



TEG-Blue — The Emotional Gradient Blueprint — One Page Overview

A System for Emotional Clarity and Collective Repair

What It Is

TEG-Blue™ is An Emotional Technology for Healing, Accountability, and Justice.

It maps how emotional patterns form, spread, and heal — and provides tools to distinguish between:

- **Trauma responses** — survival patterns that need recognition and healing
- **Manipulative intent** — deliberate harm that requires accountability

It integrates insights from **30+ established models** (Polyvagal, IFS, SEL, Indigenous frameworks, and more) into a **coherent system** that is accessible, testable, and ready for use.

Key Innovations of TEG-Blue

- **The 4-Mode Gradient** — Connect, Protect, Manipulation, Tyranny: a map of how humans shift between safety and survival modes.

- **Gradient Scales** — practical measures for Hurt, Accountability, Empathy, Entitlement, and Control.
- **Frameworks** — 11 core frameworks explaining the emotional architecture of bias, power, healing, and generational repair.
- **Learning Lab** — simple tools, guides, and visual glyphs designed to be neurodivergent-friendly and trauma-aware.
- **AI Dimension** — TEG-Code and EMLU, creating emotional benchmarks for AI safety and alignment.

Together, these elements form an **emotional infrastructure**: a way to measure, teach, and apply emotional clarity across personal, social, and technological domains.

Why It Matters

Emotions are not “soft.” They are **data**. They shape decisions, systems, and trust.

Without clarity:

- Accountability blurs.
- Harm is disguised as “normal.”
- Cycles of abuse repeat across generations and institutions.

With TEG-Blue:

- Harm, healing, and manipulation become visible and measurable.
 - Repair is mapped step by step.
 - Dignity and belonging can become systemic, not accidental.
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A Values-Aligned Vision

TEG-Blue is grounded in values that keep dignity at the center:

- **Honesty** over performance
 - **Accountability** over avoidance
 - **Accessibility** over gatekeeping
 - **Justice with care**, not control
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Research & Approach

- **Research Type:** Interdisciplinary Pattern Synthesis
 - **Methodology:** Crisis-State Empirical Mapping
 - **Validation:** Seeking Cross-Domain Review
 - **Category:** Applied Systems Research
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Invitation

TEG-Blue™ is a living framework, open to dialogue, critique, and collaboration. It's not about rules — it's about **tools for repair, clarity, and growth without shame or control.**

Learn more: teg-blue.org

Explore the AI dimension: teg-blue.org/ai-bridge

TEG-Blue™ is for people who care about dignity, repair, and building a better emotional world — together.
