Scientific and Methodological Foundation of SELFTRACE

Support document for academic, psychological, and institutional review.



Document	Suggested use	Model
Scientific foundation	**Academic review, psychology schools, methodological validation**	**Deterministic + subordinated linguistic AI**

SELFTRACE does not present itself as clinical diagnosis or as a substitute for professional judgment. Its proposal is a structured reading of behavioral tendencies from repeated micro-decisions in context, crossed through deterministic rules and translated into human language through AI.

What it claims and what it does not claim

- It claims that behavior can be read better when observed in concrete, repeated, comparable scenes.
- It claims that signal quality improves when accumulated evidence, context, consistency, and functional cost are crossed.
- It does not claim disorders, diagnoses, eternal traits, or fixed essences.
- It does not replace clinical interviewing, psychometrics, or professional judgment; it aims to organize hypotheses and observation.

Reasons for operational validity

- It reduces part of self-concept bias because it forces choice between situational alternatives.
- It gains strength through repetition and coverage instead of relying on one answer or one impression.
- It makes domain-based variation visible, which is especially useful for professional work.
- It preserves interpretive caution by separating coverage, confirmation, and synthesis.

Core psychological frameworks

Psychological Flexibility (ACT / Hexaflex)

SELFTRACE uses as reference processes related to acceptance, cognitive flexibility, present-moment contact, clarity seeking, and values-based action. It does not replicate a formal ACT instrument, but it translates several Hexaflex processes into observable scenarios.

Five-Factor trait facets

The system maps patterns toward recognizable behavioral facets from the Five-Factor Model. The value is not in assigning a static label, but in using trait language as an anchor to describe repeated tendencies with greater precision.

Attachment Theory and relational regulation

The relational layer leans on constructs compatible with anxious and avoidant attachment, observing proximity, distance, reassurance seeking, threat scanning, and autonomy protection.

How it works methodologically

- 1. The user responds to concrete micro-scenarios rather than abstract self-descriptions.
- 2. Each response becomes a structured signal inside a deterministic psychological catalog.
- 3. Signals accumulate by pattern, area, context, and tension instead of remaining as an isolated event.
- 4. The system differentiates a global profile, area microprofiles, and, when applicable, context profiles.
- 5. AI is used to improve writing, synthesis, and reporting; it is not used to decide which pattern exists.



Inner child module inside cartography

- It does not function as a child diagnosis or as a separate profile: it remains adult cartography with its own collection of early-vulnerability scenarios.
- It operationalizes relational threat, exclusion, concealed humiliation, shame under correction, difficulty asking for help, suppression of bodily signals, and belonging pressure.
- Its methodological hypothesis is that emotional memory and early schemas emerge better through current micro-scenes with an affective signature than through broad historical questions.
- The reading remains cautious: it detects protection and safety-seeking modes, not clinical trauma or a closed truth about childhood.

Useful points for review by a psychology school

- Assess whether the translation between scene, response, and construct is clinically well delimited.
- Review whether the pattern catalog preserves enough conceptual traceability.
- Verify whether reports express caution and limits,

Core references cited by the system

- Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2006). Acceptance and Commitment Therapy.
- Costa, P. T., & McCrae, R. R. (1992). Revised NEO Personality Inventory (NEO PI-R).
- Brennan, K. A., Clark, C. L., & Shaver, P. R. (1998). Self-report measurement of adult attachment.

avoiding over-determination.

- Analyze whether the AI layer remains subordinate to methodological rules rather than the reverse.

- Bowlby, J. (1988). A Secure Base.
- Young, J. E., Klosko, J. S., & Weishaar, M. E. (2003). Schema Therapy.

Institutional conclusion

SELFTRACE is best understood as a structured self-observation platform with reasonable psychological grounding, methodological caution, and applied value for generating hypotheses, organizing evidence, and supporting professional reading processes. Its legitimacy depends on keeping its limits, conceptual traceability, and the subordination of AI to method explicit.

System guide: https://self-trace.com/HowItWorks

Complementary methodological guide: https://self-trace.com/Help/Method