

FORENSIC ABSOLUTION

v1.5 — Consolidated Reference

A Framework for Eliminating Non-Productive Recursive Self-Evaluation

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Simplest Summary

- This document outlines a **proposed process** for **interrupting** the human **shame response**, based on the author's **personal experience**.
- Humans often **replay** their failures **without** extracting new **lessons**.
- This **non-stop loop** appears to **consume cognitive energy** and may provide **zero productive value**.
- The **Flush Protocol** is designed to encourage the brain to **extract the lesson** and **get rid of** the remaining emotional **waste**.
- Operators can **restore** their functional **bandwidth** and **stop punishing their hardware**.

*Note: This is a personal framework for self-improvement and has **not** been subjected to formal testing or peer review. **Results may vary and are not guaranteed.***

1.0 INTRODUCTION

The Infinite Crash Loop

Imagine a computer **processing** a critical **software crash**. The machine **generates** an **error log** to **prevent** future **failures**. Now **picture** the machine reading that **same error log millions** of times **without** writing a **fix**. The processor **overheats**, the **fan** whirs, and all other applications **stop**. The machine **wastes** its **power** supply, **punishing itself** for the crash.

The author **proposes** that human **brain architecture** can perform a **similar** non-stop **loop**. We call this loop a **shame response**. A **failure** event **triggers** an initial **inward look** for a cause. However, the **brain** frequently **fails to stop** the loop, **despite** the **Operator's** best **intentions**. The brain **re-processes** the **failure** data **without** making **corrections**. This loop **burns** your executive function **resources** and **generates** cognitive **friction** that is felt **inside** your **head**. In order for you to be the **most you possible**, we need to **stop** the **shame loop**.

2.0 METHODS

2.1 Definitions

Shame: *sigma* | in this context, is **defined** as the **looping re-processing** of failure **data** that produces **no new corrective information**. It is **distinguished** from **productive error analysis** by a **termination condition**: if the Operator can state the **trigger**, the escalation **path**, and the **corrective action**, all usable data has been **extracted**. Continued processing **after this point** is defined as **sigma**.

Operational Proxy: Rumination Cycles per Hour (RC/h). **How often** you **loop**.

Effective Bandwidth: *omega_effective* | The portion of total cognitive processing (**brain**) **capacity available** for productive work **after** overhead **costs** are **subtracted**.

Forensic Cost: *C_forensic* | The **necessary** and **productive** computational **cost** of **identifying** the root **cause of an error**. *C_forensic* is **complete** when **three conditions** are met (the Termination Condition): (1) **trigger** event **identified**, (2) **escalation** path **traced**, (3) **correction** determined.

Note: Sigma may arise before C_forensic is complete, interrupting the forensic process. In such cases, the protocol must first clear the recursive intrusion before forensic analysis can be completed.

Information Friction: *delta* | **Resistance** encountered **during** information **processing**. Affected by **emotional** load, **physiological** state, and **recursive processing** (sigma). Serves as a mediating variable between sigma and system **alignment**.

Operational Proxy: Task-Switching Latency (ms). **How hard** it is to **change** actions.

Symmetry: *psi* | Degree of **alignment between intended** action **and** actual system **output**. Scale: 0.0 to 1.0, where **1.0 = complete** alignment.

S (Sanding Level): Current **cognitive friction** (brain pain) state (0.0 to 12.0+). **Constrains protocol applicability** as executive function degrades at higher values.

2.2 The Theorem

$$\omega_{\text{effective}} = \omega - C_{\text{forensic}} - \sigma(\delta)$$

(a) The model assumes *C_forensic* **captures** all **usable information from** the **failure event**. Therefore, **after** the termination **condition** is **met**, **no additional corrective data** is expected to remain for extraction. (Once you know **how, why, who, when** and **what to do**, that's **all you need**.)

(b) By the definition used here, this is modeled as **producing no new corrective output**. (No answers.)

(c) Because sigma consumes omega **without improving psi**, any increase in sigma directly reduces *omega_effective*. (The **more shame** your brain deals with, the **less brainpower** for fixing your issues.)

(d) Reduced *omega_effective* reduces capacity for **productive work**, including future error correction. **System alignment degrades**. (It's easier to fall into a loop when you have less resources to fight it.)

(e) Sigma produces **narrative elaboration** (**emotional** weight, **identity**-level attribution, **catastrophic** extrapolation) that increases delta **without improving** error **correction**. The chain:

$$\sigma \text{ UP} \rightarrow \omega_{\text{effective}} \text{ DOWN} \rightarrow \delta \text{ UP} \rightarrow \psi \text{ DOWN}$$

In this model, **no link** in this chain is theorized to produce **corrective** output. Therefore, the **optimal value** of **sigma**, for **productive capacity**, is modeled as **zero**. (It's more efficient to re-align than blame.)

The Hardware Axiom: If the intent does not match the output, this framework posits that the hardware has misaligned. A misaligned system is proposed to **not indicate a malformed operator**. Treat the discrepancy as a **calibration** event, **not** a character **flaw**. (You, the Operator are still good.)

2.3 The Triage Mandate

WARNING: The **Flush Protocol** requires **active prefrontal cortex** participation. It is a post-crisis tool, **not** a **crisis intervention** tool.

Critical Triage Rule: At **S** \geq **6.0**, prefrontal cortex function is **expected to be impaired** (reduced HRV, sympathetic dominance, alpha suppression). **Attempting** the Flush Protocol **at this level** can produce **additional shame** rather than reducing it. The **Operator** is theorized to **lack** the cognitive **resources** to distinguish forensic cost from shame **processing**.

Action: Switch to **YOU ARE HERE** crisis protocols. **Wait** for **S** \leq **4.0** before initializing Forensic Absolution. The instruction to wait is **intended to be triage, not avoidance**.

2.4 The Flush Protocol (S \leq 4.0)

Functional Innocence: The state where **shame equals zero**. All brainpower is given to **productive work** or **legitimate forensic correction**. No resources given to looping, non-productive self-evaluation.

Step 0 — CALIBRATION: Practice this protocol during **low-friction states (S \leq 2.0)** until the sequence becomes **like muscle memory**. With **repetition**, the cycle **compresses** from agonizingly long to a fraction of the **time**. The operator is **training** their brain to process single **errors rather than shame loops**. That is a **skill**. Skills take time and training.

Step 1 — ISOLATE: Identify the specific **failure** event. **Separate** it from adjacent **events**, prior **failures**, and **identity-level narratives**. Bound the **incident** with hard edges: **what** happened, **when**, **what** triggered it. If shame attempts to **interrupt C_forensic** before completion, acknowledge the interruption as the pattern you're fixing and **return** to root-cause analysis **once able**.

Step 2 — STRIP: Remove **emotional** and **narrative** weight. Retain only the **factual** sequence: what was **attempted**, what **occurred**, what the **difference** was between the intended thought and the actual outcome. Separate **Operator intent** from **faulty execution**. If the event occurred at **S** \geq **6.0**, the prefrontal cortex was compromised — decisions made **in that state** were made by an **impaired brain**, **not** by the **full Operator**.

Step 3A — ARCHIVE (Basic Termination): **Store** the correction information (root cause, contributing factors, recommended adjustments). Confirm the **Termination Condition**: (1) trigger identified, (2) escalation path mapped, (3) corrective action determined. If these three are articulated, **C_forensic is considered paid within this model**. The archived data is now an **asset**. Any further processing is then treated as **unnecessary shame**.

Step 3B — ARCHIVE VIA FIVE WHYS (Extended Methodology): When Step 3A is **insufficient** to crack the root cause, deploy the **Five Whys** across three sections. For each section, identify the symptoms and repeatedly ask **'Why?/What caused that?'** to drill down to an actionable step.

The Body: Describe the **physical symptoms** present during the event (heart rate spike, exhaustion, pain, tremors, hunger, sleep). Ask 'Why / what caused this?' Take the answer and ask 'What caused that?' Continue up to **five iterations**.

The Mind: Describe the **cognitive and emotional symptoms** (looping thoughts, shame, catastrophizing). Ask with the same five layers of 'What caused that?'

The Environment: Describe the **external factors** (chaos, sensory overload, missed tasks). Drill down five times to uncover the **structural or environmental failure**.

Termination Condition of the Whys: You **stop asking 'Why?'** the moment you reach an **actionable, concrete step** that you can **implement tomorrow**. If you reach the fifth 'Why' and **still** do not understand the root cause, you must **stop immediately**. Do not spiral. Archive the incomplete chain as **raw data rather than shame**. Seek external **help** or **return** when Sanding is lower, or more time has passed.

Step 4 — FLUSH (Somatic Anchor & Closure): Once you have your actionable steps from the **Body**, **Mind**, and **Environment** sections, choose **ONE concrete action** to implement the following day. Do not attempt to implement all of them; this honors the **Kaizen principle** that one **small step is enough**. Archive the rest. Release the remaining failure event from your brain and body in any way you are able. Because the forensic cost has been paid, any left-over emotional pain is modeled as **waste heat** and **is proposed to be released**. **Finalize** the truth **with** your **mind**, and **make** it **real with** your **body**.

- **Physical Anchor:** Move focus to a **different** task, use a defined motion (closing a notebook, standing up), or contact a **cold** surface.
- **Verbal Anchor:** 'I know the **who, what, when, where, why** and **how**, I'm **done now**.'
- **Written Closure:** Write a **single** sentence: the failure has been archived and no further processing is required.
- **Time-Boxed Deferral:** 'I will not process this again until [specific time].' When that time arrives, review the archive, not the shame loop.

This process is **distinguished** from **suppression**. The **data** was fully **processed** and the **useful** portion **retained**. Suppression discards data before completing C_forensic. Flush occurs **after** the **termination condition** is met.

3.0 RESULTS & DISCUSSION

3.1 Functional Innocence and Asymptotic Improvement

Executing the Flush Protocol is designed to **terminate** the **non-productive loop**. The Operator **aims to achieve functional innocence**. The system allocates all reclaimed brainpower to productive work and legitimate correction.

When failure is treated as misalignment rather than identity evidence, two outcomes follow:

Self-Model Decoupling: The **Operator's** self-model is **decoupled from their error rate**. Errors are intended to become **data points** rather than character assessments. This is the practical **application** of the **Hardware Axiom**.

Continuous Improvement: Eliminating the **weight of accumulated regret** is proposed to make continuous improvement more **sustainable**. Each cycle begins from the **current state rather** than from a negative position. **Every** hard-won **truth locks** altitude **in place** like a **ratchet**. The system **spirals ever upwards**.

3.2 Observability

While omega and sigma cannot yet be measured directly, the following **proxies** allow the model to be tested:

Metric	Measures	Method
HRV Recovery Time	Time from error to baseline HRV	Wearable heart rate monitor
Sigma Duration	Time from archive to cessation of recursive thoughts	Self-report or journaling
Rumination Cycles/Hour	Frequency of shame loop re-entry	Tally count
Task-Switching Latency	Information friction during active sigma	Timed task-switching test

3.3 Applicability

This framework is proposed to be applicable to **any** cognitive **system experiencing** recursive **shame processing**:

- **Neurodivergent architectures:** Where recursive self-evaluation is a **known failure mode** and systems exhibit **elevated** baseline cognitive **friction**, and in **any way that helps**.
- **Neurotypical systems:** For post-crisis **shame spirals**, perfectionism-driven recursive **negative self-evaluation**, grief-related self-blame, trauma-associated **identity narratives**, and in **any way that helps**.

The framework integrates with the **Sanding Scale** and the operational protocols documented in **YOU ARE HERE**.

4.0 RESOURCES

Prior Art Notice

This framework was **originally** composed on **January 20, 2026** and documented across multiple timestamped platforms including Google Keep, Google Gemini, Anthropic Claude, and DeepSeek. This standardized reference version establishes **priority of invention**.

Translations and **cultural adaptations** are **welcome**. If you adapt **this document** for your language or community, **please share it**.

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