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" traits. Emotions 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 Emotional Technology:

- Harm, healing, and manipulation become visible and measurable.

- Repair is mapped step by step.

- Dignity and belonging can become systemic, not accidental.

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

Research & Approach

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

Invitation

TEG-Blue™ is a living framework, open to dialogue, critique, and collaboration.

It's about **tools for repair, clarity, and growth without shame or control.**

- Main site → teg-blue.org
- AI Dimension → teg-blue.org/ai-bridge
- Science & Validation → teg-blue.org/360-synthesis/science-behind

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