

The Structural-Constructivist Dynamics of Emotional Actualization: CEF's Critique of Typology and the Mechanism of Structural Disassembly

Jamel Bulgaria

ORCID: <https://orcid.org/0009-0007-5269-5739>

Affiliation: optimizeyourcapabilities.com

Email: admin@optimizeyourcapabilities.com

Abstract

The Core Emotion Framework (CEF) proposes a structural-constructivist model of affective function, synthesizing principles from affective neuroscience and embodied cognition to define ten discrete Core Emotions that comprise the complete human emotional apparatus.¹ This paper utilizes the CEF model to provide a rigorous critique of traditional static personality typologies, such as the Enneagram, arguing that these systems predominantly map *pathological deficiencies*—specifically, the restricted deployment of the full emotional toolkit—rather than inherent identity.³ The central psychological challenge is identified as **Compulsive Obstinance (Structural Entanglement)**, a chronic functional rigidity where key core emotions fuse into inflexible composites.³

The framework explains the **Creative Insight Paradox (Aha! Moment)** as the definitive mechanism for resolving this emotional

entanglement.³ While insight is widely studied in cognitive science as a form of non-incremental problem-solving characterized by a sudden **reorganization or restructuring** of cognitive elements, its underlying processes remain a subject of academic debate. The CEF offers a novel structural interpretation, positing that this "Aha!" event is, psychologically, a **Structural Disassembly**—the spontaneous emergence of a previously suppressed, uncorrupted core emotion that structurally shocks the rigid, pathological system.³ This shock enables the individual to shatter some of the self-perpetuating **Vicious Cycle** of compulsion and initiate the process of achieving **Equilibrium** through the balanced, dynamic deployment of all ten core emotional capacities.³ The analysis concludes with structural recommendations for cultivating affective health through the mastery of flexibility and the non-compulsive acquisition of Assertiveness.

Keywords: Core Emotion Framework, Compulsive Obstinance, Creative Insight Paradox, Structural Disassembly, Emotional Flexibility, Enneagram Critique, Emotional Regulation, Self-Actualization.

I. Structural Foundation of the Core Emotion Framework (CEF)

A. Introduction to CEF as a Structural-Constructivist Model and Affective Neuroscience Synthesis

The Core Emotion Framework (CEF) presents a rigorous model for analyzing human affective function by synthesizing principles from affective neuroscience, embodied cognition, and a structural-constructivist understanding of the psyche.¹ This approach fundamentally views the human emotional apparatus not as a passive recipient of external stimuli, but as an active system that constructs, processes, and responds to reality through a defined set of fundamental emotional tools.² This structural perspective is articulated in the CEF's focus on optimized functioning and strategic emotional regulation.⁶

A central tenet of the CEF model is that all individuals share a common and complete emotional toolkit, regardless of their cultural background or psychological state.⁷ Variations observed in personality, behavior, and psychological health (characterological dispositions) are not attributed to possessing different emotions, but rather to the differential utilization, misuse, or chronic suppression of these core emotional capacities.³ This constructivist view suggests that psychological stability is achieved through the active cultivation and maintenance of balanced, flexible emotional schemas.²

The structural organization of the CEF system establishes three primary domains of affective operation, which exhibit a profound parallel with classical esoteric models of the soul's architecture, specifically the division into intellect, emotion, and action—or Head, Heart, and Gut.³ The Head Center governs Cognitive functions, emphasizing reflection and outward perception; the Heart Center governs dynamic emotional processes, focused on expansion and constriction; and the Gut Center governs Conative impulses, centered on immediate action and foundational stability. This deep structural alignment validates the framework's claim to provide a modern vocabulary for understanding fundamental, enduring psychological structures.

B. The Ten Core Emotions: An Affective-Structural Taxonomy

The CEF defines ten Core Emotions, conceptualized metaphorically as the "Core Emotional Components" of the psyche.³ These represent discrete, actionable emotional forces essential for psychological wholeness. The model asserts that for the psyche to remain healthy, these components must remain "Activated" and flexible, avoiding any rigid fusion that compromises their individual functions.³

The ten Core Emotions are organized into the tripartite Head, Heart, and Gut centers, corresponding structurally to the Ten Foundational Principles of Cognition (Head); Affection (Heart); and Connection (Gut), as illustrated in following table (*Table 1*) and referenced in the source texts.³

Table 1: The Ten Core Emotions: Structural Mapping and Functional Definitions

CEF Core Emotion	Structural Center	Primary Function (Conceptual)	Implicit Emotional Capacity
Sensing	Head (Cognition)	Intuitive insight, original ideas, deep perception	Wisdom / Idea ⁷
Calculating	Head (Cognition)	Analytical processing, evaluation, objective reflection	Analysis / Understanding ⁷
Deciding	Head (Cognition)	Emotional balance, integrative clarity, synthesis of opposing views	Knowledge / Balance ⁷
Expanding	Heart (Emotion)	Openness, generosity, broadening, positive view	Kindness / Expansion ⁷
Constricting	Heart (Emotion)	Discipline, exactness, boundary setting, criticism	Strictness / Discipline ⁷
Achieving	Heart (Emotion)	Performance, success, harmonious self-presentation	Splendor / Harmony ⁷
Arranging	Gut (Conative)	Strategy, planning, organization, defense	Endurance / Victory ⁷
Appreciating	Gut (Conative)	Enjoyment, awe, praise, enthusiastic engagement	Glory / Praise ⁷
Boosting	Gut (Conative)	Assertiveness, foundational action, unwavering drive	Foundation / Assertiveness ⁷
Accepting	Gut (Conative)	Surrender, following through, simplicity, yielding	Kingship / Acceptance ⁷

The function of **Deciding** is particularly critical, as it serves as the anchor and center of integration for the Head (*Figure 1*).⁷ It translates the tension between **Sensing** (intuitive insight) and **Calculating** (analytical critique) into a solidified understanding (Integrative Clarity) that can then inform the emotional and conative centers. This process is essential for overcoming the philosophical debates or inner conflicts that arise before action can be taken.³ The overall ideal state for the individual is **Equilibrium** (balance), where all core emotions are "differentiated" and can be activated or deactivated dynamically, like the "angles of a door," ensuring flexible emotional response contingent upon the **contextual demands of the moment**.³

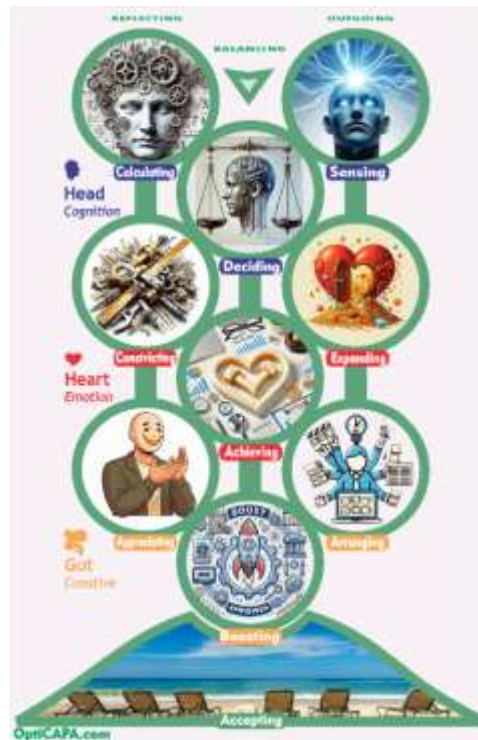


Figure 1: The illustrational mapping of the ten CEF core emotions while in optimized state

II. The Core Emotion Framework's Structural Critique of the Enneagram Typology

A. The Limits of Character Typology: CEF's Challenge to the Nine Traits Model

The Core Emotion Framework offers a comprehensive critique of traditional static personality typologies, specifically targeting the Enneagram Typology. The core texts emphasize that confining the complexity of the human psyche to nine static categories is an oversimplification and a serious

psychological challenge.³ The model stresses that every individual is comprised of the same complete set of ten core emotional capacities, and therefore, the differences observed are merely variations in deployment and structural flexibility.⁷

The framework argues that the descriptions used in the Enneagram often depict a state of *pathology* rather than a definition of a healthy core identity.⁴ The premise that "most people only utilize 3 or 4 core emotions and suppress the others," while the Enneagram shows only the "top 1 or two," implies that the Enneagram diagnoses *functional deficiency*—the limited and compromised range of emotional responses available to the individual—rather than their full structural reality.³

The essential flaw identified in interpreting personality typologies too literally (literal interpretation is misleading) is the confusion of an observable set of *symptoms* with the underlying, neutral, structural capacity of the core **Emotional Capacity**.³ When an individual is "stuck" in a characterological disposition, it is not because the trait itself is evil, but because they have crowned that single emotional capacity as the highest goal, leading to the necessary suppression of all balancing emotional forces.³ This is structurally modeled as a chronic state where the single emotional capacity dominates, leading to entanglement and pathology.³ The source material strongly objects to the notion that a personality type dictates destiny or limits one's capacity for growth, affirming that even the deepest traits can be reformed and refined through effort.³

B. Enneagram Types Through the CEF Structural Lens (Critique in Detail)

The CEF reinterprets the Enneagram by mapping its types to specific misuses of the core emotional toolkit, providing a clear structural diagnosis for their psychological state.⁴ This analysis demonstrates that the unhealthy patterns mapped by the Enneagram are rooted in the entanglement of emotions, particularly involving the **Constricting** function and the Conative (Gut) action centers, which are domains prone to the development of compulsive obstinacy (structural rigidity/entanglement).⁵

The Reformer, Investigator, and Individualist

The **Type 1 Reformer** is characterized by the chronic misuse of the Heart Center's **Constricting** function.⁷ This misdirection manifests as imposing rigid standards and strict judgment, blocking the necessary use of **Expanding** (openness and empathy) and **Accepting** (Submission or yielding).⁴ The path to health involves leaning into the Heart Center's complementary energy, balancing the drive for discipline with the genuine expression of **Expanding** to embrace imperfection.⁴

The **Type 5 Investigator** pathologically over-relies on the Head Center's **Calculating** function, leading to intellectual isolation.⁷ This reliance comes at the cost of profoundly under-using **Sensing**, resulting in a disconnect from their embodied experience and emotional reality.⁴ This individual further suppresses **Expanding** (social engagement), avoiding deep relationships. Health is achieved by balancing **Calculating** with **Sensing** to regain bodily and intuitive awareness, and actively engaging in relationships through **Expanding**.⁴

The **Type 4 Individualist** exhibits a powerful but unbalanced use of **Sensing**, leading to a high attunement to internal emotional depth, often resulting in a sense of uniqueness.⁴ However, this trait lacks the structural application of **Calculating** to gain objective perspective.⁴ Furthermore, they suppress positive feelings, hindering the activation of the Gut Center's **Appreciating** function, which is necessary to find simple joy and connection.⁴ The structural fix involves integrating **Calculating** for a broader, objective perspective and activating **Appreciating** to foster genuine satisfaction.⁴

The Peacemaker and the Problem of Compulsive Submission

The **Type 9 Peacemaker** is defined by an over-reliance on the Core Emotion of **Accepting**.⁷ While submission is a fundamental and necessary component of the psyche, its compulsive overuse leads to an avoidance of **Deciding** (clarity) and **Constricting** (boundary setting).³ The pathology here lies in the compulsive need for universal validation and to maintain harmony at the expense of self-assertion.³ This type suppresses the function of **Boosting** (Foundation or true Assertiveness), resulting in a state of emotional ambiguity and passivity. The required process for growth involves achieving **Discernment** through the Head Center and activating **Boosting** to achieve active, self-aware peace rather than passive surrender.⁵

The CEF structural analysis clarifies that the descriptions of psychological types are highly accurate depictions of the state of the psyche when one's emotional toolkit is functioning pathologically. The error of static typologies is in mistaking this pathological functional state for the full, inherent potential of the individual.

III. Pathology of the Psyche: The Vicious Cycle of Crippling Obstinacy (Compulsive Obstinacy)

A. Compulsive Obstinacy as the Root Pathology of Emotional Entanglement

The original source material clearly identifies **Compulsive Obstinacy** (obstinacy or stubbornness) as the foundational problem in *all* characterological dispositions.³ Compulsive Obstinacy is not a core emotion but a clinical manifestation of *structural entanglement*, where core emotional "components" lose their individual functionality and fuse into a single, chronic, and inflexible composite.³ This fusion results in a self-perpetuating, crippling state of **Rigid Constraint Mechanism** (Constraint/Straitjacket).³

The structural mechanism of Compulsive Obstinacy is rooted in the pathological fusion of the discipline-oriented **Constricting** function with the action centers.⁵ The inherent function of **Constricting** is Exactness (Exactness or Perfectionism).⁵ When this need for perfection becomes compulsive, it imposes its rigid demands upon the foundational and assertive emotional tools, corrupting their native

functionality.

The two primary forms of Compulsive Obstinacy are defined by this pathological entanglement:

1. **Assertive Obstinacy (Assertiveness-Compulsive Obstinacy):** This occurs when **Constricting** rigidly fuses with **Boosting** (Foundation or foundational assertiveness).³ The result is brutal assertiveness characterized by compulsive control, rigid adherence to one's own path, and a refusal to acknowledge the validity of opposing views.⁵ The individual forces their way with compulsive intensity, suppressing any balancing **Accepting** function.³
2. **Submissive Obstinacy (Submission-Compulsive Obstinacy):** This manifests when **Constricting** rigidly fuses with **Accepting**.³ This individual is compelled toward a state of perfect, unconditional submission, yet their compulsion is driven by the rigid demand (Constricting) that this submission must be *perfect* and result in universal validation.³ This leads to paralyzing anxiety, inability to make decisions, and a failure to acquire genuine **Assertiveness**.³

In both cases, the core pathology is the non-negotiable insistence on *absolute perfection* in execution or outcome, which is inherently impossible in human reality. The individual's actions, therefore, become *coerced* or compulsive (coercion), rather than flexible responses to external needs.³

B. Modeling the Vicious Cycle (Self-Perpetuating Cycle)

This compulsive rigidity creates the **Vicious Cycle** or "self-perpetuating cycle."³ This is the psychological mechanism of the vicious cycle, a self-perpetuating neurosis where the compulsion feeds the anxiety, and the compulsive actions fail to resolve the core emotional conflict.³ The defining characteristic of this cycle is the operation of the **Rigid Constraint Mechanism**—the urge of the **Constricting**-constraint.³ This structural constraint forces compulsive action (coercion) driven by an unrealistic **Compulsive Urge** (demand).³ The individual is fully aware that their compulsive reaction is inappropriate for the situation, yet the underlying need to satisfy the perfectionistic **Constricting**—the fear of making an error or failing to gain *perfect* acceptance—compels the action.³

The maintenance of the **Vicious Cycle** relies heavily on the **suppression of opposing core emotions**. For example, the perpetually calculating Type 5 needs to suppress **Sensing** to maintain emotional isolation.⁴ The submissively obstinate individual needs to suppress genuine, non-compulsive **Assertiveness** (Boosting) to maintain the victim narrative that justifies their passive compulsion.³ The psychological health of the individual is effectively stalled, trapped in a chronic state of structural entanglement (inflexibility) where their ability to function adaptively is severely compromised.³

The Vicious Cycle of the Investigator (Type 5 / Calculating)

The **Type 5 Investigator** pathologically over-relies on **Calculating** to achieve absolute analytical certainty, rejecting emotional involvement which they perceive as "tainted" or impure.³ This structural rigidity manifests as a Vicious Cycle rooted in intellectual isolation:

- **The Obsession:** The constant fear of being deceived, tricked, or ambushed by unknown factors or

unreliable information.³ This suspicion is continually reinforced because the individual distrusts the trustworthiness of external data and views feelings as corrupting.³

- **The Compulsive Reaction:** The individual seeks safety by intellectual isolation, hoarding resources, and withdrawing to a private sphere to meticulously **analyze and verify reality** without being exposed or compromised.³ This leads to a compulsive loop: **perpetually suspecting and trying to verify, only to suspect again.**³ This reaction is driven by a non-negotiable insistence on certainty.³

This mechanism sharpens the tendency toward **Distrust** of external sources, personal feelings, and common experience, leading to an inability to gather reliable, context-rich information from the perceived "chaotic" outside world.³ This continuous cycle of detachment reinforces the initial fear, as the individual isolates themselves further on a faulty premise of absolute purity and certainty.³ True growth requires them to accept that absolute certainty is impossible and to integrate external life experience (Sensing and Expanding) which they currently view as unreliable.³

IV. The Mechanism of Shattering: Creative Insight Paradox and Structural Disassembly

A. Defining the Creative Insight Paradox (The *Aha!* Moment)

The phenomenon referred to as the Creative Insight Paradox is widely known in cognitive science as **insight**, or the "Aha! Moment." Insight is a deeply researched and recognized cognitive event, defined as a sudden comprehension that resolves a problem or ambiguous percept, which researchers have studied using behavioral methods for nearly a century. It is typically characterized by a non-incremental **reorganization or restructuring** of the problem's elements, leading to a sudden leap of understanding, often differentiated from analytical thinking.

However, the nature of insight remains subject to debate. Critics question whether insight constitutes a fundamentally different form of problem-solving, arguing that it may be **conflated with other rapid cognitive capacities** (such as unconscious mental trial-and-error), or that the observed behavior merely reflects **associative learning**, rather than the non-associative processes intrinsic to true insight.

The Core Emotion Framework (CEF) accepts the observable existence of this non-linear cognitive event but offers a **novel structural-constructivist explanation** for its psychological mechanism, asserting that it goes beyond purely cognitive restructuring to resolve core emotional pathology. Within the CEF, this phenomenon—the Creative Insight Paradox—is achieved through a structural disequilibrium known as **Structural Disassembly**.³ It is explicitly defined as the moment when a "squashed CEF core emotion emerges from its steady suppression," shattering the internal rigidity that maintained the compulsive

emotional circuit.³

This breakthrough is structurally necessary because the cemented emotional composite (**Compulsive Obstinacy**) cannot be undone by simple rational argument or gradual habit change.³ The structure itself must be shocked by an irrefutable, uncorrupted data signal. The emerging, suppressed core emotion provides precisely this shock. Since this emotion has been non-functional and insulated from the **Vicious Cycle**, it emerges as a pure **Emotional Capacity**—a pristine piece of reality.³

For instance, the original thinker who operates under **Compulsive Obstinacy** (Type 4) is trapped by the need for unique **Sensing** and the suppression of simple **Appreciating** (joy/Glory).⁴ The Creative Insight Paradox occurs when the joy of **Appreciating** floods the psyche, completely detached from the demand for specialness.⁴ This new, simple joy—an uncorrupted emotional signal—provides a clear, immediate contrast to the compulsive sorrow that defined their **Compulsive Obstinacy**. This pure signal enters the **Integrative Clarity** (Deciding/Clarity) center, creating a profound cognitive dissonance that shatters the false premise that only the compulsive response is possible, thus structurally separating the fused emotions.³ This is the structural equivalent of solving a riddle, or breaking the cycle.³

B. Synthesis: Structural Disassembly of Compulsive Obstinacy and the Acquisition of True Assertiveness

The Creative Insight Paradox functions as the essential mechanism to **Shatter Compulsive Obstinacy**.³ The term **Shattering Compulsive Obstinacy** is also related to the process of **releasing the Compulsive Urge of the Rigid Constraint Mechanism**.³ This release of the compulsion allows the individual to move toward the core goal of self-actualization: the acquisition of true, non-compulsive **Assertiveness** (Assertiveness/Boosting).³

The crippling obstinacy of **Compulsive Obstinacy** is defined by the attempt to **coercively control results** (coercion) onto reality.³ The breakthrough reveals that authentic **Assertiveness** operates by performing **Diligent Effort**, while simultaneously accepting that the ultimate outcome resides outside of one's control.³ This foundational acceptance is the Core Emotion of **Accepting**, which must be integrated flexibly with **Boosting** (Foundation/Assertiveness).³

C. The Structural-Ethical Parallel: Yielding, Discernment, and Elevation

The profound psychological shift enabled by **Structural Disassembly** finds a structural and ethical parallel in the classical three-pronged process for managing "unwelcome experiences" (**Yielding, Discernment, Elevation**).⁵ This process provides the systemic scaffolding for maintaining the balanced state achieved during the *Aha!* Moment:

1. **The Stage of Yielding:** The first step requires humble submission and yielding to reality, regardless of how bitter the facts may be.⁵ This is the active, non-compulsive deployment of the Core Emotion **Accepting**. It relaxes the tension of expectation and allows the individual to let go of the compulsive demand for control (**Compulsive Obstinacy**).⁵

2. **The Stage of Discernment:** The second stage is characterized by discernment and moral distancing.⁵ Structurally, this requires activating the Head Center, particularly the **Deciding** function. This cognitive process creates necessary **Cognitive Separation** (Discernment), enabling the individual to structurally separate the pathologically entangled emotions that previously drove the compulsion.³ This is the conscious intellectual recognition of the **Vicious Cycle** for what it is—a flawed mechanism, not an unchangeable fate.
 3. **The Stage of Elevation:** The final stage, achieved only after successful yielding and discernment, involves finding the spark of light and elevating the brokenness.⁵ This corresponds to the balanced integration that allows the core emotion of **Appreciating** (Enjoyment) to flow freely. This establishes true emotional sweetness and the psychological stability required for sustained **Equilibrium**.³
-

V. Achieving Emotional Regulation and Self-Actualization

A. Mastery of the Emotional Toolkit: Dynamic, Contextual Functioning

Self-actualization, within the CEF model, is defined by *structural flexibility*—the individual's capacity to dynamically and contextually deploy all ten core emotions.³ This state moves beyond the limited, often pathological, use of a single dominant characterological disposition.³ Instead, the healthy individual masters their entire emotional toolkit, achieving the ability to activate all emotions, even those contradictory to their native tendencies, based on the **contextual demands of the moment**.⁵

A critical demonstration of emotional mastery is the ability to easily transition between functional opposites, such as switching from **Constricting** to **Expanding** or from **Boosting** (Assertiveness) to **Accepting** (Submission) without experiencing anxiety or loss of equilibrium.³ When an individual can achieve this flexible transition, it serves as the operational metric confirming that the underlying **Compulsive Obstinacy** has been structurally broken, and the core **Emotional Capacities** are truly separated and ready for dynamic, adaptive use.³

The successful self-actualized individual utilizes the flexible *Times Function* in their emotional life.³ Core emotions are recombined temporarily to multiply their effectiveness without becoming cemented.³ For instance, combining the assertive drive of **Boosting** (Foundation) with the calculated critique of **Constricting** results in an effective and disciplined execution, but this composite is dissolved once the immediate task is complete.³ This flexibility allows for strong actions (Assertiveness) coupled with the simultaneous acceptance (Submission) of the uncontrollability of results, thereby resolving the crippling internal conflict inherent in the **Compulsive Obstinacy** cycle.³

B. Practical Implications for Sustained Balance (Equilibrium)

Sustaining the balance achieved through the Creative Insight Paradox requires continuous vigilance against the structural re-entanglement of emotions. The continuous practice of **Accepting** (Submission), coupled with **Deciding** (Discernment), ensures that the rigid demands of **Constricting** do not form new compulsive emotional bonds.⁵ Discipline (**Constricting**) must be treated as a flexible tool—a **Constraint Mechanism** that can be opened and closed—not as a mandatory, defining way of life.³

Furthermore, true psychological health demands that actions be performed for their inherent, objective purpose and not merely to satisfy the pathological urge of the compulsive emotional loop.³ The individual must derive genuine **Satisfaction** from performing normal, **Diligent Effort**, independent of the ultimate, uncontrollable outcome.³ This detachment from the necessity of controlling results prevents the psychological environment that breeds **Compulsive Obstinacy**.³

The acquired **Assertiveness** (resilience) allows the individual to maintain stability when confronted with failures. Instead of viewing setbacks as a personal condemnation—a pattern that would reinforce the **Compulsive Obstinacy** cycle—the failure is processed objectively as simple data, a necessary part of the journey of **Diligent Effort**.³ The core strength lies in the recognition that one is only human—capable of strong action, yet ultimately reliant on the transcendent power of the Creator.³

VI. Conclusion and Structural Recommendations

A. Summary of Structural Synthesis

The CEF provides a powerful structural-constructivist model that validates and elaborates upon pre-existing ethical and psychological concepts found in esoteric traditions. The analysis confirms a direct structural homology between the 10 CEF Core Emotions and the fundamental constituents of the psyche (Ten Structural Principles).⁷ This framework successfully models psychological pathology not as an inherent defect of character, but as **structural entanglement** (inflexibility).³

This entanglement, known as **Compulsive Obstinacy** (crippling obstinacy), is specifically the rigid, non-flexible fusion (Vicious Cycle) of **Constricting** (or perfectionism) with the motor/action functions of **Boosting** (Foundation) or **Accepting**.³ This fusion creates the destructive **Rigid Constraint Mechanism** (compulsive constraint) that suppresses necessary balancing emotions.³ The critique of the Enneagram suggests that its types are accurate descriptive maps of these specific, common emotional blockages.⁴

The critical pathway to emotional regulation is the Creative Insight Paradox (*Aha! Moment*), which acts as the required **Structural Disassembly**.³ This shock is the spontaneous, uncorrupted emergence of a

suppressed core emotion, which structurally separates the pathological entanglement and enables the individual to acquire true, flexible foundational resilience (Assertiveness/Foundation), moving beyond compulsive obstinacy toward genuine **Equilibrium**.³

B. Final Structural Recommendations for Affective Health

The attainment and maintenance of affective health rely on cultivating systemic flexibility and anchoring action in non-compulsive certainty:

Recommendation 1: Prioritize Structural Flexibility over Perfection

The core therapeutic effort must focus on enhancing the *structural flexibility* of all ten core emotions.³ This involves training the capacity to fluidly activate and deactivate functions like **Constricting** and **Expanding** based on necessity, rather than passively allowing the temperament to dictate action. Obsession with perfecting one dominant characterological disposition only reinforces the tendency toward **Compulsive Obstinacy** and suppresses the systemic stability provided by the full toolkit.³

Recommendation 2: Cultivate Non-Compulsive Assertiveness (Boosting)

Individuals must consciously build a core foundation of true, non-compulsive **Boosting** (Assertiveness) that is structurally independent of the need for compulsive exactness (Constricting/Perfectionism).³ This foundation, rooted in the genuine acceptance of human limitation (Submission/Accepting), allows the individual to execute necessary actions (Diligent Effort) with full commitment while humbly accepting that the final result remains under the domain of the transcendent.³ This capacity allows the individual to be fully engaged in reality—to "be here and yet know one is only human."³

Recommendation 3: Embrace the Constructivist Path through Discernment

Emotional refinement is a continuous process of structural re-differentiation, not a single destination.² To sustain the breakthrough, the individual must maintain a stance of intellectual humility, requiring active cognitive analysis (**Calculating**) combined with humble **Accepting** (Submission) of new empirical and experiential data.⁵ This continuous process of **Discernment** ensures that the individual always checks the compulsive urge against reality before it can cement into pathology.⁵

References

Works cited

1. Modality-specific brain representations during automatic processing of face, voice and body

- expressions - Zenodo, accessed December 2, 2025, <https://zenodo.org/records/10566468>
2. Piaget's Theory and Stages of Cognitive Development - Simply Psychology, accessed December 2, 2025, <https://www.simplypsychology.org/piaget.html>
 3. The Unprinted Manuscript Preceding the CEF. Please note that we just - Oct. 25 - got hold of this original manuscript and extracting the information from it gradually. Prior to this we only knew about the ten core emotions and tried to figure everything else on our own.
 4. Enneagram - OptimizeYourCapabilities.pro, accessed December 2, 2025, <https://www.optimizeyourcapabilities.pro/Enneagram/>
 5. Surrender, Distinguish, Sweeten: The Ba'al Shem Tov on Dealing with Difficult Experiences, accessed December 2, 2025, <https://www.sefaria.org/sheets/239285>
 6. Optimizeyourcapabilities.com. (2025). The Core Emotion Framework (CEF): A Theoretical Synthesis Integrating Affective Neuroscience, Embodied Cognition, and Strategic Emotional Regulation for Optimized Functioning [Zenodo]. <https://doi.org/10.5281/zenodo.17477547>
 7. Personality Traits MBTI, Enneagram & the Big Five, accessed December 2, 2025, <https://www.optimizeyourcapabilities.com/core-of-enneagram-mbti-big-five-personalities/>

See also

1. Core Emotion Framework. (2024). Official Websites. <https://www.optimizeyourcapabilities.com> , <https://www.optimizeyourcapabilities.pro> and <https://www.coreemotionframework.com>
2. Optimizeyourcapabilities.com. (2025, November 14). A Proposal for Open Validation of the Core Emotion Framework (CEF): A Structural-Constructivist Model for Emotional Regulation and Psychological Flourishing. <https://doi.org/10.17605/OSF.IO/SG3KM>
3. Bulgaria, J. (2025). Compendium of Evidence-Based Psychotherapy Modalities: Reframed through the Core Emotion Framework (CEF). Zenodo. <https://doi.org/10.5281/zenodo.17665533>
4. Bulgaria, J. (2025, November 21). Pre-Registration Protocol: Open Validation of the Core Emotion Framework (CEF) Scale – Phase 1: Construct Definition, Item Generation, and Multi-Level Factor Structure Confirmation. <https://doi.org/10.17605/OSF.IO/4RXUV>
5. Bulgaria, J. (2025). The Core Emotion Framework (CEF): A Structural-Constructivist Model for Emotional Regulation and Adaptive Resilience in the Treatment of Anxiety. Zenodo. <https://doi.org/10.5281/zenodo.17693163>
6. Bulgaria, J. (2025). Extending the Core Emotion Framework: A Structural-Constructivist Model for Obsessive- Compulsive Disorder (OCD). Zenodo. <https://doi.org/10.5281/zenodo.17713676>
7. Bulgaria, J. (2025). Structural Psychopathology of Major Depressive Disorder_ An Expert Validation of the Core Emotion Framework (CEF). Zenodo. <https://doi.org/10.5281/zenodo.17713725>
8. Bulgaria, J. (2025). The Core Emotion Framework (CEF) for Borderline Personality Disorder: A Critical Analysis and Mechanistic Comparison with Dialectical Behavior Therapy (DBT) and Schema Therapy (ST). Zenodo. <https://doi.org/10.5281/zenodo.17780488>
9. Bulgaria, J. (2025). Structural Psychopathology and Affective Regulation in Narcissistic Personality Disorder: A Critical Analysis and Mechanistic Comparison with Dialectical Behavior Therapy (DBT) and Schema Therapy (ST). Zenodo. <https://doi.org/10.5281/zenodo.17780372>
10. Bulgaria, J. (2025). The Dynamic Interplay of Affective Computation and Executive Control: A Neurocognitive Analysis of the Core Emotion Framework (CEF) Scalar Mechanisms. Zenodo. <https://doi.org/10.5281/zenodo.17782785>