Core Emotion Framework (CEF) Glossary & Lexicon (GL-1)

Version: 1.0
Author: Jamel Bulgaria
Affiliation: OptimizeYourCapabilities.com
License: CC BY 4.0
Date: 2025-12-30

---

1. Purpose and Scope

1.1 Purpose

GL-1 defines the canonical vocabulary of the Core Emotion Framework (CEF), ensuring consistency across all technical, computational, practitioner, and public-facing documents. It anchors the architecture and supports cross-document coherence.

1.2 Scope

GL-1 includes:

- Core architecture terms (operators, centers, processes)

- Computational, validation, and simulation terms

- Practitioner-level contextual terms

- Somatic-energetic modules

- Legacy and deprecated terms

---

2. Core Architecture Terms

Emotion

A dynamic configuration of operator activations across centers, represented as a state vector composed of center, process, and operator activations.

Core Emotion

The minimal, architecture-level emotional state defined by the 10 operators and 3 centers.

Operator

A fundamental, identity-preserving emotional function within a center. Operators are discrete, non-interchangeable, and directionally linked.

Process

A latent emotional mechanism corresponding to a dimension in the 10-dimensional process vector.

Center

One of the three primary emotional domains: Head, Heart, Gut. Each contains a fixed set of operators and has a distinct functional and somatic profile.

Activation

The scalar value representing the current state of an operator, process, or center.

Modulation

Temporary influence of one operator or center on another without altering identity.

Fusion

Temporary cross-center modulation. Identity is preserved, but boundaries are blurred.

Chronic Fusion

Persistent, involuntary co-activation across centers that resists modulation.

Overflow

Activation exceeding home-center capacity, causing cross-center propagation.

Identity Preservation

The requirement that operators retain their identity under all conditions.

Directionality

Operators transition in lawful, center-specific sequences. Deciding is constant and does not transition.

State Vector

The full representation of emotional state, combining center, process, and operator activations.

---

3. Operators (Canonical Definitions)

Head Center

- **Sensing**: Intake of raw perceptual data.

- **Calculating**: Structured evaluation and comparison of sensed input.

- **Deciding**: Binary commitment to action. Constant-activation operator.

Heart Center

- **Expanding**: Opening to relational or emotional input.

- **Constricting**: Narrowing or protecting emotional boundaries.

- **Achieving**: Emotional completion or fulfillment.

Gut Center

- **Arranging**: Organizing for action or readiness.

- **Appreciating**: Recognizing value, meaning, or orientation.

- **Boosting**: Amplifying energy or momentum.

- **Accepting**: Yielding, integrating, or releasing.

---

4. Centers (Canonical Definitions)

Head

Cognitive-evaluative domain. Somatically associated with the forehead, eyes, and upper spine.

Heart

Relational-emotional domain. Somatically associated with the chest, lungs, and arms.

Gut

Instinctive-action domain. Somatically associated with the abdomen, hips, and legs.

---

5. Computational Terms (TS-3)

- **Operator Activation Matrix**: 10×10 influence matrix among operators.

- **Process Activation Matrix**: 10×10 influence matrix among processes.

- **Center Activation Matrix**: 3×3 influence matrix among centers.

- **Update Function**: Governs activation changes over time.

- **State Transition Function**: $S\_\{t+1\} = f(S\_t, A\_C, A\_P, A\_O)$

- **Stability**: Convergence of activation values.

- **Convergence**: Reduction of activation change below threshold.

- **Oscillation**: Repeating activation pattern without convergence.

- **Divergence**: Escalating or unbounded activation.

- **Perturbation**: Intentional modification of activation or structure.

- **Boundary Conditions**: Structural constraints on activation.

- **Capacity Thresholds**: Maximum allowable activation before overflow.

---

6. Validation Terms (TS-2)

Measurement Model: Links observable indicators to latent constructs.

- **Latent Variable**: Inferred construct from measurable data.

- **Discriminant Validity**: Empirical distinctness of operators.

- **Measurement Invariance**: Stability across groups or contexts.

- **Directionality Validation**: Testing canonical activation pathways.

- **Fusion Detection**: Identifying cross-center modulation.

- **Overflow Detection**: Identifying activation beyond capacity.

- **Falsifiability Conditions**: Criteria for empirical disproof.

---

7. Simulation Terms (TS-4)

- **Deterministic Simulation**: Fixed update rules.

- **Stochastic Simulation**: Controlled randomness.

- **Hybrid Simulation**: Combination of deterministic and stochastic.

- **Multi-Agent Simulation**: Multiple interacting CEF systems.

- **Stress-Testing**: Perturbation-based robustness evaluation.

- **Sensitivity Analysis**: Parameter impact evaluation.

- **Logging Requirements**: Simulation data recording rules.

- **Convergence Metrics**: Quantitative stabilization measures.

---

8. Cross-Document Terms

- **Canonical Architecture**: Structural definition across all technical documents.

- **Technical Specification (TS)**: Formal architecture-level document.

- **CEF Canon**: Core Essence Document + TS-1 through TS-4.

- **Versioning**: Canon update tracking system.

- **Structural Integrity**: Cross-document consistency requirement.

---

9. Somatic-Energetic Modules

Cycling *(Contextual)*

A deliberate, internal, imagined directional movement within a center to activate a specific core emotion. Each direction corresponds to one operator:

Head Center

- Clockwise → Sensing

- Counter-clockwise → Calculating

- Swinging → Deciding

Heart Center

- Clockwise → Expanding

- Counter-clockwise → Constricting

- Swinging → Achieving

Gut Center

- Clockwise → Arranging

- Counter-clockwise → Appreciating

- Swinging → Boosting

- Inward Spiral → Accepting

Emotional Choreography *(Contextual)*

A somatic mapping of operator activation across the body. Each operator has a physical location and movement cue used in embodied practices.

Counting Techniques *(Contextual)*

Used to intensify or quiet operator activation. Counting up (0–10) increases activation; counting down (10–0) releases it. Supports detangling and individuation.

---

10. Contextual and Practitioner Terms

Emotion Utilization Model (EUM) *(Contextual)*

A practitioner framework for activating, modulating, and differentiating each operator. Supports detangling and emotional individuation.

- **EUM Profile**: Structured representation of operator usage.

- **EUM Cycling**: Repeated use of a subset of operators.

- **EUM Map**: Visual display of usage, fusion, and center dominance.

Detangling *(Contextual)*

The process of isolating and clarifying emotional activations. Supported by EUM, cycling, and counting techniques.

Emotional Rigidity *(Contextual)*

Reduced emotional flexibility due to chronic fusion or blocked transitions.

Emotional Agility *(Contextual)*

Capacity to fluidly transition between operators and centers.

Drivers / Needs / Fulfillments *(Contextual)*

A mapping of each core emotion to a motivational need. Used in practitioner and modeling contexts.

---

11. Legacy Terms

Primer *(Legacy)*

Deprecated synonym for "operator."

Ten Primal Powers *(Legacy)*

Early metaphorical framing of the ten operators.

Emotional Blueprint *(Legacy)*

Non-technical metaphor for the CEF architecture.

---

12. Canonical Status

GL-1 is the authoritative glossary of the CEF. It is subordinate only to the Core Essence Document and defines the vocabulary used across all technical and applied documents.

End of GL-1 Version 1.0