



TEG-Blue — Emotional Technology for Practitioners & Community Partners

The Challenge

Teachers, therapists, social workers, and community leaders face the same barrier every day:

- How do you tell when someone is in survival mode versus when they're acting with intent to harm?
- How do you respond when emotions escalate—without shaming, blaming, or losing trust?
- How do you break cycles of harm in families and communities without reinforcing control or punishment?

Right now, most tools are either too clinical, too narrow, or too abstract. Practitioners are left **navigating complex emotions without a clear map.**

The Innovation

TEG-Blue™ (The Emotional Gradient Blueprint) is a **visual, trauma-informed system** that:

- Makes emotions **visible and understandable** in real time.
- Differentiates between **defense, manipulation, and genuine connection.**

- Offers a **shared language** for talking about harm, accountability, and healing.
- Bridges personal, relational, and systemic dynamics into one practical framework.

It's designed to be **immediately usable** in classrooms, therapy rooms, community meetings, and conflict situations.

Key Practical Tools

- **The 4-Mode Gradient System** — Connect, Protect, Manipulation, Tyranny
- **Gradient Scales** — practical measures for Hurt, Accountability, Empathy, Control, and Entitlement
- **Learning Lab Tools** — simple guides that reframe mistakes, clarify harm, and support safe repair conversations
- **Visual Glyphs** (*in development*) — icons and diagrams that make emotional states clear at a glance

These are tools practitioners can **pick up and use**, not just theories to study.

Why It Matters for Practitioners & Communities

- **Restores clarity:** Understand the difference between trauma reactions and abusive intent.
- **Protects relationships:** Helps reduce conflict and repair trust without blame.
- **Empowers conversations:** Gives language that clients, students, and families can understand.
- **Supports inclusivity:** Designed to be neurodivergent-friendly and culturally adaptable.

- **Strengthens community work:** Provides a map for addressing harm without reproducing control or exclusion.
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A Bridge for the Future

TEG-Blue is offered as a **commons for healing and repair**.

We invite practitioners, educators, and community partners to:

- Explore the tools already available in the Learning Lab.
- Share feedback from real-world use.
- Collaborate on pilots in schools, therapy settings, and community programs.

Together, we can build communities where emotional safety is not left to guesswork—but supported by clear, trauma-aware tools.

Learn more: teg-blue.org

Full summary PDF available on request: annaparetas@emotionalblueprint.org
