

PM-1 — PRACTITIONER MANUAL (VERSION 1.1)

Core Emotion Framework (CEF)

Practitioner Edition — Full Architecture & Protocols

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PM-1 — DISCLAIMER

Comprehensive Ethical, Legal, Clinical, and Open-Science Notice

Disclaimer

The Core Emotion Framework (CEF) and the PM-1 Practitioner Manual are educational and training

resources designed to support emotional literacy, emotional skill-building, and practitioner development. They describe a structural model of emotional functioning and provide protocols for emotional activation, differentiation, detangling, and agility training.

This manual is **not** a substitute for medical, psychological, psychiatric, or crisis-intervention services. It does **not** diagnose, treat, or cure any mental-health or medical condition. No part of this manual should be interpreted as clinical advice, therapeutic instruction, or a replacement for licensed mental-health care.

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- maintaining ethical standards appropriate to their discipline
- ensuring client safety and informed consent
- recognizing when referral to licensed clinical professionals is required

The exercises, protocols, and interpretations presented here are intended for **emotional skill-building, self-development, and architectural clarity**, not for crisis management or clinical treatment.

Do not use this manual in situations involving:

- active trauma activation
- suicidal ideation
- self-harm
- psychosis
- severe dissociation
- medical emergencies
- acute psychiatric crises
- situations requiring mandated reporting
- situations requiring licensed clinical intervention

In such cases, practitioners must immediately refer clients to appropriate licensed professionals or emergency services.

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- outcomes arising from practitioner error, negligence, or omission
- modifications to the protocols that compromise safety

- attempts to use the material as a clinical treatment manual

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SECTION 1 — INTRODUCTION, PURPOSE, AND PRACTITIONER ORIENTATION

Regenerated, Expanded, and Architecturally Precise

1.1 What the Core Emotion Framework Is

The Core Emotion Framework (CEF) is a **structural model** of the emotional system. It describes:

- **Three centers** (Head, Heart, Gut)
- **Ten operators** (the fundamental emotional actions)
- **Directionality** (how emotions move)
- **Activation patterns**
- **Quieting patterns**
- **Transitions**
- **Fusion patterns**
- **Suppression patterns**
- **Architectural disruptions**

CEF is not a personality model, not a diagnostic model, and not a cognitive model. It is a **functional emotional architecture**.

1.2 What PM-1 Trains Practitioners To Do

PM-1 trains practitioners to:

- activate any operator (0→10)
- quiet any operator (10→0)
- separate fused emotional states
- restore center clarity
- train emotional agility
- interpret emotional patterns using the EUM
- stabilize the emotional system
- work safely with edge conditions

This manual is the **complete practitioner toolkit**.

1.3 The Practitioner's Role

The practitioner is an **architectural stabilizer**.

Their job is to:

- maintain clarity
- maintain neutrality
- maintain somatic grounding
- maintain emotional availability
- maintain architectural precision

The practitioner's emotional system becomes the **stabilizing field** for the client.

1.4 The Emotional Architecture at a Glance

Centers

- **Head** — perception, evaluation, decision
- **Heart** — openness, protection, fulfillment
- **Gut** — readiness, drive, meaning

Operators

- **Head:** Sensing, Calculating, Deciding
- **Heart:** Expanding, Constricting, Achieving
- **Gut:** Arranging, Appreciating, Boosting, Accepting

Directionality

- clockwise
- counter-clockwise
- swinging
- inward spiral

Modulation

- **0→10** (intensifying)
 - **10→0** (quieting)
-

1.5 The 0–10 Modulation System

The 0–10 scale is used for all emotional modulation.

0→10

Used to **activate** and **amplify** an operator.

10→0

Used to **quiet** and **stabilize** an operator.

This system is used in:

- operator activation
 - center activation
 - detangling
 - agility training
 - EUM mapping
 - emotional stabilization
-

1.6 How to Use This Manual

PM-1 is designed for:

- real-time sessions
- training
- supervision
- self-practice
- emotional agility development

Each section builds on the previous one, forming a complete practitioner system.

1.7 Practitioner Readiness Checklist

Before using PM-1 with clients, practitioners must be able to:

- activate each operator (0→10)
- quiet each operator (10→0)
- feel each center distinctly
- detect fusion instantly
- run the Detangling Protocol
- run the Centering Protocol
- interpret the EUM
- maintain emotional neutrality
- maintain somatic grounding
- maintain architectural clarity

SECTION 2 — THE TEN OPERATORS

Regenerated, Expanded, Architecturally Precise

Includes One Primary Brief Approach Exercise per Operator

The ten operators are the **fundamental emotional actions** of the human system.

They are not feelings, not moods, not traits — they are **actions the emotional system performs**.

Each operator has:

- a **center of origin**
- a **somatic signature**
- a **directional movement**
- a **functional purpose**
- a **distinct activation pattern**
- a **quieting pattern**
- **fusion risks**
- **suppression risks**
- a **primary Brief Approach exercise** (rapid activation cue)

Operators must be activated **one at a time** to maintain architectural clarity.

2.1 HEAD OPERATORS

Sensing, Calculating, Deciding

2.1.1 Sensing

Head Center — Perception, Awareness, Noticing

Function:

Sensing gathers raw information. It is the operator of **perception without interpretation**.

Somatic Signature:

- Subtle widening behind the eyes
- Lightness in the forehead
- Increased visual or auditory clarity

Directionality:

- **Upward + outward**
- Gentle widening of attention

Choreography:

- Let the eyes soften and widen by 5%
- Allow the forehead to relax

0–10 Activation:

- 0→10: “Notice more. Let awareness widen.”
- 10→0: “Narrow the field. Let the mind quiet.”

Fusion Risks:

- Sensing + Calculating → hypervigilance
- Sensing + Constricting → anxiety

Suppression Risks:

- Emotional numbness
- Disconnection from environment

Primary Brief Approach Exercise:

- Widen your visual field by 5% and notice more cues, colors and lights.
-

2.1.2 Calculating

Head Center — Evaluation, Analysis, Comparison

Function:

Calculating reduces ambiguity. It performs reductionized analysis — compressing, clarifying, and structurally refining the sensed material. It is the reflective correction of the Head Center.

Somatic Signature:

- Narrowing behind the eyes
- Subtle forward tension in the forehead
- Mental tightening

Directionality:

- **Forward + inward**
- Focused narrowing

Choreography:

- Slightly narrow the eyes
- Bring attention to the space behind the forehead

0–10 Activation:

- 0→10: “Let the mind sharpen.”
- 10→0: “Release the mental grip.”

Fusion Risks:

- Calculating + Constricting → anxiety
- Calculating + Achieving → perfectionism

Suppression Risks:

- Poor decision-making
- Emotional overwhelm

Primary Brief Approach Exercise:

- Narrow your eyes 5% and mentally label one detail.
-

2.1.3 Deciding***Head Center — Commitment, Choice, Direction*****Function:**

Deciding produces saturated realization — the stabilized, integrated outcome of processed sensing and calculating. It anchors the Head Center into a coherent orientation. It is not choosing; it is the emotional completion of the Head Center.

Somatic Signature:

- Forward-moving clarity

- Subtle firmness in the jaw
- Sense of “clicking into place”

Directionality:

- **Forward + downward**
- Commitment into action

Choreography:

- Slight jaw engagement
- Subtle forward lean

0–10 Activation:

- 0→10: “Let the choice become clear.”
- 10→0: “Release the decision.”

Fusion Risks:

- Deciding + Achieving → overcommitment
- Deciding + Boosting → impulsivity

Suppression Risks:

- Indecision
- Emotional drift

Primary Brief Approach Exercise:

- Lean forward 5% and let the orientation settle.

2.2 HEART OPERATORS

Expanding, Constricting, Achieving

2.2.1 Expanding

Heart Center — Openness, Reaching, Connection

Function:

Expanding opens the emotional system. It is the operator of **reaching outward**.

Somatic Signature:

- Chest widening
- Warmth in the sternum
- Breath softening

Directionality:

- **Outward + upward**
- Opening into space

Choreography:

- Widen the chest by 5%
- Let the shoulders soften

0–10 Activation:

- 0→10: “Let the chest widen.”
- 10→0: “Let the chest soften inward.”

Fusion Risks:

- Expanding + Boosting → overwhelm
- Expanding + Accepting → collapse

Suppression Risks:

- Emotional numbness
- Social withdrawal

Primary Brief Approach Exercise:

- Open your chest 5% and inhale gently into the heart space.
-

2.2.2 Constricting***Heart Center — Protection, Boundaries, Narrowing*****Function:**

Constricting refines and protects the emotional field. It is the reflective operator of the Heart Center, narrowing emotional openness into clarity, precision, and boundary definition.

Somatic Signature:

- Chest tightening
- Shoulders drawing inward
- Protective tension

Directionality:

- **Inward + downward**
- Protective narrowing

Choreography:

- Slight inward chest contraction

- Shoulders move 5% inward

0–10 Activation:

- 0→10: “Let the chest narrow slightly.”
- 10→0: “Let the chest widen again.”

Fusion Risks:

- Constricting + Calculating → anxiety
- Constricting + Boosting → panic

Suppression Risks:

- Boundary collapse
- Overexposure

Primary Brief Approach Exercise:

- Bring your chest inward 5% and feel the protective boundary.

2.2.3 Achieving

Heart Center — Fulfillment, Completion, Satisfaction

Function:

Achieving is the balancing operator of the Heart Center. It integrates openness and boundaries into emotional fulfillment, relational coherence, and a felt sense of completion.

Somatic Signature:

- Warmth in the chest
- Subtle upward lift
- Sense of completion

Directionality:

- **Upward + inward**
- Completion rising

Choreography:

- Slight upward lift of the sternum
- Gentle smile or softening

0–10 Activation:

- 0→10: “Let the sense of completion rise.”
- 10→0: “Let the fulfillment settle.”

Fusion Risks:

- Achieving + Calculating → perfectionism
- Achieving + Boosting → overwork

Suppression Risks:

- Chronic dissatisfaction
- Emotional incompleteness

Primary Brief Approach Exercise:

- Lift the sternum 5% and acknowledge one thing that feels complete.

2.3 GUT OPERATORS

Arranging, Appreciating, Boosting, Accepting

2.3.1 Arranging

Gut Center — Organization, Sequencing, Readiness

Function:

Arranging organizes internal and external elements. It is the operator of **structural readiness**.

Somatic Signature:

- Lower abdomen engagement
- Grounded hips
- Sense of “putting things in place”

Directionality:

- **Downward + outward**
- Stabilizing into structure

Choreography:

- Engage the lower abdomen 5%
- Ground through the hips

0–10 Activation:

- 0→10: “Let the lower abdomen engage.”
- 10→0: “Release the structure.”

Fusion Risks:

- Arranging + Boosting → overcontrol
- Arranging + Calculating → rigidity

Suppression Risks:

- Disorganization
- Emotional chaos

Primary Brief Approach Exercise:

- Engage your lower abdomen 5% and mentally place one thing 'in order.'
-

2.3.2 Appreciating***Gut Center — Meaning, Depth, Resonance*****Function:**

Appreciating is the reflective operator of the Gut Center. It deepens resonance, refines meaning, and settles the system into grounded emotional coherence.

Somatic Signature:

- Warmth in the lower abdomen
- Slow, grounded breath
- Sense of depth

Directionality:

- **Downward + inward**
- Settling into meaning

Choreography:

- Soften the belly
- Slow the breath

0–10 Activation:

- 0→10: "Let the meaning deepen."
- 10→0: "Let the depth release."

Fusion Risks:

- Appreciating + Expanding → sentimentality
- Appreciating + Accepting → collapse

Suppression Risks:

- Meaninglessness
- Emotional flatness

Primary Brief Approach Exercise:

- Soften your belly 5% and notice one thing that feels meaningful.

2.3.3 Boosting

Gut Center — Drive, Energy, Momentum

Function:

Boosting is the balancing operator of the Gut Center in ON-mode. It stabilizes and amplifies energy into coherent momentum, providing regulated drive rather than raw activation.

Somatic Signature:

- Heat in the abdomen
- Forward-moving energy
- Increased intensity

Directionality:

- **Forward + upward**
- Energizing into action

Choreography:

- Slight forward lean
- Engage the core 5%

0–10 Activation:

- 0→10: “Let the energy rise.”
- 10→0: “Let the energy settle.”

Fusion Risks:

- Boosting + Constricting → panic
- Boosting + Expanding → overwhelm

Suppression Risks:

- Burnout
- Exhaustion
- Passivity

Primary Brief Approach Exercise:

- Lean forward 5% and let a small surge of energy rise in the abdomen.

2.3.4 Accepting

Gut Center — Release, Surrender, Letting Go

Function:

Accepting is the balancing operator of the Gut Center in OFF-mode. It releases tension, completes cycles, and settles the system into grounded stillness.

Somatic Signature:

- Softening in the belly
- Exhale release
- Downward settling

Directionality:

- **Downward + inward**
- Settling into stillness

Choreography:

- Soften the abdomen
- Exhale fully

0–10 Activation:

- 0→10: “Let the belly soften.”
- 10→0: “Let the release complete.”

Fusion Risks:

- Accepting + Expanding → collapse
- Accepting + Appreciating → melancholy

Suppression Risks:

- Rigidity
- Emotional holding
- Inability to let go

Primary Brief Approach Exercise:

Exhale fully and soften your belly by 5%.

SECTION 3 — THE THREE CENTERS***Head, Heart, Gut — The Structural Pillars of the Emotional System***

The three centers are the **primary hubs** of emotional processing.
Each center:

- generates specific operators
- has a distinct somatic signature

- has a distinct functional domain
- modulates differently
- interacts with the other centers through transitions
- can become dominant, suppressed, or collapsed

Understanding the centers is essential for:

- operator activation
- detangling
- emotional agility
- EUM interpretation
- edge-condition stabilization

3.1 Overview of the Three Centers

Head Center

Domain: Perception, evaluation, decision

Operators: Sensing, Calculating, Deciding

Somatic Zone: Eyes, forehead, temples

Primary Movement: Upward + forward

Primary Risks: Overthinking, rigidity, dissociation

Heart Center

Domain: Openness, protection, fulfillment

Operators: Expanding, Constricting, Achieving

Somatic Zone: Chest, sternum, shoulders

Primary Movement: Outward + inward

Primary Risks: Flooding, emotional overwhelm, collapse

Gut Center

Domain: Readiness, drive, meaning

Operators: Arranging, Appreciating, Boosting, Accepting

Somatic Zone: Abdomen, hips, pelvis

Primary Movement: Downward + forward

Primary Risks: Shutdown, impulsivity, burnout

3.2 The Head Center

Function

The Head center processes:

- perception

- evaluation
- comparison
- decision readiness

It is the **cognitive-emotional interface**.

Somatic Signature

- activity behind the eyes
- forehead tension or clarity
- narrowing or widening of attention

Activation Pattern (0→10)

“Let the space behind the eyes become more active.”

Quieting Pattern (10→0)

“Let the forehead soften and the mind release.”

Signs of Healthy Activation

- clarity
- precision
- grounded decision-making

Signs of Overactivation

- rumination
- anxiety
- overanalysis

Signs of Suppression

- confusion
- emotional overwhelm
- difficulty making decisions

3.3 The Heart Center

Function

The Heart center processes:

- openness
- protection
- fulfillment

- relational attunement

It is the **emotional-relational interface**.

Somatic Signature

- chest widening or narrowing
- warmth or tightness
- breath expansion or contraction

Activation Pattern (0→10)

“Let the chest widen or narrow slightly.”

Quieting Pattern (10→0)

“Let the chest soften and return to neutral.”

Signs of Healthy Activation

- emotional availability
- appropriate boundaries
- relational clarity

Signs of Overactivation

- emotional flooding
- reactivity
- overwhelm

Signs of Suppression

- numbness
- disconnection
- relational withdrawal

3.4 The Gut Center

Function

The Gut center processes:

- readiness
- drive
- meaning
- grounding

It is the **action-emotion interface**.

Somatic Signature

- abdominal engagement or softening
- hip grounding
- forward-moving energy

Activation Pattern (0→10)

“Let the lower abdomen engage or soften.”

Quieting Pattern (10→0)

“Let the belly release and settle.”

Signs of Healthy Activation

- grounded action
- stable energy
- meaningful engagement

Signs of Overactivation

- impulsivity
- burnout
- overdrive

Signs of Suppression

- shutdown
- passivity
- meaninglessness

3.5 Center Interactions

Centers interact through **transitions**, which can be:

- smooth
- sticky
- rigid
- blocked

Examples:

- **Head → Heart:** moving from thinking to feeling
- **Heart → Gut:** moving from emotion to action
- **Gut → Head:** moving from action to evaluation

Transition difficulty is a key diagnostic marker in the EUM.

3.6 Center Collapse

A center collapses when it cannot activate above 0–2.

Head Collapse

- confusion
- fog
- inability to think

Heart Collapse

- numbness
- emotional flatness

Gut Collapse

- exhaustion
- passivity
- shutdown

Center collapse must be corrected **before** detangling or agility work.

3.7 Center Dominance

A center dominates when it remains at 8–10 chronically.

Head Dominance

- overthinking
- emotional detachment

Heart Dominance

- overwhelm
- reactivity

Gut Dominance

- impulsivity
- burnout

Dominance requires **quieting** and **transition training**.

SECTION 3 COMPLETE

Next: Section 4.

SECTION 4 — ACTIVATION TECHNIQUES

Cycling, Choreography, Counting, Meditation

Activation techniques are the **core tools** practitioners use to:

- activate operators
- quiet operators
- stabilize centers
- prepare for detangling
- train agility
- recover from fusion
- prevent imposed emotion

These techniques must be mastered before using PM-1 with clients.

4.1 Cycling

Cycling is the **directional movement** associated with each operator.

Types of Cycling

- clockwise
- counter-clockwise
- swinging
- inward spiral

Purpose

- activates the operator
- stabilizes the operator
- prevents fusion
- increases somatic clarity

Example

Expanding uses **outward + upward** cycling.

Constricting uses **inward + downward** cycling.

4.2 Choreography

Choreography is the **micro-movement** that activates the operator somatically.

Examples

- Sensing → widen the eyes 5%
- Constricting → bring the chest inward 5%
- Boosting → lean forward 5%
- Accepting → soften the belly 5%

Purpose

- anchors the operator in the body
- prevents cognitive substitution
- increases emotional precision

Choreography is essential for clients who struggle to feel emotion.

4.3 Counting (0→10 and 10→0)

Counting is the **modulation system** for all emotional work.

0→10 (Activation)

Used to intensify an operator.

10→0 (Quieting)

Used to stabilize or deactivate an operator.

Purpose

- prevents overwhelm
- prevents collapse
- creates emotional control
- supports detangling
- supports agility training

Counting is used in **every protocol** in PM-1.

4.4 Meditation (Stillness)

Meditation is the **reset state** of the emotional system.

Purpose

- clears fusion
- resets centers

- prepares for activation
- stabilizes edge conditions
- prevents imposed emotion

Somatic Signature

- stillness
- neutral breath
- no directional movement

Meditation is used:

- before detangling
- after overwhelm
- during dissociation
- between operators
- at the end of sessions

4.5 Modulation Failure as a Fusion Indicator

If a client cannot bring an operator from 0→10 or 10→0, this indicates fusion.

When two operators are fused, neither can modulate because the system is modulating a fused emotional state rather than a pure operator.

Common signs:

- Sensing gets stuck
- Constricting gets stuck
- both get stuck in the same way
- cycling produces confusion instead of movement

Modulation failure is not resistance — it is architectural collapse.

This signals the need to begin the detangling protocol.

4.6 Threat-Biased Sensing (scenario example)

When a client says “I only sense danger,” they are not describing the operator Sensing.

They are describing a fused state where:

- Sensing is suppressed
- Constricting is dominant

- Boosting is active
- Calculating is running in the background

This fusion collapses the perceptual field so the client can only detect threat cues.

In this state, neither Sensing nor Constricting can modulate independently.

This is a typical example of a diagnostic marker of fusion and requires detangling.

APPENDIX A — RAPID EMOTIONAL ACTIVATION (BRIEF APPROACH)

Micro-Exercises for Fast, Clean Operator Activation

The Brief Approach is a set of **rapid emotional activation techniques** designed to:

- activate operators quickly
- differentiate fused operators
- stabilize emotional states
- prepare for detangling
- support emotional agility training
- prevent imposed emotion
- restore somatic clarity

Each operator has:

- **3–6 micro-exercises**
- **activation cues**
- **differentiation cues**
- **quieting cues**
- **somatic shortcuts**

These exercises are intentionally simple, fast, and precise.

A.1 HEAD OPERATORS

Sensing, Calculating, Deciding

A.1.1 Sensing — Rapid Activation

Micro-Exercise 1 — Visual Widening (5 seconds)

Widen your visual field by 5%.

Notice one new detail.

Micro-Exercise 2 — Auditory Scan (10 seconds)

Listen for the farthest sound you can detect.

Micro-Exercise 3 — Sensory Labeling (10 seconds)

Name one thing you see, one thing you hear, one thing you feel.

Differentiation Cue

“Sensing notices. It does not interpret.”

Quieting Cue

“Narrow the field. Let the mind soften.”

A.1.2 Calculating — Rapid Activation

Micro-Exercise 1 — Micro-Focus (5 seconds)

Narrow your eyes 5%.

Pick one detail and mentally label it.

Micro Exercise 2 — Micro Reduction (10 seconds)

Pick one detail and reduce it to its simplest form.

Micro Exercise 3 — Pattern Clarification (10 seconds)

Notice one pattern or structure in what you’re observing.

Differentiation Cue

“Calculating evaluates. It does not decide.”

Quieting Cue

“Release the mental grip.”

A.1.3 Deciding — Rapid Activation

Micro Exercise 1 — Micro Realization (5 seconds)

Let one orientation settle (e.g., ‘I am here now’).

Micro-Exercise 2 — Forward Lean (5 seconds)

Lean forward 5% and feel the sense of direction.

Micro-Exercise 3 — Commitment Breath (10 seconds)

Inhale with clarity; exhale with commitment.

Differentiation Cue

“Deciding commits. It does not analyze.”

Quieting Cue

“Release the choice. Return to neutral.”

A.2 HEART OPERATORS

Expanding, Constricting, Achieving

A.2.1 Expanding — Rapid Activation

Micro-Exercise 1 — Chest Widening (5 seconds)

Open the chest 5% and inhale gently.

Micro-Exercise 2 — Reach Outward (10 seconds)

Extend your arms slightly as if reaching toward something.

Micro-Exercise 3 — Heart Breath (10 seconds)

Inhale into the sternum; feel warmth spread outward.

Differentiation Cue

“Expanding opens. It does not collapse.”

Quieting Cue

“Let the chest soften inward.”

A.2.2 Constricting — Rapid Activation

Micro-Exercise 1 — Chest Narrowing (5 seconds)

Bring the chest inward 5%.

Micro-Exercise 2 — Protective Curl (10 seconds)

Let the shoulders move slightly inward.

Micro-Exercise 3 — Boundary Breath (10 seconds)

Exhale and feel the boundary firm.

Differentiation Cue

“Constricting protects. It does not shut down.”

Quieting Cue

“Let the chest widen again.”

A.2.3 Achieving — Rapid Activation

Micro-Exercise 1 — Sternum Lift (5 seconds)

Lift the sternum 5% and feel upward fulfillment.

Micro-Exercise 2 — Completion Acknowledgment (10 seconds)

Name one thing that feels complete.

Micro-Exercise 3 — Satisfaction Breath (10 seconds)

Inhale with gratitude; exhale into completion.

Differentiation Cue

“Achieving completes. It does not strive.”

Quieting Cue

“Let the fulfillment settle.”

A.3 GUT OPERATORS

Arranging, Appreciating, Boosting, Accepting

A.3.1 Arranging — Rapid Activation

Micro-Exercise 1 — Lower Abdomen Engagement (5 seconds)

Engage the lower abdomen 5%.

Micro-Exercise 2 — Micro-Ordering (10 seconds)

Mentally place one thing “in order.”

Micro-Exercise 3 — Grounding Shift (10 seconds)

Shift weight into the hips and feel structure form.

Differentiation Cue

“Arranging organizes. It does not control.”

Quieting Cue

“Release the structure.”

A.3.2 Appreciating — Rapid Activation

Micro-Exercise 1 — Belly Softening (5 seconds)

Soften the belly 5%.

Micro-Exercise 2 — Meaning Check (10 seconds)

Notice one thing that resonates deeply.

Micro-Exercise 3 — Depth Breath (10 seconds)

Inhale slowly; exhale into the lower abdomen.

Differentiation Cue

“Appreciating deepens. It does not cling.”

Quieting Cue

“Let the depth release.”

A.3.3 Boosting — Rapid Activation

Micro-Exercise 1 — Forward Lean (5 seconds)

Lean forward 5% and feel energy rise.

Micro-Exercise 2 — Core Spark (10 seconds)

Engage the core slightly and feel heat build.

Micro-Exercise 3 — Activation Breath (10 seconds)

Inhale sharply; exhale with momentum.

Differentiation Cue

“Boosting energizes. It does not overwhelm.”

Quieting Cue

“Let the energy settle.”

A.3.4 Accepting — Rapid Activation

Micro-Exercise 1 — Full Exhale (5 seconds)

Exhale fully and soften the belly.

Micro-Exercise 2 — Release Gesture (10 seconds)

Let the shoulders drop downward.

Micro-Exercise 3 — Surrender Breath (10 seconds)

Inhale gently; exhale with release.

Differentiation Cue

“Accepting releases. It does not collapse.”

Quieting Cue

“Let the release complete.”

SECTION 5 — THE DETANGLING PROTOCOL

The Canonical 7-Step Sequence for Separating Fused Emotional States

Detangling is the **core intervention** of the Core Emotion Framework.

It is used when:

- multiple operators activate at once
- emotional clarity collapses
- the client feels “mixed,” “conflicted,” or “overwhelmed”
- emotional signals contradict each other
- the system is fused, tangled, or unstable

Detangling restores:

- operator individuation
- center clarity
- emotional directionality
- somatic precision
- emotional stability

This protocol must be performed **exactly as written** to maintain architectural integrity.

5.1 What Fusion Is

Fusion occurs when **two or more operators activate simultaneously**, producing:

- emotional confusion
- contradictory impulses
- overwhelm
- paralysis
- emotional noise
- somatic instability

Fusion is not a pathology — it is a **temporary architectural distortion**.

Common fusions:

- **Constricting + Calculating → anxiety**
- **Expanding + Boosting → overwhelm**
- **Achieving + Calculating → perfectionism**
- **Accepting + Expanding → collapse**

Fusion prevents operator modulation. A fused operator cannot move up or down.

Detangling separates these operators so each can be activated cleanly.

5.2 The Canonical 7-Step Detangling Protocol

This is the **official, architecturally correct** sequence.

Step 1 — Identify Fusion

“Does this feel like more than one emotion at once?”

Step 2 — Establish Center Clarity

Run the **Centering Protocol** (Head → Heart → Gut).

Step 3 — Activate the Dominant Operator

Use Cycling + Choreography + 0→10.

Step 4 — Amplify (0→10)

Bring the operator to full intensity.

Step 5 — Hold (at 10)

Stay with the operator long enough for it to stabilize.

Step 6 — Quiet (10→0)

Bring the operator back down to zero.

Step 7 — Activate the Next Operator

Repeat Steps 3–6 for each fused operator.

This restores **operator individuation**.

Fusion Loosening (Pre-Detangling Phase)

Repeated attempts to modulate a fused operator (counting or cycling) do not detangle the system, but they can loosen the fusion.

Fusion loosening creates micro-separations that make detangling easier.

However, full separation only occurs through the canonical 7-step detangling protocol.

Modulation loosens fusion.

Detangling separates fusion.

5.3 Why the Sequence Must Not Be Altered

The order is essential because:

- activating multiple operators at once **re-fuses** the system
- skipping center clarity destabilizes the architecture
- skipping quieting prevents individuation
- activating the wrong operator first increases overwhelm

- activating operators too quickly causes imposed emotion

The sequence is designed to:

- stabilize
- separate
- clarify
- integrate

in the safest possible way.

5.4 Practitioner Prompts for Detangling

- “Let’s bring this emotion from 0 to 10.”
- “Let’s bring it back down from 10 to 0.”
- “Let’s check for fusion.”
- “Let’s activate one operator at a time.”
- “Let’s slow this down.”
- “Let’s return to the center.”

These prompts maintain architectural clarity.

5.5 Detangling Examples

Example 1 — Anxiety (Constricting + Calculating)

1. Activate Constricting (0→10 → 0)
2. Activate Calculating (0→10 → 0)

Example 2 — Overwhelm (Expanding + Boosting)

1. Activate Boosting (0→10 → 0)
2. Activate Expanding (0→10 → 0)

Example 3 — Collapse (Accepting + Expanding)

1. Activate Expanding (0→10 → 0)
 2. Activate Accepting (0→10 → 0)
-

5.6 When NOT to Detangle

Do **not** detangle when:

- the client is dissociated

- the client is in trauma activation
- the client is in shutdown
- the client is emotionally flooded
- the client cannot feel their centers

In these cases, use:

- Meditation
- Centering
- Quieting
- Stabilization protocols

Detangling requires a **stable architecture**.

SECTION 5 COMPLETE

Next: Emotional Agility.

SECTION 6 — EMOTIONAL RIGIDITY & EMOTIONAL AGILITY

How to Diagnose Rigidity and Train Agility Using Transitions and Modulation

Emotional agility is the ability to:

- activate any operator
- quiet any operator
- shift between operators
- shift between centers
- maintain emotional clarity
- avoid fusion
- avoid overwhelm

Agility is the **opposite** of emotional rigidity.

6.1 What Emotional Rigidity Is

Rigidity is when the emotional system:

- gets stuck in one operator
- cannot transition
- cannot quiet

- cannot activate new operators
- repeats the same emotional pattern
- collapses under pressure

Rigidity is not a personality trait — it is a **functional bottleneck**.

6.2 Signs of Emotional Rigidity

Operator Rigidity

- stuck in Constricting
- stuck in Calculating
- stuck in Accepting
- stuck in Boosting

Center Rigidity

- Head dominance
- Heart dominance
- Gut dominance

Transition Rigidity

- difficulty moving from Head → Heart
- difficulty moving from Heart → Gut
- difficulty moving from Gut → Head

Modulation Rigidity

- cannot reach 10
 - cannot return to 0
-

6.3 Emotional Agility Defined

Agility is the ability to:

- activate any operator (0→10)
- quiet any operator (10→0)
- transition smoothly
- maintain clarity
- avoid fusion
- recover quickly

Agility is the **goal** of emotional training.

6.4 The Emotional Agility Protocol

This protocol trains transitions and flexibility.

Step 1 — Activate Operator A (0→10)

Step 2 — Quiet Operator A (10→0)

Step 3 — Activate Operator B (0→10)

Step 4 — Quiet Operator B (10→0)

Step 5 — Repeat until smooth

This builds **operator agility**.

6.5 Center Transition Training

Example: **Head → Heart → Gut**

1. Activate Head (0→10 → 0)
2. Activate Heart (0→10 → 0)
3. Activate Gut (0→10 → 0)

Repeat until transitions are smooth.

6.6 Fusion Recovery Training

Used when operators fuse instantly.

1. Meditation
2. Activate operator A (0→10 → 0)
3. Activate operator B (0→10 → 0)
4. Repeat 3–5 cycles

This restores individuation.

6.7 Agility Indicators

A client is becoming agile when they can:

- activate any operator cleanly
- quiet any operator cleanly
- shift centers without resistance

- detangle quickly
- avoid overwhelm
- maintain somatic clarity

Agility is the **foundation of emotional resilience**.

SECTION 7 — THE EMOTION UTILIZATION MODEL (EUM)

How to Read the Emotional System in Real Time

The Emotion Utilization Model (EUM) is the **interpretive layer** of the Core Emotion Framework. Where Sections 2–6 teach practitioners how to *activate*, *differentiate*, *detangle*, and *modulate* emotions, the EUM teaches practitioners how to **read** the emotional system.

The EUM answers the question:

“What is the emotional system trying to do right now?”

It is used for:

- emotional diagnostics
- emotional interpretation
- emotional forecasting
- intervention planning
- tracking progress over time

The EUM is not a personality model.

It is a **moment-to-moment functional map**.

7.1 What the EUM Measures

The EUM measures emotional functioning across **three layers**:

1. Center Utilization

How active each center is (Head, Heart, Gut).

2. Operator Utilization

Which operators are active, suppressed, fused, or dominant.

3. Transition Utilization

How easily the client can shift between operators and centers.

Together, these form the **EUM Profile**.

7.2 Center Utilization

Center Utilization measures how much each center contributes to the current emotional state.

Head Center (0–10)

Perception, evaluation, decision readiness.

Heart Center (0–10)

Openness, protection, fulfillment.

Gut Center (0–10)

Readiness, grounded activation, meaning.

Practitioner Cue

“Which center feels most active right now (0–10)?”

This gives a **center activation profile**.

7.3 Operator Utilization

Operator Utilization measures which operators are active and how strongly.

Practitioner Cue

“Let’s check each operator from 0–10.”

This produces a **10-operator activation map**, revealing:

- dominant operators
- suppressed operators
- fused operators
- underused operators
- overused operators

This is the emotional system’s **fingerprint** in the moment.

7.4 Transition Utilization

Transition Utilization measures how easily the client can shift between:

- operators
- centers
- emotional states

Practitioner Cue

“On a scale from 0–10, how hard is it to shift from X to Y?”

High numbers = rigidity.

Low numbers = agility.

7.5 The EUM Profile (3×10 Grid)

The EUM profile consists of:

Layer 1 — Center Utilization

Head (0–10)

Heart (0–10)

Gut (0–10)

Layer 2 — Operator Utilization

All ten operators rated 0–10.

Layer 3 — Transition Utilization

Difficulty ratings for key transitions.

This creates a **dynamic emotional map**.

7.6 How Practitioners Use the EUM

Practitioners use the EUM to:

Identify strengths

- balanced centers
- smooth transitions
- strong operators

Identify vulnerabilities

- suppressed operators
- dominant centers
- rigid transitions

Identify distortions

- fusion
- overactivation
- underactivation

Guide interventions

- which operator to activate
- which transitions to train

- which center to stabilize

Track progress

- agility increases
 - detangling becomes faster
 - emotional clarity improves
-

7.7 EUM Interpretation Patterns

Practitioners learn to recognize **EUM signatures**.

Head Dominance

High Calculating, low Expanding, difficulty accessing Heart.

Heart Flooding

High Expanding + Constricting (bidirectional pull), low Deciding.

Gut Overdrive

High Boosting (ON-mode) + Arranging (readiness), low Accepting (settling).

Collapse

High Accepting, low Boosting, low Expanding.

Anxiety

High Constricting + Calculating, low Accepting.

Perfectionism

High Achieving + Calculating, low Accepting.

7.8 EUM and Detangling

The EUM tells the practitioner:

- which operators are fused
- which operator to activate first
- which transitions will be difficult
- which center needs stabilization
- how many cycles will be needed

The EUM is the **map**.

Detangling is the **intervention**.

7.9 EUM and Emotional Agility

Agility training uses the EUM to:

- identify weak transitions
- identify underused operators
- identify overused operators
- track improvements

The EUM becomes the **progress tracker**.

7.10 Practitioner Prompts for EUM Work

- “Let’s map your emotional system from 0 to 10.”
 - “Which center feels most active?”
 - “Which operator feels strongest?”
 - “Which operator feels hardest to access?”
 - “Which transitions feel sticky?”
 - “Let’s check for fusion.”
-

SECTION 7 COMPLETE

Next: Practitioner Protocols.

SECTION 8 — PRACTITIONER PROTOCOLS

The Complete Set of Practitioner Workflows

This section translates the entire CEF architecture into **practical, repeatable interventions**.

Practitioners use four core protocols:

1. **Centering Protocol**
2. **Operator Activation Protocol**
3. **Detangling Protocol**
4. **Emotional Agility Protocol**

These form the backbone of all emotional work.

8.1 The Four Core Practitioner Protocols

1. Centering Protocol

Establishes center clarity.

2. Operator Activation Protocol

Activates any operator cleanly.

3. Detangling Protocol

Separates fused emotional states.

4. Emotional Agility Protocol

Trains transitions and flexibility.

8.2 Protocol 1 — Centering Protocol

Used at the beginning of every session.

Sequence

1. Head center — widen awareness
2. Heart center — open chest space
3. Gut center — ground hips
4. Center check (0–10)

Notes

- If no center is felt → use Choreography
 - If all centers activate → fusion
 - If centers collapse → use Meditation
-

8.3 Protocol 2 — Operator Activation Protocol

Used to activate any operator cleanly.

Sequence

1. Locate center
2. Introduce direction
3. Add choreography
4. Intensify (0→10)
5. Hold
6. Quiet (10→0)

Notes

- If forced → imposed emotion

- If instant → Boosting intrusion
 - If stuck → suppression
-

8.4 Protocol 3 — Detangling Protocol

The canonical 7-step sequence (see Section 5).

8.5 Protocol 4 — Emotional Agility Protocol

Used to train transitions.

Sequence

1. Activate Operator A (0→10 → 0)
 2. Activate Operator B (0→10 → 0)
 3. Repeat
-

8.6 EUM-Driven Protocol Selection

If centers are imbalanced

→ Centering + Center Transitions

If operators are imbalanced

→ Operator Activation + Operator Transitions

If transitions are rigid

→ Emotional Agility Protocol

If fusion is present

→ Detangling Protocol

8.7 Session Templates

Standard 50-Minute Session

- Centering (5)
- EUM Mapping (5)
- Detangling (20)
- Agility (10)
- Integration (10)

Short 20-Minute Session

- Centering (3)
- EUM Quick Scan (2)
- Detangling (10)
- Integration (5)

Crisis Session

- Meditation
- Centering
- Quieting
- Stabilization
- Minimal detangling

8.8 Troubleshooting Guide

Client cannot feel emotion

→ Meditation, Choreography, slow ramp

Client overwhelms

→ Quieting, Constricting, reduce intensity

Client intellectualizes

→ Return to Heart/Gut

Client fuses instantly

→ Slow down, Meditation between operators

8.9 Practitioner Prompts (Master List)

- “Let’s bring this from 0 to 10.”
 - “Let’s bring it back down.”
 - “Which center feels most active?”
 - “Which operator feels strongest?”
 - “Let’s check for fusion.”
 - “Let’s slow this down.”
 - “Let’s open 5%.”
 - “Let’s soften 5%.”
-

SECTION 9 — SPECIAL CASES & EDGE CONDITIONS

How to Work Safely with Trauma Activation, Dissociation, Shutdown, Flooding, and Architectural Distortions

Edge conditions are **states where the emotional architecture becomes unstable**.

They require special handling because:

- operators behave unpredictably
- centers collapse or overactivate
- transitions fail
- fusion becomes extreme
- imposed emotion becomes likely
- detangling becomes unsafe

This section teaches practitioners how to stabilize the system before returning to normal emotional work.

9.1 Trauma Activation

Trauma activation is a **high-intensity, involuntary emotional surge** that overwhelms the architecture.

Signs

- rapid heart rate
- shaking
- hypervigilance
- emotional flooding
- inability to think
- collapse into old patterns

Do NOT

- detangle
- activate operators
- push intensity
- ask for emotional detail

Do

- Meditation
- Quieting
- Grounding

- Slow breath
- Centering

Stabilization Sequence

1. Meditation
2. Slow exhale
3. Ground hips
4. Quiet Constricting
5. Quiet Boosting
6. Re-establish center clarity

9.2 Dissociation

Dissociation is a **Head-dominant collapse** where the emotional system disconnects from the body.

Signs

- numbness
- flat affect
- “I don’t feel anything”
- floating sensation
- time distortion

Do NOT

- activate operators
- intensify emotion
- ask for emotional detail

Do

- somatic grounding
- belly softening
- slow breath
- sensory anchoring

Stabilization Sequence

1. Sensory anchoring
2. Belly softening
3. Grounding through hips

4. Meditation
5. Centering

9.3 Shutdown

Shutdown is a **Gut collapse** where the system loses energy and drive.

Signs

- exhaustion
- heaviness
- passivity
- inability to act
- emotional flatness

Do NOT

- activate Boosting
- activate Expanding
- push intensity

Do

- Accepting
- Appreciating
- slow breath
- gentle grounding

Stabilization Sequence

1. Accepting (0→10 → 0)
2. Appreciating (0→10 → 0)
3. Meditation
4. Gentle Boosting (only after stability)

9.4 Emotional Flooding

Flooding is a **Heart overactivation** where Expanding and Constricting fire simultaneously.

Signs

- crying
- overwhelm

- chest pressure
- emotional intensity

Do NOT

- activate Expanding
- activate Achieving
- intensify emotion

Do

- Quiet Constricting
- Quiet Boosting
- Slow breath
- Grounding

Stabilization Sequence

1. Quiet Constricting
2. Quiet Boosting
3. Slow exhale
4. Meditation
5. Centering

9.5 Chronic Fusion

Chronic fusion is when **two operators fuse repeatedly**, forming a stable but distorted emotional pattern.

Examples

- Constricting + Calculating → anxiety
- Achieving + Calculating → perfectionism
- Expanding + Boosting → overwhelm
- Accepting + Expanding → collapse

Treatment

- Detangling Protocol
- Agility Protocol
- Transition training
- Operator strengthening

9.6 Suppression

Suppression is when an operator cannot activate above 0–2.

Signs

- emotional flatness
- inability to feel
- chronic avoidance
- somatic numbness

Treatment

- Choreography
- 0→10 activation
- slow ramp
- somatic grounding

9.7 Inversion

Inversion is when the system activates the **opposite operator** of what is needed.

Examples

- Needs Expanding → activates Constricting
- Needs Accepting → activates Boosting
- Needs Sensing → activates Calculating

Treatment

- Meditation
- Centering
- Operator Activation Protocol

9.8 Substitution

Substitution is when the system uses the **wrong operator** to solve a problem.

Examples

- Using Calculating instead of Accepting
- Using Boosting instead of Arranging
- Using Expanding instead of Constricting

Treatment

- EUM mapping
 - Operator Activation Protocol
 - Detangling
-

9.9 Practitioner Safety Rules

- Never intensify during trauma activation
- Never detangle during dissociation
- Never activate Boosting during shutdown
- Never activate Expanding during flooding
- Never push intensity without center clarity
- Never skip quieting

These rules prevent harm and maintain architectural integrity.

SECTION 9 COMPLETE

Next: Integration & Mastery.

SECTION 10 — INTEGRATION & MASTERY

How Practitioners Develop Fluency, Precision, and Architectural Stability

This section describes how practitioners move from:

- basic competence
→ to
- architectural fluency
→ to
- mastery

Mastery is not emotional perfection.

Mastery is **architectural precision**.

10.1 The Three Stages of Practitioner Development

Stage 1 — Mechanical Competence

Practitioner can follow protocols but must think through each step.

Stage 2 — Architectural Fluency

Practitioner can:

- detect fusion instantly
- choose the correct operator
- stabilize centers quickly
- run protocols smoothly

Stage 3 — Mastery

Practitioner can:

- feel the architecture directly
- intervene intuitively
- maintain stability under pressure
- guide complex emotional states
- adapt protocols in real time

10.2 Mastery Indicators

A practitioner is approaching mastery when they can:

- activate any operator cleanly
- quiet any operator cleanly
- detect fusion without asking
- stabilize edge conditions
- read the EUM instantly
- maintain emotional neutrality
- avoid imposing emotion
- maintain somatic grounding
- teach agility effectively

10.3 The Mastery Loop

Practitioners develop mastery through:

1. **Practice**
2. **Reflection**
3. **Correction**
4. **Repetition**

5. Integration

This loop never ends.

10.4 Maintaining Emotional Hygiene

Practitioners must:

- run Centering daily
- run Meditation daily
- detangle themselves regularly
- avoid emotional overuse
- avoid emotional suppression
- maintain somatic grounding

A dysregulated practitioner cannot stabilize a client.

10.5 Long-Term Development

Mastery deepens through:

- repeated exposure to complex emotional states
 - working with diverse clients
 - refining somatic sensitivity
 - strengthening operator clarity
 - improving transition fluency
 - maintaining architectural precision
-

10.6 The Practitioner Oath (Optional)

"I will maintain clarity.
I will maintain grounding.
I will maintain neutrality.
I will honor the architecture.
I will not impose emotion.
I will not collapse under intensity.
I will stabilize the emotional field.
I will practice what I teach."

This final part provides:

- clean definitions
- rapid-access summaries
- practitioner-ready shortcuts
- a structural index for navigation

It is designed to be printed, bookmarked, or used digitally during sessions.

GLOSSARY (PM-1)

Core Terms of the Emotional Architecture

A

Accepting

Gut operator of release, surrender, and letting go. Downward + inward movement.

Achieving

Heart operator of fulfillment and completion. Upward + inward movement.

Activation (0→10)

Increasing the intensity of an operator using direction, choreography, and breath.

Agility (Emotional)

Ability to activate, quiet, and transition between operators and centers smoothly.

Appreciating

Gut operator of meaning, depth, and resonance. Downward + inward movement.

Arranging

Gut operator of organization, sequencing, and readiness. Downward + outward movement.

B

Boosting

Gut operator of energy, drive, and momentum. Forward + upward movement.

Brief Approach

Rapid emotional activation method using 5–30 second micro-exercises.

C

Calculating

Head operator of evaluation, comparison, and analysis. Forward + inward movement.

Center

One of the three emotional hubs: Head, Heart, Gut.

Centering Protocol

Sequence for establishing center clarity before emotional work.

Choreography

Micro-movement that activates an operator somatically.

Collapse

Center or operator unable to activate above 0–2.

Constricting

Heart operator of protection and narrowing. Inward + downward movement.

Cycling

Directional movement pattern associated with each operator.

D

Deciding

Head operator of commitment and direction. Forward + downward movement.

Detangling

7-step protocol for separating fused emotional states.

Directionality

Movement pattern of an operator (e.g., outward, inward, upward, downward).

E

EUM (Emotion Utilization Model)

Interpretive model for reading center, operator, and transition utilization.

Expanding

Heart operator of openness and reaching. Outward + upward movement.

F

Fusion

Two or more operators activating simultaneously, causing emotional distortion.

G

Gut Center

Center of readiness, grounded activation, and meaning.

H

Head Center

Center of perception, evaluation, and decision.

Heart Center

Center of openness, protection, and fulfillment.

I

Imposed Emotion

Emotion created by the practitioner rather than the client's system.

Inversion

System activates the opposite operator of what is needed.

M

Meditation (Stillness)

Neutral emotional state used to reset the architecture.

Modulation

Changing intensity of an operator (0→10 or 10→0).

O

Operator

One of the ten fundamental emotional actions.

Q

Quieting (10→0)

Reducing the intensity of an operator to stabilize the system.

R

Rigidity

Difficulty activating, quieting, or transitioning between operators.

S

Sensing

Head operator of perception and awareness. Upward + outward movement.

Shutdown

Gut collapse with loss of energy and drive.

Substitution

Using the wrong operator to solve an emotional problem.

Suppression

Operator unable to activate above 0–2.

T

Trauma Activation

High-intensity emotional surge that overwhelms the architecture.

Transition

Shift between operators or centers.

PRACTITIONER QUICK-REFERENCE SHEETS

Designed for real-time use during sessions

QR-1 — The Ten Operators (One-Line Summary)

- **Sensing** — noticing
- **Calculating** — evaluating
- **Deciding** — committing
- **Expanding** — opening
- **Constricting** — limiting
- **Achieving** — completing

- **Arranging** — organizing
 - **Appreciating** — deepening
 - **Boosting** — energizing
 - **Accepting** — releasing
-

QR-2 — Operator Activation (0→10)

1. Identify center
 2. Add direction
 3. Add choreography
 4. Intensify (0→10)
 5. Hold
 6. Quiet (10→0)
-

QR-3 — Centering Protocol

1. Head — widen awareness
 2. Heart — open chest space
 3. Gut — ground hips
 4. Check clarity
-

QR-4 — Detangling Protocol (7 Steps)

1. Identify fusion
 2. Centering
 3. Activate operator A
 4. Intensify (0→10)
 5. Hold
 6. Quiet (10→0)
 7. Repeat for operator B
-

QR-5 — Emotional Agility Protocol

1. Activate Operator A (0→10 → 0)
2. Activate Operator B (0→10 → 0)

3. Repeat

QR-6 — Edge Condition Stabilization

Trauma Activation

Meditation → Quieting → Grounding

Dissociation

Sensory anchoring → Belly softening

Shutdown

Accepting → Appreciating → Meditation

Flooding

Quiet Constricting → Quiet Boosting → Slow exhale

QR-7 — Brief Approach (Primary Cues)

- **Sensing** — widen eyes 5%
 - **Calculating** — narrow eyes 5%
 - **Deciding** — lean forward 5%
 - **Expanding** — widen chest 5%
 - **Constricting** — narrow chest 5%
 - **Achieving** — lift sternum 5%
 - **Arranging** — engage lower abdomen 5%
 - **Appreciating** — soften belly 5%
 - **Boosting** — forward lean + core spark
 - **Accepting** — full exhale + belly soften
-

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