

PM-4 — Fusion & Overflow Practitioner Manual

Core Emotion Framework (CEF)

Version 1.0 — Practitioner Edition

Author: Jamel Bulgaria

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

Affiliation: OptimizeYourCapabilities.com

Contact: admin@optimizeyourcapabilities.com

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Status: Canonical Practitioner Manual (Phase 2)

0. Purpose and Canonical Position

PM-4 is the fourth Practitioner Manual in the CEF applied series.

Where:

- **PM-1** teaches operator-level work
- **PM-2** teaches facet-level differentiation
- **PM-3** teaches structural disassembly

PM-4 teaches the practitioner how to detect, dissolve, and prevent fusion and overflow, the two most destabilizing dysregulation patterns defined in TS-7.

PM-4 is the applied companion to:

- **TS-7** — Structural Psychopathology
- **TS-10** — Therapeutic Structural Disassembly
- **TS-11** — Facet Architecture

PM-4 does **not** provide clinical treatment or diagnosis.

It defines **structural, modality-agnostic protocols** for working with fusion and overflow.

1. Practitioner Orientation

1.1 What Fusion Is

Fusion is **involuntary co-activation** of two or more operators across centers.

Fusion is not:

- emotional complexity
- mixed feelings
- ambivalence
- personality traits

Fusion is a **structural distortion**.

1.2 What Overflow Is

Overflow is **activation exceeding home-center capacity**, causing cross-center propagation.

Overflow is not:

- intensity
- passion
- overwhelm
- emotional expressiveness

Overflow is a **capacity breach**.

1.3 Why Fusion and Overflow Matter

They distort:

- operator identity
- facet boundaries
- center weighting
- transition pathways
- modulation responsiveness

They are the **root cause** of most TS-7 dysregulation patterns.

2. Fusion: Practitioner Framework

Fusion has three canonical forms:

1. **Acute Fusion** — temporary co-activation

2. **Chronic Fusion** — persistent, rigid co-activation
3. **Compensatory Fusion** — fusion triggered by suppression or collapse elsewhere

Each requires a different practitioner response.

3. Detecting Fusion

Practitioners detect fusion through **structural cues**, not content.

3.1 Canonical Fusion Indicators

- two operators activate simultaneously
- emotional states feel “knotted,” “mixed,” or “stuck”
- transitions become rigid or circular
- center boundaries blur
- facet differentiation becomes impossible
- client reports “I can’t tell what I’m feeling”

3.2 Fusion Misinterpretations to Avoid

- “This is ambivalence”
- “This is complexity”
- “This is personality”
- “This is trauma content”

Fusion is **structural**, not narrative.

4. Fusion Dissolution Protocol

The practitioner dissolves fusion using a **five-step sequence**:

Step 1 — Stabilize

Prevent escalation or collapse.

Step 2 — Identify the Fusion Pair

Name each operator separately.

Step 3 — Determine Directionality

Which operator is driving the fusion?

- **Driver** = operator with higher activation
- **Follower** = operator being pulled along

Step 4 — Reduce Modulation From the Driver

Lower cross-center influence without suppressing the operator.

Step 5 — Re-Anchor Each Operator in Its Home Center

Restore center boundaries and independent activation.

5. Fusion-Specific Practitioner Techniques

5.1 The “Two-Tracks” Method

Guide the client to sense each operator as a separate track.

5.2 The “Center Re-Anchoring” Method

Re-locate each operator in its somatic center.

5.3 The “Facet Separation” Method

Use PM-2 to differentiate facets within each operator.

5.4 The “Directionality Reset” Method

Re-establish canonical transitions.

6. Overflow: Practitioner Framework

Overflow occurs when:

- activation exceeds home-center capacity
- modulation pathways saturate
- activation spills into other centers

Overflow is **not** intensity — it is **structural overload**.

7. Detecting Overflow

7.1 Canonical Overflow Indicators

- sudden cross-center activation

- emotional “flooding”
- loss of modulation control
- rapid escalation
- inability to down-regulate
- center dominance

7.2 Overflow Misinterpretations to Avoid

- “This is emotional expression”
- “This is catharsis”
- “This is passion”
- “This is trauma activation”

Overflow is **capacity breach**, not emotional depth.

8. Overflow Reduction Protocol

Practitioners reduce overflow using a **four-step sequence**:

Step 1 — Stabilize

Prevent further escalation.

Step 2 — Reduce Activation in the Overloaded Center

Lower activation without suppressing the operator.

Step 3 — Restore Cross-Center Modulation

Re-open modulation pathways.

Step 4 — Re-Establish Capacity Boundaries

Re-anchor the center in its canonical range.

9. Overflow-Specific Practitioner Techniques

9.1 The “Capacity Reset” Method

Guide the client to sense the overloaded center’s boundary.

9.2 The “Cross-Center Venting” Method

Allow activation to move through canonical pathways.

9.3 The “Operator Re-Sizing” Method

Reduce activation of the dominant operator without suppressing it.

9.4 The “Facet Re-Balancing” Method

Use PM-2 to distribute activation across facets.

10. Fusion + Overflow Combinations

The most destabilizing patterns occur when fusion and overflow co-occur.

10.1 Fusion-Driven Overflow

Fusion causes activation to exceed capacity.

10.2 Overflow-Driven Fusion

Overflow forces operators to co-activate.

10.3 Practitioner Protocol

1. Stabilize
2. Reduce overflow
3. Dissolve fusion
4. Re-balance centers
5. Reintegration

11. Preventing Fusion and Overflow

Practitioners prevent dysregulation by:

- maintaining facet differentiation
- maintaining center boundaries
- maintaining operator identity
- preventing compensatory suppression
- supporting canonical transitions
- avoiding interpretive blending

12. Practitioner Errors to Avoid

- suppressing operators
- encouraging emotional blending
- collapsing into narrative
- treating fusion as ambivalence
- treating overflow as catharsis
- confusing TS-8 variation with TS-7 pathology
- skipping stabilization
- skipping differentiation

13. Canonical Status

PM-4 is the authoritative fusion and overflow manual of the CEF.

It is subordinate only to:

- Core Essence Document
- TS-1 through TS-11
- PM-1
- PM-2
- PM-3

PM-4 defines the applied methods for detecting, dissolving, and preventing fusion and overflow.