Structural-Constructivist Dynamics of Neurodiversity: The Core Emotion Framework and the Detangling of Responsible CEF Core Emotions

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Abstract

The traditional clinical landscape of neurodiversity is currently undergoing a significant paradigm shift, transitioning from deficit-focused medical models toward "strength-based interventions." This evolution is driven by a growing recognition that individuals with ADHD, Autism Spectrum Disorder (ASD), and Sensory Processing Disorder (SPD) possess unique cognitive architectures that, while differing from neurotypical norms, represent specialized "Primal Powers" rather than inherent pathologies. Central to this transition is the Core Emotion Framework (CEF), a structural-constructivist architecture that deconstructs the human experience into ten fundamental "Core Emotions" or cognitive-affective modules. By reframing neurodivergent symptoms as "entanglements"—pathological fusions of these primal powers—the CEF provides a mechanistic pathway for "detangling" these states, thereby restoring moment-to-moment emotional flexibility and cognitive agency.[2]

Caution: *This article is intended for qualified researchers only. Misapplication of this treatment, can do more harm than help. This treatment while has high theoretical underpinning, it was never empirically validated.*

Theoretical Foundations of the Structural-Constructivist Model

The Core Emotion Framework is predicated on a synthesis of affective neuroscience, embodied cognition, and psychological constructionism. Unlike categorical theories that view emotions as discrete, evolutionarily hardwired circuits, the CEF posits that complex psychological states are "nuanced, layered outcomes" emerging from the dynamic interplay of ten basic "ingredients".[2] These ingredients are organized into a tripartite structure—Head, Heart, and Gut—forming a cohesive "Engine" that manages information acquisition, relational connection, and physiological survival.[1]

The Tripartite Architecture of Experience

The CEF organizes the human psyche into three distinct functional centers, each housing specific core

emotions. This granularity allows for a precise analysis of where the "fusions" or "entanglements" occur in neurodivergent populations.[2]

Center	Primary Functional Domain	Core Emotions (Primal Powers)
Head Center	Cognition, Decision-Making, and Perception	1. Sensing, 2. Calculating, 3. Deciding
Heart Center	Relational Connection, Performance, and Flow	4. Expanding, 5. Constricting, 6. Achieving
Gut Center	Survival, Organization, and Grounding	7. Arranging, 8. Enjoying, 9. Grounding, 10. Accepting

In the "Head" center, the process begins with **Sensing**, the stage of initial perception and active information gathering.[2] This is followed by **Calculating**, the system's "in-the-moment appraisal engine" which matches somatic signatures to past cycles and survival templates.[2] Finally, **Deciding** catalyzes the utilization of other modules to adapt rather than merely react.[2] For neurodivergent individuals, the failure of this sequence often stems from a lack of differentiation between these modules, leading to the characteristic "perplexion" and "rigidity" observed in clinical settings.[2]

The Concept of Emotional Entanglement

A central tenet of the CEF is that psychological distress and functional impairment arise from "emotional rigidity"—a state where core emotions become "pathologically fused" and conspire to control the individual's psyche.[3] In the context of neurodiversity, these entanglements are not viewed as flaws, but as "powers" that have become misaligned during development.[1] Strength-based interventions, therefore, focus on "detangling" these fused states to allow each core emotion to function independently and effectively.[2]

Terminology	CEF Definition in Neurodiversity Context
Core Emotion	A fundamental psychological capacity or building block of character.[3]

Entanglement	A pathological fusion of core elements driven by a limited mode of being.[3]
Detangling	The process of separating fused core emotions to achieve mobility.[2]
Scalar Intensity	The measurement of an emotion's strength on a 0-10 scale.[4]
Zeroing	The intentional reduction of an emotion's intensity to absolute zero.[4]

ADHD: The Stimulus-Calculation Entanglement

In Attention Deficit Hyperactivity Disorder (ADHD), the CEF identifies a specific and debilitating entanglement between the "Sensing" power and the "Calculating" power.[4] This fusion fundamentally alters how the individual processes information, leading to a state of constant "perplexion" when external stimuli are inconsistent.[4]

The Stimuli-Dependent Calculation Primer

The "Calculation primer" in the CEF is the cognitive module responsible for data analysis, pattern recognition, and resolving logical puzzles.[2] In the neurotypical brain, this module can operate autonomously, utilizing internal data to maintain focus. In the ADHD brain, however, the calculation primer is "entangled" with the sensing primer. Consequently, the individual's ability to process data (calculate) is entirely dependent on the presence of high-intensity sensory input (sensing).[4]

This entanglement creates a binary state of cognitive function: when high-intensity stimuli are present—such as a looming deadline or a novel, high-arousal task—the Sensing power fires at a high intensity ($S \approx 8-10$), which "triggers" the entangled Calculation power. This results in "hyper-focus," a state where the individual performs complex calculations with extreme speed. However, when stimuli are low, inconsistent, or not "data-consistent," the Sensing power drops, and the Calculation primer fails to engage. This leads to the characteristic "scatteredness" and inability to perform mundane tasks, as the brain cannot "calculate" without the "sensing" spark.[4]

The Phenomenon of Perplexion

Because the calculation primer only processes with stimuli, and stimuli are often inconsistent with data, the ADHD individual experiences significant "perplexion." Within the CEF, perplexion is the subjective outcome of an "appraisal failure".[2] The Calculating engine attempts to match raw somatic signals (Sensing) to patterns, but because it is fused with the Sensing module, it cannot distinguish between the

importance of a stimulus and its *intensity*.[2]

This can be modeled mathematically as a dependency where the Calculating output (C) is a direct function of Sensing input (S):

$$C = f(S) \cdot \mathbb{1}(S > \tau)$$

Where τ is the sensory threshold required to "prime" the calculation. If S is below the threshold, C effectively remains at zero, regardless of the logical necessity for calculation. Detangling these primers allows the individual to engage C even when S is at a zero, fostering "unemotional mathematical thinking" and objective decision-making.[5]

Autism: Sensing-Calculating Fusion and the Behavioral Code

For individuals on the Autism Spectrum, the CEF identifies a different configuration of the Sensing-Calculating entanglement. Here, the fusion is so total that the Sensing module fails to "capture the behavioral code" of social interactions.[2]

Failure of the Behavioral Code Recognition

The CEF defines "Social Awareness" as the ability to use **Sensing** to pick up on nonverbal signals and **Calculating** to instantly infer the underlying core emotional drivers of others.[2] In a neurotypical interaction, the Calculating engine functions as a "pattern mapper," translating raw sensory data (a micro-expression or tone shift) into a "behavioral code" (e.g., "this person is frustrated").[2]

In the Autistic profile, because Sensing and Calculating are fused, the "appraisal engine" is overwhelmed by the raw data of the Sensing module.[2] Instead of seeing a "smile" as a social signal, the brain might "calculate" the precise geometry of the mouth, the frequency of the voice, and the intensity of the overhead lighting all at once. The "behavioral code"—the social meaning of the interaction—is lost in this "over-calculation" of raw factors. The individual is essentially "sensing" too much and "calculating" the wrong data, leading to social exhaustion and sensory overwhelm.[2]

Somatic Tracking and Signal Extraction

The detangling protocol for Autism focuses on teaching the individual to isolate "Sensing" as a reporter of raw data, separate from the "Calculating" engine's appraisal.[2] By using "Sensing drills" to track specific somatic signatures (e.g., "What is the raw intensity of the vibration in the room?"), the individual learns to categorize sensory noise as separate from social signals.[1]

This process can be compared to "Suffix Analysis" in computational linguistics, where a tagger must distinguish between the core of a word and its environmental "suffixes" to determine its true meaning.[5]

In the CEF model, the "behavioral code" is the core, and the sensory noise is the suffix. Detangling allows the Autistic brain to perform "Bayesian Inversion," moving from the probability of the sensation ($P(\text{sensation})$) to the probability of the social intent ($P(\text{intent}|\text{sensation})$) with greater accuracy.[2]

Sensory Processing: Sensing-Constricting and Perfectionistic Sensation

A third major entanglement identified in neurodivergent populations involves the "Sensing" power and the "Constricting" power (often referred to as the power of "Precision" or "Definitive Constriction").[3] This fusion creates what is known as "perfectionistic sensation."

The Dynamics of Definitive Constriction

In the CEF, **Constricting** is the capacity to limit, define, and critique. It is the engine of discipline and discernment.[3] When this power becomes entangled with **Sensing**, the individual's internal and external perceptions are immediately subjected to a "constrictive" critique.

This results in a state where a sensation—a tag on a shirt, a flickering light, or a specific tone of voice—is not just "sensed," but is "critiqued" as being "wrong" or "imperfect".[3] The individual becomes paralyzed by the "constrictive demand for flawless execution" of their environment.[3] This is the root of many sensory meltdowns: it is not the *intensity* of the sound that causes the distress, but the "perfectionistic sensation" that the sound "must not be there".[3]

Structural Rigidity in Sensory Profiles

The CEF reframes these sensory challenges as "emotional rigidity"—a stubborn insistence on a limited mode of being where the individual cannot "collect self" because they are too busy "constricting" around their sensations.[3]

Emotion	Healthy Function (Detangled)	Pathological Function (Fused/Perfectionistic)
Sensing	Inquisitive Sensing: The engine of insight and curiosity.[3]	Hyper-awareness of stressors and irritants.[5]
Constricting	Definitive Constriction: The engine of precision and boundaries.[3]	Paralyzing critique and demand for flawlessness.[3]

Interaction	Sensation is sensed, then defined as relevant or not.	Sensation is sensed and immediately rejected as "imperfect".[3]

Detangling these two powers involves "igniting" the Sensing power separately from the Constricting power. The individual learns to "sense" the irritant (Level 7 Sensing) while consciously keeping their "Constricting" power at a Level 0.[4] This breaks the "perfectionistic sensation" and allows for greater sensory tolerance.[3]

Detangling Protocols: The Core Technique for Optimization

The "ultimate goal" of the CEF for neurodivergent individuals is the mastery of the "detangling protocol".[1] This is a technical, strength-based intervention designed to restore the "orchestra" of the mind by teaching the individual to "conduct" their core emotions separately.[2]

The 0-10 Scalar Intensity Methodology

The foundational tool for detangling is the "0-10 scale," which allows individuals to quantify and adjust their emotional intensities with surgical precision.[4]

1. **Identification of Usage:** The individual identifies where they use a specific power (e.g., Sensing) in their daily life.[4]
2. **Quantification (Rating):** The individual rates the current intensity of that power on a scale from 0 to 10.[4]
3. **Adjustment (Leveling):** The individual is guided to consciously move the intensity up and down (e.g., "Take your Sensing from a 4 to a 7, then down to a 2").[4]
4. **Zeroing and Maxing:** The individual reduces the power to absolute zero and then instantly "fires" it back to a ten. This "re-calibrates" the module and helps "break" its fusion with other modules.[4]
5. **Multi-Module Application:** The same steps are applied to the second entangled power (e.g., Calculating). By learning to control S and C independently, the individual "detangles" them.[4]

The Benefits of Zeroing

"Zeroing" is particularly crucial for neurodivergent individuals who often feel "trapped" in a specific state (e.g., "forever anxious" or "forever overwhelmed").[4] By proving that they can move an intensity to zero, the CEF provides a sense of agency and "cognitive control" that traditional "regulation" techniques often lack.[4] This leads to "improved focus" and "mental clarity" by reducing the interference between different brain modules.[4]

Comparative Analysis: CEF vs. Traditional Modalities

The Core Emotion Framework offers a "mechanistic comparison" with established modalities such as Dialectical Behavior Therapy (DBT), Schema Therapy (ST), and the DIR Floortime approach, highlighting why its structural-constructivist approach is uniquely suited for neurodiversity.

CEF vs. DIR Floortime: Structural vs. Relational

While the DIR Floortime approach focuses on social-emotional development through relational reciprocity, the CEF addresses the underlying "affective computation" that makes such development possible. Floortime encourages engagement; the CEF provides the "engine" (Sensing and Calculating) to process that engagement without the interference of entanglements.

CEF vs. DBT: Deconstruction vs. Regulation

In DBT, mindfulness is used to "tolerate" or "regulate" distress. In the CEF, mindfulness is reframed as "Inquisitive Sensing"—the ability to observe inner experiences (breath, body scans) as raw data.[2] While DBT focuses on the categorical state (e.g., "I am in a panic"), the CEF deconstructs that state into its constituent parts (e.g., "I am experiencing Level 9 Sensing, Level 8 Constricting, and Level 0 Accepting").[2] This deconstruction allows for a "strategic optimization" of internal resources that is more effective than generic regulation.[2]

Feature	DBT Approach	CEF Approach
Mindfulness	Awareness to tolerate distress.	Sensing to collect raw factors.[2]
Emotional State	Viewed as a categorical whole (e.g., Fear).	Viewed as a "nuanced, layered outcome".[2]
Change Mechanism	Behavioral skills and regulation.	Structural detangling and scalar adjustment.[3]
Outcome	Reduced symptoms and better coping.	"Affective Actualization" and restored mobility.[2]

Affective Computation and the Moment-to-Moment

Experience

The shift in neurodiversity research toward "moment-to-moment" emotional states is a direct application of the CEF's "Affective Computation" model. This model views the brain as a high-speed engine that is constantly "calculating" appraisals based on "sensing" inputs.[2]

The Appraisal Engine as a Markov Process

The "Calculating" module functions as an "in-the-moment appraisal engine" that cross-references raw data against "survival templates" (e.g., fear-fight-flight).[2] For neurodivergent individuals, these templates are often misaligned. For instance, the "Calculation engine" in an ADHD brain might map the "Sensing" of a boring task to a "threat" template, triggering a "freeze" or "avoid" response.[2]

This process mimics the logic of "Trigrams'n'Tags" (TnT) statistical tagging, where the probability of an emotional state (t_3) is calculated based on the previous two states (t_1, t_2) and the current sensory "word" (w_3).[5]

$$P(t_3|t_1,t_2) = \lambda_1 P(t_3) + \lambda_2 P(t_3|t_2) + \lambda_3 P(t_3|t_1,t_2)$$

In the neurotypical brain, the weights (λ) are balanced. In the neurodivergent brain, the "fused" state creates an imbalance where one specific "tag" (e.g., Constricting) becomes the only available output for any Sensing input.[4] "Detangling" effectively recalibrates these weights, allowing the individual to "calculate" a wider range of emotional "tags" for any given situation.[3]

Future Outlook: Digital Platforms and Wearable Interventions

The future of the CEF for neurodiversity lies in its operationalization through digital and wearable platforms.[1] By mapping "bio-energetic fingerprints" (such as HRV and muscle tone) to real-time CEF interventions, these platforms could provide neurodivergent individuals with "external detangling" support.[1]

Bio-Energetic Fingerprints

The CEF posits that each core emotion has a specific "somatic signature"—for example, "constriction in anger vs. expansion in excitement".[2] Wearable devices could monitor these signatures and provide immediate feedback to the user. If the device detects a "Sensing-Calculating fusion" (the signature of an impending ADHD "perplexity" state), it could prompt the user to engage in a "Zeroing" drill.[1]

Curated Teaching and Job Crafting

The CEF's strength-based approach also extends to "Job Crafting"—the process of "detangling mundane routines and finding spark".[6] By understanding their specific entanglements, neurodivergent individuals

can design their work environments to "prime" their calculation power without needing overwhelming stimuli.[4] This moves away from "accommodations" (which imply a deficit) toward "strategic optimization" of their unique "Sensing" and "Calculating" profiles.[2]

Clinical Ethics and Training Standards

It is critical to emphasize that the CEF detangling protocols are currently in "trial" and must only be practiced by "licensed professionals".[4] Treating a mental diagnosis like ADHD or Autism without proper training can cause significant harm.[4] The framework prioritizes "psychological safety" and "trauma-informed standards," ensuring that interventions are tailored to the individual's "neurobiology" and "maturational trajectories".[1]

Conclusion

The Core Emotion Framework offers a revolutionary, "strength-based" architecture for understanding and supporting neurodiversity. By reframing the challenges of ADHD, Autism, and sensory processing as "emotional entanglements," the CEF provides a precise, technical pathway for "detangling" the mind and restoring moment-to-moment agency. Whether it is separating the "Calculation primer" from the "Sensing primer" in ADHD, decoding the "behavioral code" in Autism, or breaking the "perfectionistic sensation" in sensory processing, the CEF empowers individuals to harness their "Primal Powers" for a life of psychological flourishing and success. As research continues to delve into the granularities of affective computation, the CEF stands as a pivotal model for the future of neuro-sociological and clinical intervention.

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