The Core Methodology Glossary

REFLECTION RECOVERY CORE FRAMEWORK

This standalone conceptual guide outlines the exact relationship between the architecture of attention, historical philosophy, and the neurological systems governing automatic habit vs. goal-directed action.

The Architecture of Attention

The operational framework dictating *where* an individual choose to mentally stand in relation to an internal experience. It establishes that cognitive positioning dictates behavioral flexibility, moving past traditional instructional models to focus on structural self-observation.

Spatial Disambiguation

The practical, metaphysical method of separating overlapping internal boundaries. When a trigger strikes, past trauma and present identity collide in the same mental coordinate. Spatial disambiguation resolves this ambiguity, separating the core self from the passing emotional phenomenon.

Humility `Putamen / Automated Brake`

Grounded in the foundational definition of open-mindedness: *"To know that you know what you know, and that you do not know what you do not know, that is true knowledge."* Humility is the deliberate preservation of processing capacity within the mind through the active rejection of premature certainty. This preserves empty real estate and prevents the putamen from initiating an automated habit loop based on incomplete data.

Acceptance `Inner Perception / Secondary Observation`

The immediate cognitive capacity to hold an unedited current reality without judgment. Grounded in Franz Brentano's concept of inner perception, it relies on secondary observation—a passive, peripheral awareness that witnesses an active emotional wave without forcefully intercepting it or merging with it.

Knowledge `Caudate / Goal-Directed Calculation`

The empirical blueprint attained through immediate retrospection. Once the emotional wave breaks, secondary observation leaves an undisrupted footprint on the timeline. Auditing this canvas in natural light provides the raw facts required to shift the brain's real estate to the caudate nucleus for deliberate calculation.

Pattern Completion `The Autopilot Trap`

A survival-driven calculation where the brain takes a few environmental cues (such as a high-stress setting or an old neighborhood) and automatically fills in the rest of the picture using historical trauma, forcing the individual into automated autopilot response loops.

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