



# TEG-Blue — Emotional Technology for You

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## The Challenge

Most of us were never given a real map for emotions.

- We were told to “*calm down*” instead of being helped to understand.
- We were made to feel that our reactions meant we were *weak, crazy, or broken*.
- When people hurt us, the line between discomfort and real harm was blurred.
- Systems that should protect us often dismissed our pain or made it worse.

Without a clear framework, many of us are left feeling **confused, ashamed, and alone**.

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## The Innovation

TEG-Blue™ (The Emotional Gradient Blueprint) is a **visual map for emotional clarity and safety**.

- It shows how emotions shift when we are safe versus when we are in survival mode.

- It helps separate **trauma reactions** from **manipulative behavior**.
  - It provides **language and tools** for naming hurt, setting boundaries, and seeking repair.
  - It was designed to be **trauma-aware, neurodivergent-friendly, and easy to use**—so you don't need a therapist or degree to make sense of it.
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## Key Practical Tools

- **The 4-Mode Map** — helps you see whether you (or someone else) is in Connect, Protect, Manipulation, or Tyranny mode
- **Gradient Scales** — simple tools to clarify: *Am I actually being harmed? Is this person taking accountability? Is empathy real or forced?*
- **Learning Lab Resources** — guides to reframe mistakes, recognize emotional patterns, and build safety step by step
- **Visual Glyphs** (*in progress*) — symbols to make emotional states instantly recognizable

These tools are meant to help you **make sense of your experience**—so you can protect yourself, heal, and rebuild trust.

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## Why It Matters for Lived Experience

- **Validates your pain:** What you feel is real and has logic.
- **Reduces shame:** Emotions aren't weakness—they're survival signals.
- **Brings clarity:** Helps you see the difference between being uncomfortable and being harmed.

- **Supports healing:** Offers a path toward repair without forcing perfection.
  - **Gives language:** So you can finally explain what was happening inside you.
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## **A Bridge for the Future**

TEG-Blue is not owned by institutions—it is being built as a **commons for everyone**.

We invite you to:

- Explore the Learning Lab and try the tools for yourself.
- Share what feels true, what helps, and what could be improved.
- Carry this framework into your life and communities as a way to break cycles of harm.

## **You are not alone. There is a map now.**

Learn more: [teg-blue.org](https://teg-blue.org)

Full summary PDF available on request: [annaparetas@emotionalblueprint.org](mailto:annaparetas@emotionalblueprint.org)

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