Relational Flow)**, and **Gut (Action/Embodiment)**. This tripartite structure enables a holistic understanding of how emotions drive perception, connection, and action, and how their conscious modulation can enhance decision-making, resilience, and well-being.

The Decalogue—CEF's tenfold operator map—serves as both a diagnostic and developmental tool. By engaging with each operator, individuals and practitioners can identify strengths, address imbalances, and recalibrate emotional responses to meet personal and professional needs. The

framework's systematic clarity is matched by its humanistic insight, emphasizing the lived experience and ethical considerations of emotional work.

This expanded report preserves the original Decalogue's structure and language, elaborating each operator with detailed definitions, directionality, modulation states, practical examples, and architectural commentary. It also introduces a comprehensive Decalogue table, systemic dynamics analysis, and implementation guidance, ensuring accessibility and rigor for diverse audiences.

Preserving Original Decalogue Structure and Language

The integrity of the CEF Decalogue is paramount. All operator names, definitions, and functions are presented exactly as in the CEF websites and published papers, with no conceptual variation or speculative additions. The tripartite center structure—Head, Heart, Gut—is maintained, and each operator is described in its original context, with expanded detail for clarity and application.

Expanded Operator Definitions: Head Center

1. Sensing (Head – Outgoing)

Definition:

Sensing is the instinctive ability to perceive and process external stimuli, encompassing the active gathering of information from both internal and external environments. It is the “Right Outgoing Brain” function, attuned to raw factors, emotions, and intensities.

Humanistic Feel:

Sensing feels like alertness, curiosity, and openness to new data. It is the gateway to situational awareness, enabling adaptation and survival.

Systematic Role:

Sensing initiates the cognitive cycle, providing the raw input for subsequent analysis and decision-making. It is foundational for accurate perception and effective response.

Directionality:

Outgoing—actively reaching out to gather information.

Balancing Pair:

Calculating (Reflecting Head).

Modulation States:

- **Optimal:** Balanced openness, receptive but discerning.
- **Overactive:** Hypervigilance, sensory overload, distractibility.
- **Underactive:** Numbness, inattention, missed cues.

Practical Example:

A physician conducting a patient assessment relies on Sensing to notice subtle changes in tone, posture, or symptoms. In daily life, Sensing is engaged when one listens attentively to a friend or observes environmental changes before crossing a street.

Modulation Risks:

Excessive Sensing can lead to overwhelm or anxiety; insufficient Sensing may result in missed opportunities or danger.

Architectural Commentary:

The Head center's Sensing operator is akin to the "input port" of the cognitive system. It is essential for accurate environmental mapping and underpins all higher-order thinking. In practice, Sensing must be modulated to avoid both overload and neglect, requiring conscious boundary-setting and periodic rest.

2. Calculating (Head – Reflecting)

Definition:

Calculating is the analytical process that evaluates risks, benefits, and resources for planning. It is the "Left Reflecting Brain" function, responsible for in-depth analysis, logical processing, and critical thinking.

Humanistic Feel:

Calculating feels like focused concentration, puzzle-solving, and strategic planning. It brings clarity and order to complexity.

Systematic Role:

Calculating transforms raw sensory input into structured knowledge, enabling effective problem-solving and resource optimization.

Directionality:

Reflecting—inwardly directed, processing and evaluating gathered information.

Balancing Pair:

Sensing (Outgoing Head).

Modulation States:

- **Optimal:** Clear, methodical reasoning, balanced with intuition.
- **Overactive:** Rumination, analysis paralysis, excessive skepticism.
- **Underactive:** Impulsivity, lack of foresight, poor planning.

Practical Example:

An engineer designing a bridge uses Calculating to assess material strengths, costs, and safety margins. In personal finance, Calculating helps one budget and plan for future expenses.

Modulation Risks:

Over-calculation can stall action; under-calculation may lead to errors or risk exposure.

Architectural Commentary:

Calculating is the "processing unit" of the Head center, converting sensory data into actionable insights. Its modulation is critical—too much leads to indecision, too little to recklessness. Effective emotional architecture requires balancing Calculating with Sensing and Deciding.

3. Deciding (Head – Balancing)

Definition:

Deciding is the balanced mechanism for making choices that integrate rationality and intuition. It is the “Balancing Brain” function, fostering self-trust and effective prioritization.

Humanistic Feel:

Deciding feels like clarity, resolve, and agency. It is the moment of commitment, where options are weighed and a path is chosen.

Systematic Role:

Deciding closes the cognitive loop, translating analysis into action. It is essential for self-efficacy and adaptive functioning.

Directionality:

Balancing—integrates outgoing and reflecting processes to reach a conclusion.

Balancing Pair:

Deciding is self-balancing, but is complemented by Achieving (Balancing Heart) and Boosting (Balancing Gut).

Modulation States:

- **Optimal:** Confident, timely decisions, integrating head and heart.
- **Overactive:** Premature closure, rigidity, avoidance of ambiguity.
- **Underactive:** Indecision, procrastination, self-doubt.

Practical Example:

A manager choosing between two job candidates must balance objective criteria (Calculating) with gut feeling (Sensing) to make a decision. In daily life, Deciding is engaged when selecting a meal or choosing a route home.

Modulation Risks:

Over-decisiveness can lead to inflexibility; under-decisiveness to missed opportunities.

Architectural Commentary:

Deciding is the “executive function” of the Head center, integrating inputs and analyses into coherent action. Its health depends on the harmonious interplay of Sensing and Calculating, and its modulation is vital for adaptive behavior.

Expanded Operator Definitions: Heart Center

4. Expanding (Heart – Outgoing)

Definition:

Expanding is the drive to connect, create openness, and build empathetic relations. It is the “Outgoing Heart” function, fostering inclusivity and creative collaboration.

Humanistic Feel:

Expanding feels like warmth, generosity, and curiosity about others. It opens pathways for deeper interpersonal connection and innovative thinking.

Systematic Role:

Expanding initiates relational flow, enabling trust, empathy, and creative synergy.

Directionality:

Outgoing—reaching out to others, embracing diversity and possibility.

Balancing Pair:

Constricting (Reflecting Heart).

Modulation States:

- **Optimal:** Open, receptive, and inclusive, balanced with discernment.
- **Overactive:** Overextension, loss of boundaries, emotional exhaustion.
- **Underactive:** Isolation, guardedness, missed opportunities for connection.

Practical Example:

A teacher welcoming new students uses Expanding to foster a sense of belonging. In creative teams, Expanding enables brainstorming and innovation.

Modulation Risks:

Excessive Expanding can lead to burnout or codependency; insufficient Expanding may result in loneliness or stagnation.

Architectural Commentary:

Expanding is the “relational engine” of the Heart center, driving social and emotional growth. Its modulation requires balancing openness with self-protection, and is complemented by Constricting and Achieving.

5. Constricting (Heart – Reflecting)

Definition:

Constricting is the capacity to focus attention, set clear boundaries, and refine emotional responses. It is the “Reflecting Heart” function, supporting clarity and self-protection.

Humanistic Feel:

Constricting feels like introspection, self-containment, and the ability to say “no.” It enables discernment and emotional regulation.

Systematic Role:

Constricting refines relational flow, preventing overwhelm and maintaining integrity.

Directionality:

Reflecting—inwardly directed, setting limits and focusing energy.

Balancing Pair:

Expanding (Outgoing Heart).

Modulation States:

- **Optimal:** Healthy boundaries, focused attention, emotional clarity.
- **Overactive:** Withdrawal, rigidity, emotional numbness.

- **Underactive:** Diffuse boundaries, susceptibility to manipulation, emotional chaos.

Practical Example:

A therapist maintaining professional boundaries uses Constricting to protect both client and self. In family life, Constricting helps parents set limits for children.

Modulation Risks:

Excessive Constricting can lead to isolation; insufficient Constricting to emotional vulnerability.

Architectural Commentary:

Constricting is the “filter” of the Heart center, ensuring relational safety and focus. Its health depends on the dynamic balance with Expanding, and its modulation is essential for sustainable connection.

6. Achieving (Heart – Balancing)

Definition:

Achieving is the talent for balancing multiple demands and executing tasks with excellence. It is the “Balancing Heart” function, empowering effective management of roles and responsibilities.

Humanistic Feel:

Achieving feels like pride, fulfillment, and mastery. It is the sense of accomplishment that comes from meeting challenges and harmonizing competing needs.

Systematic Role:

Achieving integrates relational and emotional energies, enabling productive action and adaptive social functioning.

Directionality:

Balancing—harmonizes outgoing and reflecting heart processes.

Balancing Pair:

Achieving is self-balancing, complemented by Deciding (Balancing Head) and Boosting (Balancing Gut).

Modulation States:

- **Optimal:** Productive, resilient, and adaptive, with healthy self-worth.
- **Overactive:** Perfectionism, overcommitment, burnout.
- **Underactive:** Apathy, disengagement, underperformance.

Practical Example:

A project manager coordinating a team uses Achieving to balance deadlines, resources, and interpersonal dynamics. In personal life, Achieving is engaged when juggling work, family, and self-care.

Modulation Risks:

Over-achievement can lead to stress and exhaustion; under-achievement to stagnation and loss of self-esteem.

Architectural Commentary:

Achieving is the “integrator” of the Heart center, synthesizing emotional and relational inputs into effective action. Its modulation is vital for sustainable productivity and well-being.

Expanded Operator Definitions: Gut Center

7. Arranging (Gut – Outgoing)

Definition:

Arranging is the drive and assertiveness to take decisive action, organize, and assert control over situations. It is the “Outgoing Gut” function, propelling proactive behavior and leadership.

Humanistic Feel:

Arranging feels like readiness, determination, and agency. It is the energy to initiate, defend, and prioritize.

Systematic Role:

Arranging launches embodied action, translating intention into movement and change.

Directionality:

Outgoing—assertively engaging with the world.

Balancing Pair:

Appreciating (Reflecting Gut).

Modulation States:

- **Optimal:** Decisive, organized, and proactive, balanced with flexibility.
- **Overactive:** Aggression, rigidity, micromanagement.
- **Underactive:** Passivity, disorganization, missed opportunities.

Practical Example:

A leader mobilizing a team for a new initiative uses Arranging to set priorities and delegate tasks. In daily life, Arranging is engaged when planning a trip or organizing a workspace.

Modulation Risks:

Excessive Arranging can alienate others; insufficient Arranging may result in chaos or inertia.

Architectural Commentary:

Arranging is the “action initiator” of the Gut center, converting intention into tangible results. Its modulation requires balancing assertiveness with appreciation and acceptance.

8. Appreciating (Gut – Reflecting)

Definition:

Appreciating is the acknowledgment and celebration of achievements—an internal applause that reinforces progress. It is the “Reflecting Gut” function, cultivating satisfaction and gratitude.

Humanistic Feel:

Appreciating feels like joy, contentment, and pride in accomplishment. It nurtures self-worth and positive reinforcement.

Systematic Role:

Appreciating consolidates embodied action, providing feedback and closure to the cycle of effort.

Directionality:

Reflecting—inwardly directed, savoring and reinforcing success.

Balancing Pair:

Arranging (Outgoing Gut).

Modulation States:

- **Optimal:** Genuine satisfaction, balanced with humility.
- **Overactive:** Self-congratulation, complacency, stagnation.
- **Underactive:** Ingratitude, self-criticism, diminished motivation.

Practical Example:

An athlete celebrating a personal best uses Appreciating to reinforce effort and fuel future motivation. In relationships, Appreciating is engaged when expressing gratitude for a partner's support.

Modulation Risks:

Excessive Appreciating can lead to arrogance; insufficient Appreciating to chronic dissatisfaction.

Architectural Commentary:

Appreciating is the “feedback loop” of the Gut center, essential for sustaining motivation and resilience. Its modulation is key to maintaining balance between striving and savoring.

9. Boosting (Gut – Balancing)

Definition:

Boosting is the energizing force that sustains motivation and perseverance. It is the “Balancing Gut” function, driving commitment and resilience.

Humanistic Feel:

Boosting feels like vitality, enthusiasm, and momentum. It is the surge of energy that propels action and sustains effort.

Systematic Role:

Boosting maintains embodied momentum, enabling long-term goal pursuit and adaptive response to challenges.

Directionality:

Balancing—regulates the “on” mode of gut energy.

Balancing Pair:

Accepting (Balancing Gut, “off” mode).

Modulation States:

- **Optimal:** Steady motivation, adaptive persistence.
- **Overactive:** Hyperactivity, burnout, impulsivity.
- **Underactive:** Fatigue, demotivation, withdrawal.

Practical Example:

A student preparing for exams uses Boosting to maintain focus and energy over weeks of study. In entrepreneurship, Boosting is engaged when overcoming setbacks and persisting toward goals.

Modulation Risks:

Excessive Boosting can exhaust resources; insufficient Boosting may result in giving up prematurely.

Architectural Commentary:

Boosting is the “engine” of the Gut center, sustaining action and resilience. Its modulation must be balanced with periods of Acceptance and rest.

10. Accepting (Gut – Balancing, “Off” Mode)

Definition:

Accepting is the capacity to let go, accept reality, and manifest change by yielding to the natural flow of life. It is the “Overall Accept and Manifest” function, enabling release and renewal.

Humanistic Feel:

Accepting feels like peace, surrender, and serenity. It is the ability to embrace limitations and transition gracefully.

Systematic Role:

Accepting completes the embodied cycle, allowing for rest, recovery, and transformation.

Directionality:

Balancing—regulates the “off” mode of gut energy.

Balancing Pair:

Boosting (Balancing Gut, “on” mode).

Modulation States:

- **Optimal:** Graceful acceptance, adaptive letting go.
- **Overactive:** Passivity, resignation, avoidance.
- **Underactive:** Resistance, denial, chronic struggle.

Practical Example:

A person grieving a loss uses Accepting to process emotions and move forward. In work, Accepting is engaged when recognizing the need to pivot or abandon a failing project.

Modulation Risks:

Excessive Accepting can lead to stagnation; insufficient Accepting to chronic stress or burnout.

Architectural Commentary:

Accepting is the “reset button” of the Gut center, essential for renewal and growth. Its modulation ensures sustainable engagement and prevents exhaustion.

Center-Level Architectural Commentary

Head Center: Cognitive Architecture

The **Head center** is the locus of perception, analysis, and decision-making. Its operators—Sensing, Calculating, Deciding—form a sequential architecture:

1. **Sensing** gathers raw data, providing the substrate for cognition.
2. **Calculating** processes and evaluates, transforming input into structured knowledge.
3. **Deciding** integrates analysis and intuition, enabling adaptive choice.

Architecturally, the Head center functions as a dynamic feedback loop, with each operator modulating the others. Overemphasis on any operator can disrupt the cycle—excessive Sensing leads to overload, excessive Calculating to paralysis, excessive Deciding to rigidity. Healthy cognitive architecture requires conscious modulation and integration of all three operators.

Heart Center: Relational and Emotional Flow

The **Heart center** is the domain of connection, empathy, and emotional regulation. Its operators—Expanding, Constricting, Achieving—create a relational architecture:

4. **Expanding** opens pathways for connection and creativity.
5. **Constricting** sets boundaries, ensuring safety and focus.
6. **Achieving** harmonizes relational energies, enabling productive action.

Architecturally, the Heart center balances openness and containment, fostering both intimacy and autonomy. Imbalances manifest as either emotional overwhelm (excess Expanding) or isolation (excess Constricting). Achieving serves as the integrator, synthesizing relational inputs into adaptive functioning. Modulation of Heart operators is essential for sustainable emotional health and social harmony.

Gut Center: Action and Embodiment

The **Gut center** is the seat of motivation, action, and embodied experience. Its operators—Arranging, Appreciating, Boosting, Accepting—form an action-oriented architecture:

7. **Arranging** initiates and organizes action.
8. **Appreciating** consolidates effort, providing feedback and reinforcement.
9. **Boosting** sustains energy and commitment.
10. **Accepting** enables release, rest, and renewal.

Architecturally, the Gut center cycles between engagement and recovery, balancing drive with acceptance. Overactivation leads to burnout (excess Boosting/Arranging), underactivation to inertia (insufficient Boosting/Arranging). Appreciating and Accepting provide essential feedback and reset

functions, ensuring resilience and adaptability. Modulation of Gut operators is critical for long-term well-being and effective action.

Full Decalogue Table: Core Data Columns

Below is the expanded Decalogue table (Table1), integrating center, essence, humanistic feel, systematic role, directionality, balancing pair, and modulation risks.

Table 1: Organizing the core emotions of the CEF

Operator	Center	Essence	Humanistic Feel	Systematic Role	Directionality	Balancing Pair	Modulation Risks
Sensing	Head	Perception	Alertness, curiosity	Input gathering	Outgoing	Calculating	Overwhelm, inattention
Calculating	Head	Analysis	Focus, clarity	Processing, planning	Reflecting	Sensing	Paralysis, impulsivity
Deciding	Head	Choice	Resolve, agency	Integration, action	Balancing	Achieving	Rigidity, indecision
Expanding	Heart	Openness	Warmth, inclusivity	Connection, creativity	Outgoing	Constricting	Overextension, isolation
Constricting	Heart	Boundaries	Introspection, safety	Containment, clarity	Reflecting	Expanding	Withdrawal, chaos
Achieving	Heart	Mastery	Pride, fulfillment	Integration, harmony	Balancing	Deciding	Burnout, apathy
Arranging	Gut	Organization	Readiness, agency	Initiation, leadership	Outgoing	Appreciating	Aggression, passivity
Appreciating	Gut	Gratitude	Joy, contentment	Feedback, reinforcement	Reflecting	Arranging	Complacency, criticism
Boosting	Gut	Motivation	Vitality, enthusiasm	Sustained energy	Balancing	Accepting	Hyperactivity, fatigue
Accepting	Gut	Release	Peace, serenity	Recovery, renewal	Balancing	Boosting	Resignation, resistance

Table Commentary:

This table provides a comprehensive overview of each operator’s functional architecture. The directionality column clarifies whether the operator is outwardly engaged, inwardly reflective, or balancing. The balancing pair column highlights complementary operators, essential for systemic equilibrium. Modulation risks are included to guide practitioners in identifying and preventing common pitfalls.

Directionality and Modulation States for Each Operator

Directionality in the CEF Decalogue refers to the operator’s functional orientation:

- **Outgoing:** Engages with external stimuli or others (Sensing, Expanding, Arranging).
- **Reflecting:** Processes internally, focusing on self or past experience (Calculating, Constricting, Appreciating).
- **Balancing:** Integrates outgoing and reflecting, harmonizing action (Deciding, Achieving, Boosting, Accepting).

Modulation States describe the operator’s activation level:

- **Optimal:** Balanced, adaptive, and context-sensitive.

- **Overactive:** Excessive engagement, leading to overwhelm or rigidity.
- **Underactive:** Insufficient engagement, resulting in neglect or passivity.

Preventive Guidelines:

Practitioners should regularly assess modulation states, seeking equilibrium across operators. Overreliance on any directionality can destabilize the system; conscious recalibration is essential for sustained well-being.

Balancing Pairs and Complementary Operators

Each operator has a **balancing pair**—a complementary function that counteracts excess and restores equilibrium:

- **Sensing ↔ Calculating:** Perception and analysis must be balanced for accurate understanding.
- **Expanding ↔ Constricting:** Openness and boundaries ensure healthy connection.
- **Arranging ↔ Appreciating:** Action and reflection sustain motivation and prevent burnout.
- **Boosting ↔ Accepting:** Engagement and release maintain resilience and adaptability.

Systemic Implication:

Balancing pairs are not oppositional but synergistic. Their interplay creates dynamic stability, enabling flexible response to changing contexts. Practitioners should facilitate awareness of balancing pairs, encouraging clients to engage both sides as needed.

Systemic Dynamics: Fusion Patterns and Balancing Forces

Fusion Patterns

Fusion occurs when multiple operators or centers activate simultaneously, creating complex emotional states:

- **Head-Heart Fusion:** Integrates cognitive analysis with empathy, enabling wise decision-making.
- **Heart-Gut Fusion:** Combines relational openness with embodied action, fostering authentic leadership.
- **Head-Gut Fusion:** Merges perception with motivation, driving strategic action.

Risks of Fusion:

Unmodulated fusion can lead to emotional overwhelm or confusion. Practitioners should guide clients in recognizing fusion patterns and employing balancing forces to restore clarity.

Balancing Forces

Balancing forces are systemic mechanisms that prevent dominance or neglect of any operator or center:

- **Self-reflection:** Encourages recalibration and integration.
- **Boundary-setting:** Prevents overextension and maintains safety.
- **Rest and recovery:** Ensures sustainability and prevents burnout.

Implementation:

Regular assessment of systemic dynamics is essential. Journaling, meditation, and feedback can support awareness and modulation of fusion and balancing forces.

Practical Examples and Human Experience Vignettes

Example 1: Sensing and Calculating in Decision-Making

A software developer receives conflicting feedback on a new feature. Sensing allows her to notice user frustration; Calculating helps her analyze technical constraints. Deciding integrates both, enabling a solution that balances user needs and system stability.

Example 2: Expanding and Constricting in Relationships

A parent welcomes a child's friends (Expanding) but sets clear rules for behavior in the home (Constricting). This balance fosters both inclusion and safety.

Example 3: Arranging and Appreciating in Leadership

A team leader organizes a project launch (Arranging) and later celebrates the team's success (Appreciating), reinforcing motivation and cohesion.

Example 4: Boosting and Accepting in Personal Growth

An athlete trains intensively for a marathon (Boosting) but, after injury, practices Accepting to rest and recover, preventing long-term harm.

Vignette Commentary:

These examples illustrate the lived experience of CEF operators, highlighting the necessity of modulation and balance. Practitioners should encourage clients to reflect on personal vignettes, identifying operator activation and opportunities for recalibration.

Modulation Risks and Preventive Guidelines

Emotional Overwhelm

Risk:

Intensive exploration of core emotions may trigger distress, especially in individuals with unresolved trauma.

Prevention:

Practitioners must conduct thorough screening, provide containment, and respect personal boundaries. Training in trauma-informed care is essential.

Misapplication and Overreliance

Risk:

Misinterpreting operators or rigidly adhering to the framework can create imbalance or inhibit organic coping strategies.

Prevention:

Emphasize flexibility, integration with other methods, and client autonomy. Encourage adaptation to individual and cultural contexts.

Dependency**Risk:**

Overreliance on CEF may inhibit independent emotional literacy.

Prevention:

Foster self-efficacy, encourage internalization of principles, and support gradual transition to autonomous practice.

Cultural Sensitivity**Risk:**

Universal application may neglect individual and cultural variation in emotional expression.

Prevention:

Cultivate cultural competence, tailor interventions, and remain open to diverse perspectives.

Ethical and Confidentiality Concerns**Risk:**

Exploration of emotional data requires strict confidentiality and ethical adherence.

Prevention:

Establish clear informed consent, maintain professional boundaries, and follow ethical codes of conduct.

Implementation Guidance for Practitioners

Assessment:

Begin with a structured evaluation of dominant and underutilized centers and operators. Use reflective exercises, journaling, and dialogue to identify patterns.

Modulation:

Guide clients in conscious activation and deactivation of operators, employing meditation, boundary-setting, and feedback techniques.

Integration:

Combine CEF with other evidence-based modalities (e.g., CBT, ACT, EFT) for comprehensive support. Adapt interventions to individual needs and cultural contexts.

Monitoring:

Regularly assess modulation states, fusion patterns, and balancing forces. Adjust interventions as needed to maintain equilibrium.

Ethical Practice:

Prioritize client autonomy, confidentiality, and informed consent. Seek supervision and ongoing training in emotional regulation and trauma-informed care.

Accessibility:

Ensure materials and interventions are accessible to diverse populations, considering resource intensity and cultural relevance.

Ethical and Safety Considerations in Publication

The CEF Decalogue is a powerful tool for personal and professional growth. Its application must be guided by ethical principles:

- **Do No Harm:** Avoid interventions that may trigger distress or overwhelm.
- **Respect Autonomy:** Empower clients to make informed choices and adapt the framework to their lives.
- **Maintain Confidentiality:** Protect personal emotional data and adhere to professional standards.
- **Promote Integration:** Encourage the use of CEF alongside other methods, avoiding exclusivity or dogmatism.
- **Foster Cultural Competence:** Adapt interventions to respect individual and cultural variation.

Publication Ethics:

This report is intended for open access on Zenodo, with clear licensing and attribution. All content is derived from the public Decalogue, with no speculative additions or internal models. Practitioners and researchers are encouraged to cite and build upon this work, maintaining fidelity to its structure and principles.

Zenodo-Ready Formatting, Metadata, Licensing

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Accessibility and Markdown Structuring Best Practices

This report is formatted in Markdown for direct Zenodo upload, ensuring accessibility and ease of use. Headings, tables, and bullet points are employed for clarity, with comprehensive paragraphs providing depth and context. All operator definitions, examples, and architectural commentary are elaborated in prose, maintaining readability and professional tone.

Conclusion

The **Core Emotion Framework (CEF) Decalogue** offers a robust, systematic, and humanistic map for understanding and optimizing emotional intelligence and personal growth. By elaborating each operator with detailed definitions, examples, modulation states, and architectural commentary, this expanded report provides practitioners and researchers with a comprehensive resource for implementation and ethical application. The tripartite center structure—Head, Heart, Gut—ensures holistic coverage of cognitive, relational, and embodied domains, while the systemic dynamics analysis supports adaptive functioning and resilience. With clear guidance on modulation risks, balancing pairs, and ethical considerations, the CEF Decalogue stands as a practical and conceptual tool for fostering self-awareness, connection, and well-being. This publication is formatted for direct Zenodo upload, with full metadata, licensing, and acknowledgments, and maintains strict fidelity to the public Decalogue.

End of Report

See also:

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