



A Life Worth Moving Toward

Existential Dialectics, Addiction
and the Geometry of Recovery

BILINGUAL MONOGRAPH · EVIDENCE-LOCKED EDITION

Tomer Avraham, PhD

Flow Hijacked · Non-profit educational work

Publication and safety note

PURPOSE

This monograph is a non-profit educational and research work. It develops an existential and dynamical account of addiction and recovery while preserving the distinction between evidence, interpretation, synthesis, and hypothesis.

CLINICAL BOUNDARY

It is not individualized diagnosis, medical advice, psychotherapy, crisis care, or a substitute for medication, harm reduction, mutual aid, or qualified professional treatment. Urgent safety needs take priority over the framework.

LANGUAGE AND PERSONHOOD

The text uses person-first, non-prosecutorial language. Recurrence is described as lapse or return to use when context permits, never as proof that a person has failed as a person.

CITATION SYSTEM

Bracketed identifiers [E001]-[E126] point to the evidence registry at the end. A dagger marks an anchor used for context or boundary rather than to carry a central claim.

Author: Tomer Avraham, PhD · Evidence cutoff: 14 September 2026 · 58 chapters · 8 movements · 126 screened anchors.

Abstract

Addiction is often described as excessive wanting, compulsive habit, dysregulated learning, or impaired control. Those accounts are indispensable, but they can leave one practical question underdescribed: what makes an ordinary life sufficiently reachable, plural, and valuable to compete with immediate escape?

A Life Worth Moving Toward develops that question through eight existential interlocutors—Frankl, Yalom, May, Buber, Sartre, Camus, Maslow, and Fromm—and through research on recovery, meaning, identity, relationship, temporal choice, ecological momentary assessment, and dynamical systems.

Flow Hijacked proposes six explicitly testable constructs: the Existential Possibility Field, Existential Gradient, Exit Attractor and Life Attractor Ecology, Existential Viability Margin, Freedom Load, and Temporal Aperture. None is presented as a literal neural object or a validated diagnosis. Each is paired with alternatives, maximum warranted wording, and a decisive next test.

The central synthesis is modest: recovery may become more sustainable when several valued and relationally supported trajectories become reachable enough to influence action before the immediate exit closes the field. The framework is offered as a research program and a humane vocabulary, not as a replacement for established care.

Reader route: Chapters 1–7 state the problem; 8–25 preserve the philosophical disagreements; 26–46 build the model; 47–52 test the Buddhist bridge; 53–58 turn the framework against itself.

Evidence architecture

SCREENED MAP

The checkpoint contains 126 bounded anchors mapped to all 58 chapters. Exactly 104 are locked as claim-carrying; 22 are retained as supporting context or as constraints that prevent overclaiming.

SELECTION LOGIC

Priority went to primary philosophical texts, meta-analyses and systematic reviews, randomized and prospective studies where available, validated measures, intensive longitudinal methods, and formal sources that materially change a claim, boundary, operational definition, or test.

NO DECORATIVE CITATION

A source is used only when its signal changes what may be said. Philosophy is not efficacy evidence; neuroscience is not proof of a philosopher; a mathematical analogy is not a demonstrated mechanism in a person.

CHAPTER LEDGER

Every chapter closes with its load-bearing claim, epistemic status, strongest mapped anchors, contradiction or boundary, plausible rival, maximum warranted wording, unresolved gap, and decisive next test.

The complete Claim → Evidence → Boundary matrix remains in the Master Checkpoint; the monograph carries a readable chapter-level rendering of the same lock.

Contradiction and gap audit

MEANING INTERVENTIONS

Meaning-centered intervention evidence is strongest in oncology; direct substance-use evidence is limited. One large dignity-therapy trial did not clearly improve the primary distress outcome. Transfer is therefore explicit and bounded.

TEMPORAL EVIDENCE

Delay discounting is associated with addiction, but the pooled relation is modest, tasks are often monetary, samples and substances differ, and episodic future thinking changes task outcomes more clearly than durable recovery outcomes.

RELATIONAL EVIDENCE

Alliance more consistently predicts engagement and retention than substance-use outcomes. AA and twelve-step facilitation evidence is strongest in alcohol use disorder, while peer-support evidence remains heterogeneous.

CONTEMPLATIVE AND FORMAL TRANSFER

Nonattachment and mindfulness studies are often cross-sectional; meditation effects are modest and challenges occur. Dynamical systems, controllability, early-warning signals, and non-normality are transferred models with false-positive and model-dependence risks.

OPEN DIRECT-EVIDENCE GAPS

The one-day commitment frame, Freedom Load, ordinary-life salience, local significance without global meaning, and the full transition from dynamical models to clinical trajectories lack direct decisive tests.

A gap is not filled by confident prose. It remains visible as a limit or as a Flow Hijacked hypothesis.

Epistemic legend

FIVE STATEMENT CLASSES

Empirical result reports what a study found. Authors' interpretation reports what its authors believe the finding means. Broader scientific inference connects convergent findings across studies. Flow Hijacked synthesis organizes established and transferred ideas into a new relation. A new hypothesis is an unvalidated construct or prediction that must survive prospective comparison with alternatives.

STRONGEST PERMITTED VERBS

Established evidence may show, estimate, or support within the studied population. Convergent evidence may suggest or support across designs. Transferred evidence may motivate or license an analogy. A Flow Hijacked hypothesis may propose, predict, or require testing.

THREE VALIDITY GATES

A new construct must be reliable, discriminable from established variables, and incrementally predictive. A mechanistic claim then requires temporal precedence, targeted perturbation, replication, and public reporting of null and adverse findings.

INTERPRETIVE RULE

Frankl, Yalom, May, Buber, Sartre, Camus, Maslow, Fromm, and Buddhist traditions are read as distinct interlocutors. Their texts organize questions; they are not retrofitted as neuroscientific discoveries.

Evidence confidence is claim-specific. No overall score is allowed to erase population, design, measurement, or transfer boundaries.

Contents • 1

MOVEMENT I • THE EMPTY SPACE AFTER ESCAPE

1. The Morning After Escape
2. Abstinence Is Not Yet a World
3. When Ordinary Discomfort Becomes an Emergency
4. The Shrinking of Possible Futures
5. The Exit Offer
6. The Uninhabitable Life Problem
7. The Question of the Book

MOVEMENT II • EIGHT WAYS OF ANSWERING EXISTENCE

8. Frankl: Life Is Asking the Question
9. Yalom: Existential Psychotherapy as Dynamic Conflict
10. Rollo May: Anxiety Is the Price of Possibility
11. Buber: There Is No Fully Isolated Self
12. Sartre: Freedom Has No Safe Exit
13. Camus: What If the Universe Gives No Answer?
14. Maslow Beyond the Pyramid
15. Fromm: Having, Being and the Fear of Freedom

MOVEMENT III • CONTRADICTIONS WORTH KEEPING

16. Is Meaning Found or Made?
17. And What If Meaning Is Neither?
18. Cosmic Meaning and Local Significance
19. Freedom as Liberation, Freedom as Burden
20. The Freedom Load

Contents · 2

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

- 21. Responsibility Without Prosecution
- 22. Self Actualization or Self Transcendence?
- 23. Capacity and Direction
- 24. Sartre's Look and Buber's Thou
- 25. Acceptance or Revolt?

MOVEMENT IV · FLOW HIJACKED

- 26. The Existential Possibility Field
- 27. Possible Is Not the Same as Reachable
- 28. Existential Gradient
- 29. The Exit Attractor
- 30. Life Is Not One Competing Attractor
- 31. Life Attractor Ecology
- 32. Existential Viability Margin
- 33. Non Normal Lives

MOVEMENT V · A LIFE THAT CAN COMPETE

- 34. The Immediate Always Has an Advantage
- 35. When Tomorrow Cannot Compete
- 36. Meaning Must Become Reachable
- 37. From Values to Affordances
- 38. Love as a Dynamical Structure
- 39. Recovery Capital Is Not Yet a Life
- 40. Making Ordinary Life Attractive Again

Contents · 3

MOVEMENT VI · ONE DAY

- 41. The Paradox of the Long Future
- 42. Just for Today as Temporal Engineering
- 43. The Temporal Aperture
- 44. Action Before Certainty
- 45. Micro Commitments and Large Lives
- 46. Today Is Not Small

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

- 47. Fromm Meets Zen
- 48. Having Recovery
- 49. Being in Recovery
- 50. No Fixed Self and the Problem of Authenticity
- 51. Grasping and the Exit Attractor
- 52. Acceptance, Revolt and Non Attachment

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

- 53. What Would Count as Evidence?
- 54. Measuring Reachable Life
- 55. The Existential Collapse Signature
- 56. What Would Falsify Flow Hijacked Here?
- 57. The Person Who Still Has No Answer
- 58. A Life Worth Moving Toward

Terminology and notation

Symbols are conceptual placeholders for operational models. A general state equation, $dx/dt = f(x,u,c,t)$, and a reachability set, $R(T \mid x_0, U, C)$, appear only as research scaffolds. Formal elegance does not confer empirical truth.

Existential Possibility Field

 $P(x, t)$

The lives and actions experientially available from state x at time t . Hypothesis: distinct from mood, opportunity, self-efficacy, and flexibility.

Existential Gradient

 $G_E(x, t)$

The directional pull exerted by reachable valued trajectories. It is not a literal neural vector or dopamine signal.

Life Attractor Ecology

 $\{A_i\}$

The changing configuration of partly independent relational, bodily, material, temporal, and valued systems. 'Attractor' remains a model until directly tested.

Existential Viability Margin

 $V_E(t)$

The proposed spare capacity of a valued life to absorb perturbation before pathways become inaccessible; not a diagnostic threshold.

Freedom Load

 $L_F(t)$

A proposed mismatch between perceived possible action and present capacity to choose and bear consequence; never a justification for coercion.

Temporal Aperture

 $H(t)$

The usable future horizon within which values, consequences, and pathways remain behaviorally alive; related to but distinct from discounting and hope.

MOVEMENT I • THE EMPTY SPACE AFTER ESCAPE

1. The Morning After Escape

THE EXISTENTIAL SCENE

The decisive morning is often quiet. Nothing spectacular happens; the person simply discovers that the old exit no longer organizes the next hour, while no alternative has yet learned how to do so. That interval can feel less like freedom than like an exposed room whose furniture has been removed.

ARGUMENT

The load-bearing proposition is: Stopping an addictive behavior can expose an immediate experiential vacuum before a viable alternative world has formed. The first movement begins after the obvious drama. The addictive act has stopped, perhaps only for an hour, yet the life around it has not instantly acquired contour. Recovery is therefore approached as a constructive problem: what can receive a person when the familiar exit is no longer taken? At this opening stage, Exit from state; lived emptiness is used to describe the problem before it is formalized. The aim is to keep lived experience, withdrawal, material conditions, and clinical risk in the same frame.

EVIDENCE IN VIEW

[E090] Recovery occurred through multiple formal and informal pathways, supporting a plural rather than single-route account of recovery ecology. [E093] Participants described recovery as an ongoing life process involving identity, growth, well-being, relationships, and responsibility rather than abstinence alone.

RECOVERY LENS

The humane question is not ‘Why are you not grateful?’ but ‘What has become absent, and what could safely receive the next hour?’ This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The evidence describes common recovery experiences, not a universal sequence and not a discrete post-abstinence syndrome.

MOVEMENT I · THE EMPTY SPACE AFTER ESCAPE

Evidence ledger · 1. The Morning After Escape

LOAD-BEARING CLAIM

Stopping an addictive behavior can expose an immediate experiential vacuum before a viable alternative world has formed.

EPISTEMIC STATUS

Convergent qualitative evidence

STRONGEST MAPPED ANCHORS**E090 · Tier A · Directness 5/5 · National cross-sectional survey**

Recovery occurred through multiple formal and informal pathways, supporting a plural rather than single-route account of recovery ecology.

E093 · Tier B · Directness 5/5 · Mixed-methods recovery survey

Participants described recovery as an ongoing life process involving identity, growth, well-being, relationships, and responsibility rather than abstinence alone.

E094 · Tier B · Directness 5/5 · Prospective community cohort

Higher quality-of-life satisfaction prospectively predicted sustained remission, making life quality a candidate recovery-maintenance signal rather than a merely decorative endpoint.

CONTRADICTION OR BOUNDARY

The evidence describes common recovery experiences, not a universal sequence and not a discrete post-abstinence syndrome.

ALTERNATIVE EXPLANATION

Low mood, withdrawal, disrupted routine, social loss, and material instability can produce the same experience without an existential mechanism.

MAXIMUM WARRANTED WORDING

Many people encounter a period in which escape has stopped but ordinary life has not yet become inhabitable.

GAP AND DECISIVE NEXT TEST

No direct controlled study isolates the proposed 'morning after escape' state. NEXT TEST: Prospectively sample affect, perceived possibilities, social connection, and action initiation during the first weeks after cessation.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E090 · E093 · E094 · E095 · E092†

MOVEMENT I • THE EMPTY SPACE AFTER ESCAPE

2. Abstinence Is Not Yet a World

THE EXISTENTIAL SCENE

A negative description can be lifesaving and still incomplete. ‘Not using’ identifies what has ceased; it does not say where a person wakes, who expects them, what work remains possible, or whether the day contains anything worth approaching. Recovery language becomes thinner when it mistakes the removal of harm for the arrival of a world.

ARGUMENT

The load-bearing proposition is: Abstinence is an important outcome, but recovery is commonly experienced and measured as a broader reconstruction of health, identity, relationship, participation, and quality of life. At this opening stage, Removal vs construction of life is used to describe the problem before it is formalized. The aim is to keep lived experience, withdrawal, material conditions, and clinical risk in the same frame.

EVIDENCE IN VIEW

[E090] Recovery occurred through multiple formal and informal pathways, supporting a plural rather than single-route account of recovery ecology. [E093] Participants described recovery as an ongoing life process involving identity, growth, well-being, relationships, and responsibility rather than abstinence alone.

RECOVERY LENS

Keep abstinence, reduced use, safety, medication, identity, participation, and quality of life visible as related but nonidentical outcomes. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Broader recovery definitions must not weaken the importance of mortality reduction, reduced use, and safety.

MOVEMENT I · THE EMPTY SPACE AFTER ESCAPE

Evidence ledger · 2. Abstinence Is Not Yet a World

LOAD-BEARING CLAIM

Abstinence is an important outcome, but recovery is commonly experienced and measured as a broader reconstruction of health, identity, relationship, participation, and quality of life.

EPISTEMIC STATUS

Established definition boundary; convergent recovery evidence

STRONGEST MAPPED ANCHORS

E037 · Tier P · Directness 5/5 · Primary clinical-philosophical text

Defines the existential vacuum and positions meaning orientation as irreducible to pleasure or power, sharpening the monograph's account of an empty post-escape life.

E050 · Tier P · Directness 5/5 · Primary theoretical article

Presents needs as relatively prepotent and overlapping rather than as a rigid five-step staircase, correcting a central popular distortion.

E090 · Tier A · Directness 5/5 · National cross-sectional survey

Recovery occurred through multiple formal and informal pathways, supporting a plural rather than single-route account of recovery ecology.

CONTRADICTION OR BOUNDARY

Broader recovery definitions must not weaken the importance of mortality reduction, reduced use, and safety.

ALTERNATIVE EXPLANATION

Apparent multidimensional recovery may partly reflect socioeconomic advantage or treatment access rather than a distinct recovery process.

MAXIMUM WARRANTED WORDING

Abstinence may remove a dominant harm while leaving the work of building a life unfinished.

GAP AND DECISIVE NEXT TEST

Recovery constructs and measures remain heterogeneous across settings. NEXT TEST: Test whether multidimensional recovery measures improve prediction of sustained remission beyond substance-use frequency alone.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E037 · E050 · E060 · E062 · E090 · E093 · E092†

MOVEMENT I • THE EMPTY SPACE AFTER ESCAPE

3. When Ordinary Discomfort Becomes an Emergency

THE EXISTENTIAL SCENE

Discomfort is not measured only by its intensity. It is also measured by the number of tolerable responses that remain available. A modest perturbation can become an emergency when sleep is poor, withdrawal is active, social support is absent, and only one response has been rehearsed to completion.

ARGUMENT

The load-bearing proposition is: When regulatory capacity is low, ordinary discomfort can be appraised as urgent and action-demanding, narrowing the available response set. At this opening stage, Perturbation; urgency; state regulation is used to describe the problem before it is formalized. The aim is to keep lived experience, withdrawal, material conditions, and clinical risk in the same frame.

EVIDENCE IN VIEW

[E020] Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

RECOVERY LENS

Before interpreting urgency as a moral failure, map the person's actual response set, bodily state, pain, sleep, cues, and access to help. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The present corpus does not directly test distress intolerance or negative reinforcement in the proposed existential frame.

MOVEMENT I · THE EMPTY SPACE AFTER ESCAPE

Evidence ledger · 3. When Ordinary Discomfort Becomes an Emergency

LOAD-BEARING CLAIM

When regulatory capacity is low, ordinary discomfort can be appraised as urgent and action-demanding, narrowing the available response set.

EPISTEMIC STATUS

Flow Hijacked synthesis with indirect convergent evidence

STRONGEST MAPPED ANCHORS

E020 · Tier A · Directness 5/5 · Systematic review

Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

E038 · Tier P · Directness 5/5 · Primary clinical synthesis

Locks Yalom's model as dynamic psychotherapy organized around conflicts generated by death, freedom, isolation, and meaninglessness rather than as a loose philosophical attitude.

E040 · Tier P · Directness 5/5 · Primary clinical-philosophical text

Distinguishes anxiety bound to threat from anxiety opened by possibility, supporting Freedom Load without treating all discomfort as pathology.

CONTRADICTION OR BOUNDARY

The present corpus does not directly test distress intolerance or negative reinforcement in the proposed existential frame.

ALTERNATIVE EXPLANATION

Acute withdrawal, pain, sleep loss, trauma cues, and learned habit can explain urgency without invoking existential collapse.

MAXIMUM WARRANTED WORDING

Discomfort can become functionally larger when few tolerable responses remain available.

GAP AND DECISIVE NEXT TEST

Direct distress-intolerance and negative-reinforcement anchors are underrepresented in the locked corpus. NEXT TEST: Compare momentary distress, perceived options, response latency, and use episodes within person.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E020 · E038 · E040 · E042

MOVEMENT I • THE EMPTY SPACE AFTER ESCAPE

4. The Shrinking of Possible Futures

THE EXISTENTIAL SCENE

A future can remain verbally imaginable while losing its leverage over action. The person may still know the words—work, family, health, study—yet these futures arrive as remote nouns, whereas relief arrives as a verb with a practiced first step. The contraction is therefore behavioral as well as imaginative.

ARGUMENT

The load-bearing proposition is: Addiction is associated with a contraction in the behavioral weight of delayed outcomes, although the average association is modest and heterogeneous. At this opening stage, Existential Possibility Field is used to describe the problem before it is formalized. The aim is to keep lived experience, withdrawal, material conditions, and clinical risk in the same frame.

EVIDENCE IN VIEW

[E108] Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups. [E102] More severe addictive behavior was associated with steeper delay discounting, but the pooled association was small (approximately $r=.14$).

RECOVERY LENS

Ask not only which futures are desired, but which can be pictured, reached, begun, and socially supported from the present state. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Delay-discounting tasks are not literal measures of hope, meaning, or the number of futures a person can imagine.

MOVEMENT I · THE EMPTY SPACE AFTER ESCAPE

Evidence ledger · 4. The Shrinking of Possible Futures

LOAD-BEARING CLAIM

Addiction is associated with a contraction in the behavioral weight of delayed outcomes, although the average association is modest and heterogeneous.

EPISTEMIC STATUS

Established association; convergent experimental evidence

STRONGEST MAPPED ANCHORS

E108 · Tier B · Directness 5/5 · Cross-sectional group comparison

Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups.

E035 · Tier P · Directness 5/5 · Primary autobiographical-philosophical text

Frames meaning as a concrete demand of the situation and responsibility as response, while keeping suffering distinct from meaning itself.

E048 · Tier P · Directness 5/5 · Primary humanistic-psychology text

Separates deficiency motivation from growth and Being-cognition, anchoring Maslow beyond the familiar hierarchy diagram.

CONTRADICTION OR BOUNDARY

Delay-discounting tasks are not literal measures of hope, meaning, or the number of futures a person can imagine.

ALTERNATIVE EXPLANATION

Poverty, uncertainty, executive load, and realistic expectations can rationally increase preference for immediate outcomes.

MAXIMUM WARRANTED WORDING

For many people, delayed rewards exert less influence during addiction and high-risk states.

GAP AND DECISIVE NEXT TEST

Incremental validity beyond socioeconomic uncertainty and executive function remains unresolved. NEXT TEST: Model whether prospective reachability ratings explain behavior beyond standard monetary discounting.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E108 · E035 · E048 · E102

MOVEMENT I • THE EMPTY SPACE AFTER ESCAPE

5. The Exit Offer

THE EXISTENTIAL SCENE

The addictive act often speaks in the grammar of an offer: this will change the state now. Its force is not only pleasure. It may promise interruption, anesthesia, focus, permission, belonging, or the temporary end of a demand. Under pressure, familiarity itself becomes persuasive.

ARGUMENT

The load-bearing proposition is: An addictive action can function as a learned exit from aversive states and acquire disproportionate availability under pressure. At this opening stage, Exit Attractor is used to describe the problem before it is formalized. The aim is to keep lived experience, withdrawal, material conditions, and clinical risk in the same frame.

EVIDENCE IN VIEW

[E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics. [E020] Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

RECOVERY LENS

Name the function of the exit in the specific episode—relief, stimulation, social entry, numbing, ritual—before assuming one universal motive. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The locked evidence set measures craving, cue exposure, and use more directly than escape motives or negative reinforcement.

MOVEMENT I · THE EMPTY SPACE AFTER ESCAPE

Evidence ledger · 5. The Exit Offer

LOAD-BEARING CLAIM

An addictive action can function as a learned exit from aversive states and acquire disproportionate availability under pressure.

EPISTEMIC STATUS

Flow Hijacked synthesis; direct craving evidence, indirect negative-reinforcement evidence

STRONGEST MAPPED ANCHORS**E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study**

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E020 · Tier A · Directness 5/5 · Systematic review

Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

E046 · Tier P · Directness 5/5 · Primary philosophical-literary essay

Makes lucid confrontation with the absurd compatible with continued living, revolt, and freedom without requiring a final cosmic answer.

CONTRADICTION OR BOUNDARY

The locked evidence set measures craving, cue exposure, and use more directly than escape motives or negative reinforcement.

ALTERNATIVE EXPLANATION

Habit strength, withdrawal relief, social context, and opportunity may account for rapid selection of the behavior.

MAXIMUM WARRANTED WORDING

The behavior may become the most practiced and available exit under certain states.

GAP AND DECISIVE NEXT TEST

A dedicated negative-reinforcement and escape-motive evidence pass remains necessary. NEXT TEST: Use EMA to test whether perceived need to exit predicts use after controlling for craving, withdrawal, and cue exposure.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E126 · E020 · E046 · E060 · E125 · E074 · E026 · E067†

MOVEMENT I • THE EMPTY SPACE AFTER ESCAPE

6. The Uninhabitable Life Problem

THE EXISTENTIAL SCENE

Relapse prevention usually asks how to survive a dangerous moment. This chapter asks a prior question: what if the ordinary environment repeatedly produces moments that require survival? A life can be technically intact and still too brittle, lonely, painful, or directionless to absorb routine disturbance.

ARGUMENT

The load-bearing proposition is: Sustained recovery becomes more plausible when daily life has enough safety, connection, agency, and value to absorb ordinary perturbations. At this opening stage, Existential Viability Margin is used to describe the problem before it is formalized. The aim is to keep lived experience, withdrawal, material conditions, and clinical risk in the same frame.

EVIDENCE IN VIEW

[E091] The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count. [E094] Higher quality-of-life satisfaction prospectively predicted sustained remission, making life quality a candidate recovery-maintenance signal rather than a merely decorative endpoint.

RECOVERY LENS

Treat housing, income, pain, sleep, safety, belonging, and meaningful activity as conditions of recovery, not scenery around it. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Quality of life and recovery capital are associated with outcomes but are not proven sufficient causes of remission.

MOVEMENT I • THE EMPTY SPACE AFTER ESCAPE

Evidence ledger • 6. The Uninhabitable Life Problem

LOAD-BEARING CLAIM

Sustained recovery becomes more plausible when daily life has enough safety, connection, agency, and value to absorb ordinary perturbations.

EPISTEMIC STATUS

Convergent longitudinal and recovery-capital evidence

STRONGEST MAPPED ANCHORS

E091 • Tier A • Directness 5/5 • National retrospective survey

The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count.

E036 • Tier P • Directness 5/5 • Primary clinical-theoretical text

Supplies the clinical vocabulary linking existential analysis, responsibility, noogenic distress, and meaning-oriented care.

E037 • Tier P • Directness 5/5 • Primary clinical-philosophical text

Defines the existential vacuum and positions meaning orientation as irreducible to pleasure or power, sharpening the monograph's account of an empty post-escape life.

CONTRADICTION OR BOUNDARY

Quality of life and recovery capital are associated with outcomes but are not proven sufficient causes of remission.

ALTERNATIVE EXPLANATION

Stable housing, income, health, and treatment access can drive both higher quality of life and better outcomes.

MAXIMUM WARRANTED WORDING

Recovery is harder to sustain when the available life remains chronically uninhabitable.

GAP AND DECISIVE NEXT TEST

The proposed Existential Viability Margin has not been independently validated. NEXT TEST: Test whether within-person changes in viability indicators precede lapses beyond static recovery-capital scores.

FULL ANCHOR MAP • † = CONTEXT/BOUNDARY

E091 • E036 • E037 • E038 • E094

MOVEMENT I • THE EMPTY SPACE AFTER ESCAPE

7. The Question of the Book

THE EXISTENTIAL SCENE

The book's question is deliberately larger than symptom suppression and deliberately smaller than a total philosophy of life. It asks whether immediate escape becomes less dominant when more than one valued trajectory becomes concrete, reachable, and supported. The answer must remain testable, plural, and compatible with treatments that already save lives.

ARGUMENT

The load-bearing proposition is: The central problem is not only how to suppress an addictive act, but how a life becomes sufficiently reachable, plural, and valuable to compete with immediate relief. At this opening stage, Master thesis is used to describe the problem before it is formalized. The aim is to keep lived experience, withdrawal, material conditions, and clinical risk in the same frame.

EVIDENCE IN VIEW

[E001] Meaning-focused existential therapies improved meaning and showed moderate effects on psychopathology/self-efficacy; other existential modalities had weaker or nonsignificant evidence. [E016] Greater delayed-reward discounting is associated with addictive behavior, especially clinical samples, with substantial heterogeneity.

RECOVERY LENS

Use the framework only where it adds prediction, humane description, or a modifiable target beyond established models. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

No single study tests the complete thesis, and evidence from philosophy, treatment, recovery science, and dynamics cannot be pooled as one effect.

MOVEMENT I · THE EMPTY SPACE AFTER ESCAPE

Evidence ledger · 7. The Question of the Book

LOAD-BEARING CLAIM

The central problem is not only how to suppress an addictive act, but how a life becomes sufficiently reachable, plural, and valuable to compete with immediate relief.

EPISTEMIC STATUS

Cross-domain Flow Hijacked synthesis

STRONGEST MAPPED ANCHORS

E001 · Tier A · Directness 5/5 · Meta-analysis

Meaning-focused existential therapies improved meaning and showed moderate effects on psychopathology/self-efficacy; other existential modalities had weaker or nonsignificant evidence.

E016 · Tier A · Directness 5/5 · Meta-analysis

Greater delayed-reward discounting is associated with addictive behavior, especially clinical samples, with substantial heterogeneity.

E059 · Tier A · Directness 5/5 · Authoritative narrative review

Synthesizes sources, functions, and consequences of perceived meaning while separating everyday meaning from grand cosmic purpose.

CONTRADICTION OR BOUNDARY

No single study tests the complete thesis, and evidence from philosophy, treatment, recovery science, and dynamics cannot be pooled as one effect.

ALTERNATIVE EXPLANATION

Standard learning, reinforcement, social, and clinical models may explain the same outcomes without the new vocabulary.

MAXIMUM WARRANTED WORDING

The monograph asks whether recovery improves when viable life trajectories become more reachable and behaviorally influential.

GAP AND DECISIVE NEXT TEST

The integrated model needs prospective incremental-prediction and intervention tests. NEXT TEST: Pre-register a multilevel model comparing FH constructs with established predictors of craving, use, and quality of life.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E001 · E016 · E059 · E066 · E058 · E072

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

8. Frankl: Life Is Asking the Question

THE EXISTENTIAL SCENE

Frankl reverses the posture of interrogation. Instead of demanding that life justify itself before we act, he asks what answer a concrete situation requests from us. In recovery, this can turn meaning from a private feeling into an enacted response—provided that responsibility is not converted into blame and that clinical evidence is not overstated.

ARGUMENT

The load-bearing proposition is: Frankl's account treats meaning as an answer enacted through responsibility, while clinical evidence supports selected meaning-centered interventions within bounded populations. Eight thinkers enter as interlocutors, not as a jury delivering one verdict. Their disagreements are preserved because each reveals a different dimension of recovery: meaning, conflict, anxiety, relation, freedom, revolt, growth, and the difference between having and being. The dialogue places Frankl in conversation with Meaning; responsibility; self-transcendence. The philosophical source supplies an orientation or distinction; it does not supply an effect size.

EVIDENCE IN VIEW

[E001] Meaning-focused existential therapies improved meaning and showed moderate effects on psychopathology/self-efficacy; other existential modalities had weaker or nonsignificant evidence. [E002] Meaning-centered therapies showed improvements in quality of life and psychological stress; meaning change covaried with stress reduction.

RECOVERY LENS

Translate a value into one answerable demand of the present situation while protecting the person from compulsory meaning-making. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Most meaning-centered RCT evidence comes from cancer care; direct substance-use evidence is limited and broader existential philosophy is not an efficacy claim.

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

Evidence ledger · 8. Frankl: Life Is Asking the Question

LOAD-BEARING CLAIM

Frankl's account treats meaning as an answer enacted through responsibility, while clinical evidence supports selected meaning-centered interventions within bounded populations.

EPISTEMIC STATUS

Primary interpretation plus convergent intervention evidence

STRONGEST MAPPED ANCHORS**E001 · Tier A · Directness 5/5 · Meta-analysis**

Meaning-focused existential therapies improved meaning and showed moderate effects on psychopathology/self-efficacy; other existential modalities had weaker or nonsignificant evidence.

E002 · Tier A · Directness 5/5 · Meta-analysis

Meaning-centered therapies showed improvements in quality of life and psychological stress; meaning change covaried with stress reduction.

E035 · Tier P · Directness 5/5 · Primary autobiographical-philosophical text

Frames meaning as a concrete demand of the situation and responsibility as response, while keeping suffering distinct from meaning itself.

CONTRADICTION OR BOUNDARY

Most meaning-centered RCT evidence comes from cancer care; direct substance-use evidence is limited and broader existential philosophy is not an efficacy claim.

ALTERNATIVE EXPLANATION

Nonspecific therapeutic factors, expectancy, support, and symptom improvement may produce observed gains.

MAXIMUM WARRANTED WORDING

Meaning-centered work can improve selected outcomes in some contexts and may inform recovery when its transfer is made explicit.

GAP AND DECISIVE NEXT TEST

Direct addiction trials of specifically meaning-centered interventions remain sparse. NEXT TEST: Test a meaning-focused module against an attention-matched recovery intervention with mediation by valued action rather than meaning scores alone.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E001 · E002 · E035 · E036 · E037 · E085 · E004 · E088 · E087 · E003† · E086† · E089†

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

9. Yalom: Existential Psychotherapy as Dynamic Conflict

THE EXISTENTIAL SCENE

Yalom does not offer one existential technique. He offers a way of listening for tensions that organize experience: mortality and continuation, freedom and groundlessness, isolation and relation, meaning and its absence. These tensions may clarify a clinical world without constituting a validated causal package.

ARGUMENT

The load-bearing proposition is: Yalom frames existential psychotherapy as work with dynamic conflicts around death, freedom, isolation, and meaninglessness rather than a single technique. The dialogue places Yalom in conversation with Dynamic conflict; defenses; relation. The philosophical source supplies an orientation or distinction; it does not supply an effect size.

EVIDENCE IN VIEW

[E001] Meaning-focused existential therapies improved meaning and showed moderate effects on psychopathology/self-efficacy; other existential modalities had weaker or nonsignificant evidence. [E005] Provides empirical boundary for treating death anxiety as modifiable rather than purely philosophical.

RECOVERY LENS

Assess each concern separately, and ask what it changes in attention, avoidance, relation, and action for this person now. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Death-anxiety and existential-therapy studies do not validate Yalom's complete theoretical architecture.

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

Evidence ledger · 9. Yalom: Existential Psychotherapy as Dynamic Conflict

LOAD-BEARING CLAIM

Yalom frames existential psychotherapy as work with dynamic conflicts around death, freedom, isolation, and meaninglessness rather than a single technique.

EPISTEMIC STATUS

Primary interpretation plus convergent clinical evidence

STRONGEST MAPPED ANCHORS**E001 · Tier A · Directness 5/5 · Meta-analysis**

Meaning-focused existential therapies improved meaning and showed moderate effects on psychopathology/self-efficacy; other existential modalities had weaker or nonsignificant evidence.

E038 · Tier P · Directness 5/5 · Primary clinical synthesis

Locks Yalom's model as dynamic psychotherapy organized around conflicts generated by death, freedom, isolation, and meaninglessness rather than as a loose philosophical attitude.

E005 · Tier A · Directness 4/5 · Systematic review + meta-analysis

Provides empirical boundary for treating death anxiety as modifiable rather than purely philosophical.

CONTRADICTION OR BOUNDARY

Death-anxiety and existential-therapy studies do not validate Yalom's complete theoretical architecture.

ALTERNATIVE EXPLANATION

General psychotherapy processes and alliance may explain outcomes without a distinct existential mechanism.

MAXIMUM WARRANTED WORDING

Existential concerns can organize clinical experience, while their treatment effects must be evaluated intervention by intervention.

GAP AND DECISIVE NEXT TEST

Addiction-specific tests of Yalom's four concerns are scarce. NEXT TEST: Measure each concern separately and test whether it predicts treatment engagement or lapse beyond depression and anxiety severity.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E001 · E038 · E005 · E039 · E034

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

10. Rollo May: Anxiety Is the Price of Possibility

THE EXISTENTIAL SCENE

May refuses the easy division between anxiety as disease and anxiety as wisdom. Some anxiety announces danger; some accompanies the opening of possibility and the loss of borrowed certainty. Recovery can contain both, and the distinction must be made functionally rather than romantically.

ARGUMENT

The load-bearing proposition is: Rollo May distinguishes anxiety that accompanies threatened existence and possibility from anxiety that simply signals pathology. The dialogue places Rollo May in conversation with Freedom Load; courage. The philosophical source supplies an orientation or distinction; it does not supply an effect size.

EVIDENCE IN VIEW

[E005] Provides empirical boundary for treating death anxiety as modifiable rather than purely philosophical. [E034] Autonomy, identity and social connection appear centrally connected with symptom dimensions in a transdiagnostic sample.

RECOVERY LENS

Ask whether anxiety narrows action, protects from real danger, or accompanies a chosen expansion—and revise the answer as the context changes. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The philosophical distinction must not romanticize severe anxiety or discourage evidence-based care.

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

Evidence ledger · 10. Rollo May: Anxiety Is the Price of Possibility

LOAD-BEARING CLAIM

Rollo May distinguishes anxiety that accompanies threatened existence and possibility from anxiety that simply signals pathology.

EPISTEMIC STATUS

Primary interpretation; empirical transfer remains limited

STRONGEST MAPPED ANCHORS

E040 · Tier P · Directness 5/5 · Primary clinical-philosophical text

Distinguishes anxiety bound to threat from anxiety opened by possibility, supporting Freedom Load without treating all discomfort as pathology.

E042 · Tier P · Directness 5/5 · Primary clinical-philosophical synthesis

Clarifies being, nonbeing, encounter, and the person-in-world as irreducible to isolated intrapsychic variables.

E005 · Tier A · Directness 4/5 · Systematic review + meta-analysis

Provides empirical boundary for treating death anxiety as modifiable rather than purely philosophical.

CONTRADICTION OR BOUNDARY

The philosophical distinction must not romanticize severe anxiety or discourage evidence-based care.

ALTERNATIVE EXPLANATION

Anxiety may reflect threat learning, withdrawal, trauma, or medical illness rather than blocked possibility.

MAXIMUM WARRANTED WORDING

Some anxiety can accompany expanded responsibility and possibility, but its function must be assessed in context.

GAP AND DECISIVE NEXT TEST

Direct addiction evidence for anxiety-as-possibility is absent from the locked corpus. NEXT TEST: Test whether increases in chosen action can coexist with transient anxiety while improving longer-term functioning.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E040 · E042 · E005 · E041 · E034

MOVEMENT II • EIGHT WAYS OF ANSWERING EXISTENCE

11. Buber: There Is No Fully Isolated Self

THE EXISTENTIAL SCENE

Buber's grammar begins between persons. The self that says 'I' in a genuine encounter is not identical to the self that classifies another as an object. Recovery research cannot prove this ontology, but alliance, networks, and dependable communities show that relation changes what can be attempted and sustained.

ARGUMENT

The load-bearing proposition is: Buber's relational philosophy illuminates why recovery can depend on being encountered as a person, while SUD evidence supports alliance, social networks, and communal context as consequential conditions. The dialogue places Buber in conversation with Relational coupling. The philosophical source supplies an orientation or distinction; it does not supply an effect size.

EVIDENCE IN VIEW

[E110] Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure. [E116] Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

RECOVERY LENS

Evaluate relationships by what they make possible—truth, repair, help-seeking, boundaries—not by warmth alone. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Alliance and peer-support findings do not empirically prove I-Thou ontology, and effects are not uniform.

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

Evidence ledger · 11. Buber: There Is No Fully Isolated Self

LOAD-BEARING CLAIM

Buber's relational philosophy illuminates why recovery can depend on being encountered as a person, while SUD evidence supports alliance, social networks, and communal context as consequential conditions.

EPISTEMIC STATUS

Primary interpretation plus established/convergent relational evidence

STRONGEST MAPPED ANCHORS**E110 · Tier A · Directness 5/5 · Critical review**

Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure.

E116 · Tier A · Directness 5/5 · Systematic review

Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

E117 · Tier A · Directness 5/5 · Systematic review

Peer recovery models showed tentative benefits across service engagement and recovery outcomes, while many comparisons were null or methodologically fragile.

CONTRADICTION OR BOUNDARY

Alliance and peer-support findings do not empirically prove I-Thou ontology, and effects are not uniform.

ALTERNATIVE EXPLANATION

Retention, common factors, social selection, and access to resources may explain relational associations.

MAXIMUM WARRANTED WORDING

Relationships can change what actions and futures become possible without being sufficient for recovery.

GAP AND DECISIVE NEXT TEST

Causal mechanisms of relational change remain only partly resolved. NEXT TEST: Use lagged network and alliance measures to distinguish selection, retention, and genuine change in reachable options.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E110 · E116 · E117 · E006 · E043 · E061 · E112 · E114 · E111 · E113 · E115 · E007† · E008† · E009†

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

12. Sartre: Freedom Has No Safe Exit

THE EXISTENTIAL SCENE

Sartre's language becomes dangerous when reduced to willpower and useful when read through situation. A person acts within facticity: body, history, institutions, money, stigma, withdrawal, and the acts of others. Situated freedom names neither omnipotence nor innocence; it names the unfinished possibility of authorship under constraint.

ARGUMENT

The load-bearing proposition is: Sartrean freedom in recovery is best read as situated responsibility: action remains possible, but facticity and constrained options matter. The dialogue places Sartre in conversation with Choice under constraint. The philosophical source supplies an orientation or distinction; it does not supply an effect size.

EVIDENCE IN VIEW

[E090] Recovery occurred through multiple formal and informal pathways, supporting a plural rather than single-route account of recovery ecology. [E093] Participants described recovery as an ongoing life process involving identity, growth, well-being, relationships, and responsibility rather than abstinence alone.

RECOVERY LENS

Increase real options and authorship together; never use existential freedom to deny constraint or assign blame. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Existential freedom is not evidence that anyone can stop through willpower, and it cannot erase coercion, illness, or structural constraint.

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

Evidence ledger · 12. Sartre: Freedom Has No Safe Exit

LOAD-BEARING CLAIM

Sartrean freedom in recovery is best read as situated responsibility: action remains possible, but facticity and constrained options matter.

EPISTEMIC STATUS

Primary interpretation plus convergent agency and identity evidence

STRONGEST MAPPED ANCHORS

E044 · Tier P · Directness 5/5 · Primary philosophical text

Supplies the tension between facticity and transcendence, plus bad faith and the Look, for a non-naive account of freedom under constraint.

E090 · Tier A · Directness 5/5 · National cross-sectional survey

Recovery occurred through multiple formal and informal pathways, supporting a plural rather than single-route account of recovery ecology.

E093 · Tier B · Directness 5/5 · Mixed-methods recovery survey

Participants described recovery as an ongoing life process involving identity, growth, well-being, relationships, and responsibility rather than abstinence alone.

CONTRADICTION OR BOUNDARY

Existential freedom is not evidence that anyone can stop through willpower, and it cannot erase coercion, illness, or structural constraint.

ALTERNATIVE EXPLANATION

Observed agency may be a consequence of symptom relief and improved resources rather than its cause.

MAXIMUM WARRANTED WORDING

Recovery can restore authorship without pretending that all choices were equally available.

GAP AND DECISIVE NEXT TEST

Operational measures of situated agency need stronger validation in SUD contexts. NEXT TEST: Test whether perceived authorship predicts chosen action after controlling for opportunity, executive capacity, and symptom burden.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E044 · E090 · E093 · E096 · E097 · E095 · E045 · E014 · E092†

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

13. Camus: What If the Universe Gives No Answer?

THE EXISTENTIAL SCENE

Camus is valuable here because he refuses counterfeit consolation. If the universe does not certify a life, local care does not become false. A meal prepared, a promise kept, and a person accompanied can retain significance without being promoted into a cosmic answer.

ARGUMENT

The load-bearing proposition is: Camus permits local significance and continued action without requiring a cosmic guarantee of meaning. The dialogue places Camus in conversation with Local significance without cosmic guarantee. The philosophical source supplies an orientation or distinction; it does not supply an effect size.

EVIDENCE IN VIEW

[E059] Synthesizes sources, functions, and consequences of perceived meaning while separating everyday meaning from grand cosmic purpose. [E058] Separates coherence, purpose, and significance, preventing 'meaning' from operating as one opaque outcome in the evidence map.

RECOVERY LENS

Permit action and care to precede metaphysical agreement, especially when demands for 'purpose' intensify despair. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The philosophical position cannot be reduced to a resilience intervention or assumed protective for every person.

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

Evidence ledger · 13. Camus: What If the Universe Gives No Answer?

LOAD-BEARING CLAIM

Camus permits local significance and continued action without requiring a cosmic guarantee of meaning.

EPISTEMIC STATUS

Primary interpretation; limited empirical convergence

STRONGEST MAPPED ANCHORS

E035 · Tier P · Directness 5/5 · Primary autobiographical-philosophical text

Frames meaning as a concrete demand of the situation and responsibility as response, while keeping suffering distinct from meaning itself.

E046 · Tier P · Directness 5/5 · Primary philosophical-literary essay

Makes lucid confrontation with the absurd compatible with continued living, revolt, and freedom without requiring a final cosmic answer.

E059 · Tier A · Directness 5/5 · Authoritative narrative review

Synthesizes sources, functions, and consequences of perceived meaning while separating everyday meaning from grand cosmic purpose.

CONTRADICTION OR BOUNDARY

The philosophical position cannot be reduced to a resilience intervention or assumed protective for every person.

ALTERNATIVE EXPLANATION

Meaning, social connection, spirituality, or symptom change may support persistence regardless of an absurdist stance.

MAXIMUM WARRANTED WORDING

A person may act, care, and remain in relation without first resolving the universe.

GAP AND DECISIVE NEXT TEST

Direct empirical study of local significance without global meaning is sparse. NEXT TEST: Develop measures that separate cosmic belief, local significance, and enacted commitment.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E035 · E046 · E059 · E058 · E047 · E034

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

14. Maslow Beyond the Pyramid

THE EXISTENTIAL SCENE

The popular pyramid freezes Maslow at his most schematic. His later work is stranger and more useful: deficiency and growth can coexist; peak experience does not abolish vulnerability; self-transcendence complicates the image of fulfillment as private completion. Recovery need not wait for every lower condition to become perfect before growth begins.

ARGUMENT

The load-bearing proposition is: Maslow's mature work extends beyond a rigid pyramid toward growth, Being-cognition, peak experience, and self-transcendence. The dialogue places Maslow in conversation with Being-mode; intrinsic pull. The philosophical source supplies an orientation or distinction; it does not supply an effect size.

EVIDENCE IN VIEW

[E052] Documents Maslow's late placement of self-transcendence beyond self-actualization and identifies testable consequences of that revision. [E053] Operationalizes a coherent set of self-actualizing characteristics and tests their nomological links, allowing Maslow claims to be separated from mere quotation.

RECOVERY LENS

Protect basic conditions while also asking what growth, creativity, truth, or contribution is already possible at this level of imperfection. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Maslow's hierarchy is not a validated universal staircase, and later constructs rely heavily on cross-sectional self-report.

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

Evidence ledger · 14. Maslow Beyond the Pyramid

LOAD-BEARING CLAIM

Maslow's mature work extends beyond a rigid pyramid toward growth, Being-cognition, peak experience, and self-transcendence.

EPISTEMIC STATUS

Primary interpretation plus convergent humanistic evidence

STRONGEST MAPPED ANCHORS

E048 · Tier P · Directness 5/5 · Primary humanistic-psychology text

Separates deficiency motivation from growth and Being-cognition, anchoring Maslow beyond the familiar hierarchy diagram.

E049 · Tier P · Directness 5/5 · Primary posthumous humanistic-psychology collection

Extends the frame toward B-values, peak experience, and self-transcendence, making clear that the mature Maslow is not exhausted by self-actualization.

E052 · Tier C · Directness 4/5 · Historical-conceptual review

Documents Maslow's late placement of self-transcendence beyond self-actualization and identifies testable consequences of that revision.

CONTRADICTION OR BOUNDARY

Maslow's hierarchy is not a validated universal staircase, and later constructs rely heavily on cross-sectional self-report.

ALTERNATIVE EXPLANATION

Trait well-being, social privilege, and personality may explain apparent self-actualization patterns.

MAXIMUM WARRANTED WORDING

Basic needs and growth can interact rather than occurring in a fixed sequence.

GAP AND DECISIVE NEXT TEST

Longitudinal and recovery-specific tests of mature Maslovian constructs remain limited. NEXT TEST: Test whether growth-oriented action predicts recovery quality after accounting for safety, housing, and symptom burden.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E048 · E049 · E050 · E051 · E052 · E053 · E033 · E055† · E032†

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

15. Fromm: Having, Being and the Fear of Freedom

THE EXISTENTIAL SCENE

Fromm asks whether a person relates to life by possession or participation. Recovery itself can be possessed—as a status, a number, a defended identity—or lived as an ongoing mode of attention, work, love, and productive relation. The distinction is interpretive, but it exposes a practical danger: protecting the label while the life beneath it withers.

ARGUMENT

The load-bearing proposition is: Fromm's contrast between having and being frames recovery as a mode of relating and acting, not merely possession of a status. The dialogue places Fromm in conversation with Having/Being; productive orientation. The philosophical source supplies an orientation or distinction; it does not supply an effect size.

EVIDENCE IN VIEW

[E060] Defines freedom as both liberation and burden and describes escape mechanisms, giving Freedom Load a social and relational—not merely individual—history. [E061] Treats love as an active capacity involving care, responsibility, respect, and knowledge, supporting relation as practice rather than rescue or possession.

RECOVERY LENS

Ask what recovery is doing in the day, not only what status it confers or how long it has been held. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Fromm's social philosophy is not a clinical outcome model and cannot be treated as experimentally established.

MOVEMENT II · EIGHT WAYS OF ANSWERING EXISTENCE

Evidence ledger · 15. Fromm: Having, Being and the Fear of Freedom

LOAD-BEARING CLAIM

Fromm's contrast between having and being frames recovery as a mode of relating and acting, not merely possession of a status.

EPISTEMIC STATUS

Primary interpretation with indirect empirical convergence

STRONGEST MAPPED ANCHORS

E060 · Tier P · Directness 5/5 · Primary social-psychoanalytic text

Defines freedom as both liberation and burden and describes escape mechanisms, giving Freedom Load a social and relational—not merely individual—history.

E061 · Tier P · Directness 5/5 · Primary humanistic-psychoanalytic text

Treats love as an active capacity involving care, responsibility, respect, and knowledge, supporting relation as practice rather than rescue or possession.

CONTRADICTION OR BOUNDARY

Fromm's social philosophy is not a clinical outcome model and cannot be treated as experimentally established.

ALTERNATIVE EXPLANATION

Identity, values, and quality-of-life findings may be explained without the having/being distinction.

MAXIMUM WARRANTED WORDING

Recovery may be weakened when it becomes only a status to defend and strengthened when it becomes an active way of living.

GAP AND DECISIVE NEXT TEST

No validated measure directly captures having-mode versus being-mode recovery. NEXT TEST: Develop a measure separating status possession, defensive identity, present engagement, and productive relatedness.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E060 · E061 · E062 · E063

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

16. Is Meaning Found or Made?

THE EXISTENTIAL SCENE

Frankl often writes as if meaning waits in the singular demand of a situation; Sartre denies that value arrives already guaranteed. The disagreement matters, but it need not paralyze practice. A discovered obligation and a chosen project can both fail if neither becomes reachable action.

ARGUMENT

The load-bearing proposition is: Whether meaning is discovered, chosen, or locally enacted may matter less clinically than whether it can organize reachable action. A useful existential account should not purchase clarity by deleting contradiction. This movement holds opposed truths together long enough to ask what each changes in practice and where synthesis would become evasion. The contradiction is not resolved by averaging its poles. Instead, Source-agnostic gradient asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E059] Synthesizes sources, functions, and consequences of perceived meaning while separating everyday meaning from grand cosmic purpose. [E085] ACT showed small-to-medium benefits relative to active comparators after treatment, with somewhat larger effects at follow-up.

RECOVERY LENS

Ask where meaning is experienced as coming from, then separately ask what pathway lets it influence the next act. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The synthesis does not resolve the philosophical disagreement and should not claim empirical source-agnostic equivalence.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 16. Is Meaning Found or Made?

LOAD-BEARING CLAIM

Whether meaning is discovered, chosen, or locally enacted may matter less clinically than whether it can organize reachable action.

EPISTEMIC STATUS

Flow Hijacked synthesis across primary positions

STRONGEST MAPPED ANCHORS**E035 · Tier P · Directness 5/5 · Primary autobiographical-philosophical text**

Frames meaning as a concrete demand of the situation and responsibility as response, while keeping suffering distinct from meaning itself.

E037 · Tier P · Directness 5/5 · Primary clinical-philosophical text

Defines the existential vacuum and positions meaning orientation as irreducible to pleasure or power, sharpening the monograph's account of an empty post-escape life.

E059 · Tier A · Directness 5/5 · Authoritative narrative review

Synthesizes sources, functions, and consequences of perceived meaning while separating everyday meaning from grand cosmic purpose.

CONTRADICTION OR BOUNDARY

The synthesis does not resolve the philosophical disagreement and should not claim empirical source-agnostic equivalence.

ALTERNATIVE EXPLANATION

Different sources of meaning may have different motivational, cultural, and clinical effects.

MAXIMUM WARRANTED WORDING

Several accounts of meaning can be compatible with the practical question of whether a future exerts directional pull.

GAP AND DECISIVE NEXT TEST

Comparative evidence across discovered, chosen, and relational meaning is lacking. NEXT TEST: Compare source-of-meaning categories while holding perceived reachability and value strength constant.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E035 · E037 · E044 · E059 · E085 · E058 · E045

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

17. And What If Meaning Is Neither?

THE EXISTENTIAL SCENE

Some people neither discover a command nor feel able to author a purpose. Insisting that they choose between the two can add failure to uncertainty. A smaller proposition remains: local commitments can coordinate a day even while the larger question stays open.

ARGUMENT

The load-bearing proposition is: Meaning can remain uncertain while local commitments still organize a life. The contradiction is not resolved by averaging its poles. Instead, Local significance asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E088] Dignity therapy was highly acceptable and improved some patient-rated dignity, helpfulness, and end-of-life experience outcomes, while the primary distress outcome was not clearly superior. [E087] CALM produced small reductions in depressive symptoms and improved preparation for end of life at measured follow-ups.

RECOVERY LENS

Allow significance to be provisional, relational, and revisable; do not require a declaration of life purpose before offering care. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Local significance is a philosophical and clinical proposal, not a proven replacement for global meaning.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 17. And What If Meaning Is Neither?

LOAD-BEARING CLAIM

Meaning can remain uncertain while local commitments still organize a life.

EPISTEMIC STATUS

Primary interpretation plus convergent boundary evidence

STRONGEST MAPPED ANCHORS**E038 · Tier P · Directness 5/5 · Primary clinical synthesis**

Locks Yalom's model as dynamic psychotherapy organized around conflicts generated by death, freedom, isolation, and meaninglessness rather than as a loose philosophical attitude.

E046 · Tier P · Directness 5/5 · Primary philosophical-literary essay

Makes lucid confrontation with the absurd compatible with continued living, revolt, and freedom without requiring a final cosmic answer.

E088 · Tier A · Directness 3/5 · Randomized controlled trial

Dignity therapy was highly acceptable and improved some patient-rated dignity, helpfulness, and end-of-life experience outcomes, while the primary distress outcome was not clearly superior.

CONTRADICTION OR BOUNDARY

Local significance is a philosophical and clinical proposal, not a proven replacement for global meaning.

ALTERNATIVE EXPLANATION

Short-term action may arise from routine, obligation, or social expectation rather than significance.

MAXIMUM WARRANTED WORDING

A person need not solve meaning at the largest scale before making a locally significant move.

GAP AND DECISIVE NEXT TEST

The construct lacks direct measurement and intervention evidence. NEXT TEST: Test whether locally significant actions predict persistence when global meaning ratings remain low.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E038 · E046 · E039 · E088 · E087

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

18. Cosmic Meaning and Local Significance

THE EXISTENTIAL SCENE

The word meaning often hides several questions. Does existence have an ultimate purpose? Does my life cohere? Is there something worth doing here? Collapsing these levels turns measurement into confusion and care into metaphysical pressure. Local significance can be real without settling the cosmos.

ARGUMENT

The load-bearing proposition is: Cosmic meaning and local significance should be measured separately because either may be present without the other. The contradiction is not resolved by averaging its poles. Instead, Existential Gradient asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E002] Meaning-centered therapies showed improvements in quality of life and psychological stress; meaning change covaried with stress reduction. [E022] Meaning is measured through heterogeneous dimensions including presence/search, crisis, sources, activity and illness-specific forms.

RECOVERY LENS

Separate coherence, purpose, significance, source, and scale when asking about meaning; each may imply a different next move. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Existing meaning scales do not cleanly operationalize this distinction, and oncology intervention findings transfer only indirectly.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 18. Cosmic Meaning and Local Significance

LOAD-BEARING CLAIM

Cosmic meaning and local significance should be measured separately because either may be present without the other.

EPISTEMIC STATUS

Convergent measurement evidence; Flow Hijacked synthesis

STRONGEST MAPPED ANCHORS**E002 · Tier A · Directness 5/5 · Meta-analysis**

Meaning-centered therapies showed improvements in quality of life and psychological stress; meaning change covaried with stress reduction.

E022 · Tier A · Directness 5/5 · Systematic review

Meaning is measured through heterogeneous dimensions including presence/search, crisis, sources, activity and illness-specific forms.

E035 · Tier P · Directness 5/5 · Primary autobiographical-philosophical text

Frames meaning as a concrete demand of the situation and responsibility as response, while keeping suffering distinct from meaning itself.

CONTRADICTION OR BOUNDARY

Existing meaning scales do not cleanly operationalize this distinction, and oncology intervention findings transfer only indirectly.

ALTERNATIVE EXPLANATION

General well-being or social support may account for both meaning reports and better outcomes.

MAXIMUM WARRANTED WORDING

The evidence supports distinguishing forms and sources of meaning rather than treating meaning as one score.

GAP AND DECISIVE NEXT TEST

A validated local-significance measure is absent. NEXT TEST: Validate a two-level measure against behavior, quality of life, and recovery persistence.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E002 · E022 · E035 · E049 · E051 · E059 · E085 · E058 · E004 · E057 · E087 · E055† · E003† · E023† · E054† · E056† · E086† · E089†

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

19. Freedom as Liberation, Freedom as Burden

THE EXISTENTIAL SCENE

Freedom is commonly narrated as the lifting of a prohibition. Yet when a rigid routine loosens, decisions multiply: where to go, whom to trust, what to want, what to repair. Expansion can be exhilarating and disorganizing at once. Nominal options are not the same as navigable freedom.

ARGUMENT

The load-bearing proposition is: Freedom can expand action while simultaneously increasing uncertainty, responsibility, and the burden of choosing. The contradiction is not resolved by averaging its poles. Instead, Freedom Load asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E014] Autonomy/competence/relatedness processes are relevant across substance-use and treatment literature. [E034] Autonomy, identity and social connection appear centrally connected with symptom dimensions in a transdiagnostic sample.

RECOVERY LENS

Pair increased choice with scaffolding, rehearsal, consequence mapping, and permission to choose provisionally. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Choice overload and anxiety evidence is not directly represented enough to validate a recovery-specific freedom burden.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 19. Freedom as Liberation, Freedom as Burden

LOAD-BEARING CLAIM

Freedom can expand action while simultaneously increasing uncertainty, responsibility, and the burden of choosing.

EPISTEMIC STATUS

Primary interpretation plus convergent autonomy evidence

STRONGEST MAPPED ANCHORS**E038 · Tier P · Directness 5/5 · Primary clinical synthesis**

Locks Yalom's model as dynamic psychotherapy organized around conflicts generated by death, freedom, isolation, and meaninglessness rather than as a loose philosophical attitude.

E040 · Tier P · Directness 5/5 · Primary clinical-philosophical text

Distinguishes anxiety bound to threat from anxiety opened by possibility, supporting Freedom Load without treating all discomfort as pathology.

E014 · Tier B · Directness 4/5 · Scoping review

Autonomy/competence/relatedness processes are relevant across substance-use and treatment literature.

CONTRADICTION OR BOUNDARY

Choice overload and anxiety evidence is not directly represented enough to validate a recovery-specific freedom burden.

ALTERNATIVE EXPLANATION

Executive dysfunction, poverty of options, or fear conditioning may explain paralysis more directly.

MAXIMUM WARRANTED WORDING

More nominal choice does not always mean more navigable freedom.

GAP AND DECISIVE NEXT TEST

Freedom Load remains an unvalidated FH construct. NEXT TEST: Manipulate option number and support while measuring choice completion, distress, and later adherence.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E038 · E040 · E044 · E060 · E045 · E014 · E034

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

20. The Freedom Load

THE EXISTENTIAL SCENE

Freedom Load names a proposed mismatch, not a diagnosis. It rises when the field of possible action expands faster than the person's current ability to compare options, tolerate uncertainty, and bear consequences. The ethical response is support and simplification—not renewed coercion.

ARGUMENT

The load-bearing proposition is: Freedom Load rises when the perceived field of possible action exceeds the person's current capacity to evaluate, choose, and bear consequences. The contradiction is not resolved by averaging its poles. Instead, Freedom Load asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E014] Autonomy/competence/relatedness processes are relevant across substance-use and treatment literature.

RECOVERY LENS

Reduce decision friction without reducing personhood: fewer live options, clear defaults, reversible choices, and real consent. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The construct must add predictive value beyond anxiety, choice overload, executive function, and intolerance of uncertainty.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 20. The Freedom Load

LOAD-BEARING CLAIM

Freedom Load rises when the perceived field of possible action exceeds the person's current capacity to evaluate, choose, and bear consequences.

EPISTEMIC STATUS

Flow Hijacked hypothesis

STRONGEST MAPPED ANCHORS**E040 · Tier P · Directness 5/5 · Primary clinical-philosophical text**

Distinguishes anxiety bound to threat from anxiety opened by possibility, supporting Freedom Load without treating all discomfort as pathology.

E042 · Tier P · Directness 5/5 · Primary clinical-philosophical synthesis

Clarifies being, nonbeing, encounter, and the person-in-world as irreducible to isolated intrapsychic variables.

E014 · Tier B · Directness 4/5 · Scoping review

Autonomy/competence/relatedness processes are relevant across substance-use and treatment literature.

CONTRADICTION OR BOUNDARY

The construct must add predictive value beyond anxiety, choice overload, executive function, and intolerance of uncertainty.

ALTERNATIVE EXPLANATION

Low motivation or realistic risk assessment may look like overload without excess possibility.

MAXIMUM WARRANTED WORDING

Some people may experience expanded options as burdensome when support and decision capacity are low.

GAP AND DECISIVE NEXT TEST

No direct validation exists. NEXT TEST: Estimate Freedom Load repeatedly and test nonlinear relations with avoidance and completed valued action.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E040 · E042 · E044 · E060 · E041 · E014

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

21. Responsibility Without Prosecution

THE EXISTENTIAL SCENE

Responsibility is often treated as if it requires prosecution. Yet shame can make repair less reachable by collapsing the person into the worst act. A different grammar distinguishes answerability, consequence, boundary, and restitution from humiliation. Compassion does not erase what must be done next.

ARGUMENT

The load-bearing proposition is: Recovery can preserve responsibility while refusing blame and shame as default motivational tools. The contradiction is not resolved by averaging its poles. Instead, Agency without shame asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E091] The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count. [E011] Challenges the simple guilt-good/shame-bad dichotomy and emphasizes entanglement and context.

RECOVERY LENS

Specify the next accountable act—truth, repair, boundary, treatment, restitution—without turning identity into a verdict. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Reduced blame does not remove accountability, repair obligations, boundaries, or consequences.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 21. Responsibility Without Prosecution

LOAD-BEARING CLAIM

Recovery can preserve responsibility while refusing blame and shame as default motivational tools.

EPISTEMIC STATUS

Convergent direct recovery evidence plus clinical-philosophical synthesis

STRONGEST MAPPED ANCHORS**E091 · Tier A · Directness 5/5 · National retrospective survey**

The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count.

E011 · Tier B · Directness 5/5 · Critical empirical/conceptual review

Challenges the simple guilt-good/shame-bad dichotomy and emphasizes entanglement and context.

E100 · Tier B · Directness 5/5 · Patient-reported outcome measure development

SURE operationalized recovery across substance use, self-care, relationships, material resources, and outlook, preserving multidimensional recovery in a brief PROM.

CONTRADICTION OR BOUNDARY

Reduced blame does not remove accountability, repair obligations, boundaries, or consequences.

ALTERNATIVE EXPLANATION

Shame may covary with severity or social rejection rather than directly causing poorer recovery.

MAXIMUM WARRANTED WORDING

People can be answerable for next actions without being reduced to moral prosecution.

GAP AND DECISIVE NEXT TEST

Intervention evidence distinguishing responsibility from blame remains limited. NEXT TEST: Compare responsibility-with-compassion framing with shame-based and neutral framing on engagement and repair behavior.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E091 · E011 · E100 · E010 · E015 · E036 · E090 · E093 · E094 · E096 · E097 · E098 · E095 · E045 · E047 · E092†

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

22. Self Actualization or Self Transcendence?

THE EXISTENTIAL SCENE

Self-actualization asks what capacities can unfold; self-transcendence asks where those capacities are directed. The first without the second can become private optimization. The second without the first can become noble exhaustion. Recovery may require both development and a direction not exhausted by self-defense.

ARGUMENT

The load-bearing proposition is: Self-actualization and self-transcendence describe different directions: developing capacity and directing life beyond defensive self-concern. The contradiction is not resolved by averaging its poles. Instead, Capacity vs direction asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E052] Documents Maslow's late placement of self-transcendence beyond self-actualization and identifies testable consequences of that revision. [E057] Establishes that feeling good and functioning well are related but non-identical evaluative frames, sharpening the pleasure-versus-viability distinction.

RECOVERY LENS

Track capacity and beyond-self direction separately; neither score should be treated as a moral rank. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Measures of self-transcendence are heterogeneous and do not establish a universal developmental endpoint.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 22. Self Actualization or Self Transcendence?

LOAD-BEARING CLAIM

Self-actualization and self-transcendence describe different directions: developing capacity and directing life beyond defensive self-concern.

EPISTEMIC STATUS

Primary interpretation plus convergent construct evidence

STRONGEST MAPPED ANCHORS**E048 · Tier P · Directness 5/5 · Primary humanistic-psychology text**

Separates deficiency motivation from growth and Being-cognition, anchoring Maslow beyond the familiar hierarchy diagram.

E049 · Tier P · Directness 5/5 · Primary posthumous humanistic-psychology collection

Extends the frame toward B-values, peak experience, and self-transcendence, making clear that the mature Maslow is not exhausted by self-actualization.

E052 · Tier C · Directness 4/5 · Historical-conceptual review

Documents Maslow's late placement of self-transcendence beyond self-actualization and identifies testable consequences of that revision.

CONTRADICTION OR BOUNDARY

Measures of self-transcendence are heterogeneous and do not establish a universal developmental endpoint.

ALTERNATIVE EXPLANATION

Prosociality, spirituality, openness, and well-being can produce overlapping scores.

MAXIMUM WARRANTED WORDING

Capacity and beyond-self direction can coexist and need not form a hierarchy.

GAP AND DECISIVE NEXT TEST

Recovery-specific longitudinal evidence is thin. NEXT TEST: Test whether capacity and beyond-self commitment contribute independently to recovery quality.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E048 · E049 · E050 · E051 · E052 · E057 · E053 · E088 · E033 · E055† · E054† · E086† · E032†

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

23. Capacity and Direction

THE EXISTENTIAL SCENE

Capacity without direction is available motion; direction without capacity is a valued destination with no path. Flow Hijacked treats their conjunction as a candidate mechanism, not a proven multiplication. A person may need skills, energy, money, and support while also needing a reason those capacities should be used here.

ARGUMENT

The load-bearing proposition is: A viable life requires both capacity for action and direction toward something that matters. The contradiction is not resolved by averaging its poles. Instead, Capacity × direction asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E052] Documents Maslow's late placement of self-transcendence beyond self-actualization and identifies testable consequences of that revision. [E057] Establishes that feeling good and functioning well are related but non-identical evaluative frames, sharpening the pleasure-versus-viability distinction.

RECOVERY LENS

When action stalls, ask separately: is the pathway missing, or has the destination lost directional force? This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The proposed interaction is not established, and high capacity can serve harmful goals while strong purpose may remain unreachable.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 23. Capacity and Direction

LOAD-BEARING CLAIM

A viable life requires both capacity for action and direction toward something that matters.

EPISTEMIC STATUS

Flow Hijacked synthesis with convergent flexibility and purpose evidence

STRONGEST MAPPED ANCHORS**E048 · Tier P · Directness 5/5 · Primary humanistic-psychology text**

Separates deficiency motivation from growth and Being-cognition, anchoring Maslow beyond the familiar hierarchy diagram.

E049 · Tier P · Directness 5/5 · Primary posthumous humanistic-psychology collection

Extends the frame toward B-values, peak experience, and self-transcendence, making clear that the mature Maslow is not exhausted by self-actualization.

E052 · Tier C · Directness 4/5 · Historical-conceptual review

Documents Maslow's late placement of self-transcendence beyond self-actualization and identifies testable consequences of that revision.

CONTRADICTION OR BOUNDARY

The proposed interaction is not established, and high capacity can serve harmful goals while strong purpose may remain unreachable.

ALTERNATIVE EXPLANATION

Socioeconomic opportunity or symptom relief may generate both capacity and direction.

MAXIMUM WARRANTED WORDING

Capacity and direction are distinguishable conditions that may jointly support recovery.

GAP AND DECISIVE NEXT TEST

The multiplicative form remains hypothetical. NEXT TEST: Test preregistered additive versus interaction models for valued action and sustained remission.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E048 · E049 · E050 · E051 · E041 · E052 · E057 · E053 · E055† · E054† · E056† · E089†

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

24. Sartre's Look and Buber's Thou

THE EXISTENTIAL SCENE

The other person can arrive as a gaze that fixes, judges, and narrows—or as a Thou whose presence permits truth and response. Real relationships rarely occupy only one pole. The clinical task is to observe how interaction changes the person's practical state space, including when 'support' becomes surveillance.

ARGUMENT

The load-bearing proposition is: Other people can constrict the self through surveillance and shame or expand action through recognition, alliance, and dependable support. The contradiction is not resolved by averaging its poles. Instead, Social coupling asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E110] Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure. [E116] Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

RECOVERY LENS

Ask after important encounters: which options became easier, which became unsayable, and whose purposes were served? This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Relational evidence does not adjudicate Sartre against Buber and cannot make every close relationship therapeutic.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 24. Sartre's Look and Buber's Thou

LOAD-BEARING CLAIM

Other people can constrict the self through surveillance and shame or expand action through recognition, alliance, and dependable support.

EPISTEMIC STATUS

Primary interpretation plus strong relational convergence

STRONGEST MAPPED ANCHORS**E110 · Tier A · Directness 5/5 · Critical review**

Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure.

E116 · Tier A · Directness 5/5 · Systematic review

Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

E117 · Tier A · Directness 5/5 · Systematic review

Peer recovery models showed tentative benefits across service engagement and recovery outcomes, while many comparisons were null or methodologically fragile.

CONTRADICTION OR BOUNDARY

Relational evidence does not adjudicate Sartre against Buber and cannot make every close relationship therapeutic.

ALTERNATIVE EXPLANATION

Common factors, treatment retention, or selection into supportive networks may drive outcomes.

MAXIMUM WARRANTED WORDING

Social coupling can either narrow or enlarge the person's practical state space.

GAP AND DECISIVE NEXT TEST

Dyadic moment-to-moment mechanisms remain undermeasured in addiction recovery. NEXT TEST: Pair EMA with network and alliance data to test when contact expands versus compresses perceived options.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E110 · E116 · E117 · E006 · E042 · E043 · E044 · E061 · E112 · E114 · E111 · E113 · E115 · E034 · E007† · E008† · E009†

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

25. Acceptance or Revolt?

THE EXISTENTIAL SCENE

Acceptance and revolt look contradictory only when their objects are blurred. An internal state can be allowed without obeying the action it urges; a harmful arrangement can be resisted without declaring war on every feeling it produces. The distinction protects acceptance from passivity and revolt from endless self-violence.

ARGUMENT

The load-bearing proposition is: Acceptance of present experience can coexist with refusal to remain captured by a harmful pattern. The contradiction is not resolved by averaging its poles. Instead, Accept state / refuse capture asks which side expands action in one context and constricts it in another.

EVIDENCE IN VIEW

[E021] Psychological flexibility/inflexibility dimensions show measurable associations with substance misuse. [E071] Defines equanimity as an outcome separable from attention and relaxation, offering a candidate operational boundary for acceptance without passivity.

RECOVERY LENS

State explicitly what is being accepted—the sensation, uncertainty, history—and what is being refused—the harmful act, coercion, or capture. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Acceptance must not be confused with passivity, tolerating harm, or a universal prescription for meditation.

MOVEMENT III · CONTRADICTIONS WORTH KEEPING

Evidence ledger · 25. Acceptance or Revolt?

LOAD-BEARING CLAIM

Acceptance of present experience can coexist with refusal to remain captured by a harmful pattern.

EPISTEMIC STATUS

Convergent ACT/nonattachment evidence plus philosophical synthesis

STRONGEST MAPPED ANCHORS

E046 · Tier P · Directness 5/5 · Primary philosophical-literary essay

Makes lucid confrontation with the absurd compatible with continued living, revolt, and freedom without requiring a final cosmic answer.

E021 · Tier A · Directness 4/5 · Systematic review + meta-analysis

Psychological flexibility/inflexibility dimensions show measurable associations with substance misuse.

E047 · Tier P · Directness 4/5 · Primary philosophical-historical essay

Adds limit and solidarity to revolt, preventing recovery from being framed as either passive acceptance or limitless self-assertion.

CONTRADICTION OR BOUNDARY

Acceptance must not be confused with passivity, tolerating harm, or a universal prescription for meditation.

ALTERNATIVE EXPLANATION

Exposure, cognitive reappraisal, social support, and expectancy may explain benefits attributed to acceptance.

MAXIMUM WARRANTED WORDING

The evidence permits a distinction between allowing an internal state and endorsing the behavior it urges.

GAP AND DECISIVE NEXT TEST

Direct tests of the combined acceptance-and-revolt formulation are absent. NEXT TEST: Compare acceptance-only, action-only, and integrated conditions on urge tolerance and valued behavior.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E046 · E021 · E047 · E071†

MOVEMENT IV • FLOW HIJACKED

26. The Existential Possibility Field

THE EXISTENTIAL SCENE

The Existential Possibility Field, written as $P(x,t)$, names the lives and actions that are experientially available from state x at time t . It is not every option that exists on paper. The field is filtered by body, memory, mood, resources, relation, skill, and the ability to imagine a first step.

ARGUMENT

The load-bearing proposition is: The Existential Possibility Field denotes the lives and actions that are experientially available to a person at a given time. The monograph now shifts from philosophical dialogue to explicit model-building. Every new term is marked as synthesis or hypothesis, kept separate from the empirical findings that inspired it, and required to earn its place through discriminant, incremental, and predictive tests. Here Existential Possibility Field becomes an explicit modeling proposal. Its value depends on whether it separates from established variables and changes prospective prediction.

EVIDENCE IN VIEW

[E108] Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups. [E109] The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

RECOVERY LENS

Measure perceived possibility beside actual opportunity, mood, self-efficacy, and flexibility; novelty is earned only if the measures separate. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

It is not a literal neural field and must add value beyond opportunity, mood, self-efficacy, and cognitive flexibility.

MOVEMENT IV · FLOW HIJACKED

Evidence ledger · 26. The Existential Possibility Field

LOAD-BEARING CLAIM

The Existential Possibility Field denotes the lives and actions that are experientially available to a person at a given time.

EPISTEMIC STATUS

Flow Hijacked hypothesis linked to prospection and agency evidence

STRONGEST MAPPED ANCHORS

E108 · Tier B · Directness 5/5 · Cross-sectional group comparison

Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups.

E109 · Tier B · Directness 5/5 · Brief-intervention trial with repeated behavioral-economic measures

The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

E102 · Tier A · Directness 5/5 · Meta-analysis

More severe addictive behavior was associated with steeper delay discounting, but the pooled association was small (approximately $r=.14$).

CONTRADICTION OR BOUNDARY

It is not a literal neural field and must add value beyond opportunity, mood, self-efficacy, and cognitive flexibility.

ALTERNATIVE EXPLANATION

Reported possibilities may simply reflect current affect or actual material options.

MAXIMUM WARRANTED WORDING

It is reasonable to model perceived possible lives as state-dependent, but the proposed construct remains unvalidated.

GAP AND DECISIVE NEXT TEST

No accepted instrument measures the field as defined. NEXT TEST: Develop state and trait measures and test incremental prediction of action selection.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E108 · E109 · E102 · E103 · E104 · E106 · E107 · E074 · E024 · E073 · E105 · E072 · E076 · E077

MOVEMENT IV · FLOW HIJACKED

27. Possible Is Not the Same as Reachable

THE EXISTENTIAL SCENE

A possibility may be visible and still fail the reachability test. The person can imagine returning to study but cannot name the office, the form, the first phone call, the person who will help, or the energy required tomorrow morning. Reachability is possibility plus a traversable path under current constraints.

ARGUMENT

The load-bearing proposition is: A possibility can be cognitively imaginable yet behaviorally unreachable because the pathway, energy, support, or first action is missing. Here Reachable state-space becomes an explicit modeling proposal. Its value depends on whether it separates from established variables and changes prospective prediction.

EVIDENCE IN VIEW

[E100] SURE operationalized recovery across substance use, self-care, relationships, material resources, and outlook, preserving multidimensional recovery in a brief PROM. [E101] BARC-10 provides a concise, strength-oriented index of recovery capital suitable for repeated or low-burden assessment.

RECOVERY LENS

For any valued future, identify the first observable action, required resource, likely obstacle, and available companion. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Reachability must not collapse into self-efficacy or access to resources.

MOVEMENT IV · FLOW HIJACKED

Evidence ledger · 27. Possible Is Not the Same as Reachable

LOAD-BEARING CLAIM

A possibility can be cognitively imaginable yet behaviorally unreachable because the pathway, energy, support, or first action is missing.

EPISTEMIC STATUS

Convergent recovery and temporal evidence; FH synthesis

STRONGEST MAPPED ANCHORS

E100 · Tier B · Directness 5/5 · Patient-reported outcome measure development

SURE operationalized recovery across substance use, self-care, relationships, material resources, and outlook, preserving multidimensional recovery in a brief PROM.

E101 · Tier B · Directness 5/5 · Brief measure development and validation

BARC-10 provides a concise, strength-oriented index of recovery capital suitable for repeated or low-burden assessment.

E109 · Tier B · Directness 5/5 · Brief-intervention trial with repeated behavioral-economic measures

The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

CONTRADICTION OR BOUNDARY

Reachability must not collapse into self-efficacy or access to resources.

ALTERNATIVE EXPLANATION

Low expectancy, lack of opportunity, and task complexity may fully explain the gap.

MAXIMUM WARRANTED WORDING

Possible and reachable should be treated as distinct until measurement shows otherwise.

GAP AND DECISIVE NEXT TEST

Discriminant validity remains untested. NEXT TEST: Compare possibility ratings, reachability ratings, self-efficacy, and observed initiation in daily life.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E100 · E101 · E109 · E102 · E098 · E103 · E104 · E078 · E079 · E105 · E082 · E072 · E076 · E077 · E083 · E099†

MOVEMENT IV · FLOW HIJACKED

28. Existential Gradient

THE EXISTENTIAL SCENE

The Existential Gradient, $G_E(x,t)$, is a proposed description of directional pull. A future may be important in principle yet exert almost no force on the next action. The gradient depends on value, reachability, effort, timing, and competition—not on declared importance alone.

ARGUMENT

The load-bearing proposition is: The Existential Gradient describes the directional pull exerted by reachable valued futures, not their abstract importance alone. Here Existential Gradient becomes an explicit modeling proposal. Its value depends on whether it separates from established variables and changes prospective prediction.

EVIDENCE IN VIEW

[E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics. [E123] BAM provides brief repeated assessment of substance use, risk factors, and protective factors, offering a pragmatic monitoring spine for recovery-state tests.

RECOVERY LENS

Ask what the valued future is pulling the person to do in the next observable interval; if nothing follows, locate the broken conversion. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

It is not a dopamine signal, literal neural vector, or validated clinical score.

MOVEMENT IV · FLOW HIJACKED

Evidence ledger · 28. Existential Gradient

LOAD-BEARING CLAIM

The Existential Gradient describes the directional pull exerted by reachable valued futures, not their abstract importance alone.

EPISTEMIC STATUS

Flow Hijacked hypothesis with convergent values evidence

STRONGEST MAPPED ANCHORS**E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study**

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E123 · Tier B · Directness 5/5 · Clinical monitoring measure development

BAM provides brief repeated assessment of substance use, risk factors, and protective factors, offering a pragmatic monitoring spine for recovery-state tests.

E124 · Tier B · Directness 5/5 · Multicenter outcome-measure development and validation

The Treatment Outcomes Profile captures substance use and health/social functioning in a brief, service-ready repeated measure.

CONTRADICTION OR BOUNDARY

It is not a dopamine signal, literal neural vector, or validated clinical score.

ALTERNATIVE EXPLANATION

Reward expectancy, incentive salience, habit, or social demand may explain directional behavior.

MAXIMUM WARRANTED WORDING

Values can influence action more strongly when linked to concrete and reachable trajectories.

GAP AND DECISIVE NEXT TEST

No direct measure of gradient magnitude exists. NEXT TEST: Estimate momentary value, reachability, and effort and test which combination predicts the next chosen action.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E126 · E123 · E124 · E125 · E078 · E079 · E118 · E119 · E121 · E080 · E081 · E082 · E076 · E077 · E083 · E120† · E122† · E084†

MOVEMENT IV · FLOW HIJACKED

29. The Exit Attractor

THE EXISTENTIAL SCENE

The Exit Attractor is a disciplined metaphor only if it generates predictions beyond the word ‘habit.’ It proposes recurrent convergence: different beginnings—shame, boredom, pain, celebration, cue exposure—can end in the same learned relief behavior because the surrounding state space channels trajectories toward it.

ARGUMENT

The load-bearing proposition is: The Exit Attractor is a model of recurrent convergence on a familiar relief behavior under particular states and contexts. Here Exit Attractor becomes an explicit modeling proposal. Its value depends on whether it separates from established variables and changes prospective prediction.

EVIDENCE IN VIEW

[E020] Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly. [E074] Shows how reciprocal symptom interactions can generate self-sustaining states and hysteresis-like behavior without a single latent cause.

RECOVERY LENS

Map multiple approach paths to the exit and test whether changing one coupling alters convergence, rather than treating recurrence as fate. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The term is not proof of a literal neural attractor and does not imply inevitability.

MOVEMENT IV · FLOW HIJACKED

Evidence ledger · 29. The Exit Attractor

LOAD-BEARING CLAIM

The Exit Attractor is a model of recurrent convergence on a familiar relief behavior under particular states and contexts.

EPISTEMIC STATUS

Flow Hijacked hypothesis with transferred dynamical and direct craving evidence

STRONGEST MAPPED ANCHORS

E020 · Tier A · Directness 5/5 · Systematic review

Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

E074 · Tier F · Directness 4/5 · Complex-systems theory and symptom-network modeling

Shows how reciprocal symptom interactions can generate self-sustaining states and hysteresis-like behavior without a single latent cause.

E024 · Tier B/F · Directness 4/5 · Review

Supports cautious use of tipping points, resilience and state transitions as psychiatric modeling language.

CONTRADICTION OR BOUNDARY

The term is not proof of a literal neural attractor and does not imply inevitability.

ALTERNATIVE EXPLANATION

Habit, cue reactivity, withdrawal, and reinforcement learning may explain recurrence without attractor language.

MAXIMUM WARRANTED WORDING

Repeated convergence on an exit behavior can be described dynamically when the model makes distinct predictions.

GAP AND DECISIVE NEXT TEST

Clinical state-space reconstruction has not yet validated the attractor. NEXT TEST: Fit competing habit and attractor models to intensive longitudinal data and compare out-of-sample prediction.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E020 · E074 · E024 · E026 · E080 · E081 · E067† · E027† · E084†

MOVEMENT IV · FLOW HIJACKED

30. Life Is Not One Competing Attractor

THE EXISTENTIAL SCENE

Replacing one dominant attractor with one ideal life makes recovery fragile. Work can end, a relationship can break, a community can disappoint, a body can become ill. A plural ecology distributes stability across partly independent sources of value, regulation, and belonging.

ARGUMENT

The load-bearing proposition is: Recovery is better represented by multiple partly independent life attractors than by one ideal replacement for the addictive behavior. Here Distributed life attractors becomes an explicit modeling proposal. Its value depends on whether it separates from established variables and changes prospective prediction.

EVIDENCE IN VIEW

[E091] The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count. [E100] SURE operationalized recovery across substance use, self-care, relationships, material resources, and outlook, preserving multidimensional recovery in a brief PROM.

RECOVERY LENS

Build redundancy across domains without turning life into a productivity checklist; independence matters alongside quantity. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Recovery-capital correlations do not establish attractor structure or the optimal number of life domains.

MOVEMENT IV · FLOW HIJACKED

Evidence ledger · 30. Life Is Not One Competing Attractor

LOAD-BEARING CLAIM

Recovery is better represented by multiple partly independent life attractors than by one ideal replacement for the addictive behavior.

EPISTEMIC STATUS

Convergent recovery-capital and identity evidence; FH synthesis

STRONGEST MAPPED ANCHORS

E091 · Tier A · Directness 5/5 · National retrospective survey

The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count.

E100 · Tier B · Directness 5/5 · Patient-reported outcome measure development

SURE operationalized recovery across substance use, self-care, relationships, material resources, and outlook, preserving multidimensional recovery in a brief PROM.

E101 · Tier B · Directness 5/5 · Brief measure development and validation

BARC-10 provides a concise, strength-oriented index of recovery capital suitable for repeated or low-burden assessment.

CONTRADICTION OR BOUNDARY

Recovery-capital correlations do not establish attractor structure or the optimal number of life domains.

ALTERNATIVE EXPLANATION

Simple accumulation of resources may explain outcomes without dynamic competition.

MAXIMUM WARRANTED WORDING

A plural ecology of relationships, activities, roles, and places can reduce dependence on any single source of stability.

GAP AND DECISIVE NEXT TEST

Direct tests of distributed attractor redundancy are absent. NEXT TEST: Test whether diversity and independence of valued activities predict resilience better than total resource count.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E091 · E100 · E101 · E090 · E093 · E094 · E096 · E097 · E098 · E095 · E074 · E099†

MOVEMENT IV • FLOW HIJACKED

31. Life Attractor Ecology

THE EXISTENTIAL SCENE

Life Attractor Ecology, $\{A_i\}$, shifts attention from possessions to configuration. Housing, bodily rhythm, relationships, work, treatment, places, and valued practices can reinforce or obstruct one another. Two people with the same resource count may inhabit radically different systems because the couplings differ.

ARGUMENT

The load-bearing proposition is: Life Attractor Ecology models recovery as the changing configuration of social, bodily, temporal, material, and valued activity systems. Here Life Attractor Ecology becomes an explicit modeling proposal. Its value depends on whether it separates from established variables and changes prospective prediction.

EVIDENCE IN VIEW

[E110] Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure. [E116] Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

RECOVERY LENS

Draw the ecology as interacting domains: what supports what, what competes, and where one loss would cascade across the rest? This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The components are not established as mathematical attractors, and more resources do not automatically form a coherent life.

MOVEMENT IV · FLOW HIJACKED

Evidence ledger · 31. Life Attractor Ecology

LOAD-BEARING CLAIM

Life Attractor Ecology models recovery as the changing configuration of social, bodily, temporal, material, and valued activity systems.

EPISTEMIC STATUS

Flow Hijacked synthesis supported by convergent recovery ecology

STRONGEST MAPPED ANCHORS

E110 · Tier A · Directness 5/5 · Critical review

Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure.

E116 · Tier A · Directness 5/5 · Systematic review

Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

E117 · Tier A · Directness 5/5 · Systematic review

Peer recovery models showed tentative benefits across service engagement and recovery outcomes, while many comparisons were null or methodologically fragile.

CONTRADICTION OR BOUNDARY

The components are not established as mathematical attractors, and more resources do not automatically form a coherent life.

ALTERNATIVE EXPLANATION

Treatment dose, stable housing, or social advantage may account for the observed ecology.

MAXIMUM WARRANTED WORDING

Recovery conditions interact, and their organization may matter alongside their quantity.

GAP AND DECISIVE NEXT TEST

Coupling and redundancy require operational definitions. NEXT TEST: Use network and dynamical models to test whether configuration predicts recovery beyond summed capital.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E110 · E116 · E117 · E100 · E101 · E112 · E114 · E094 · E098 · E111 · E113 · E115 · E074 · E024 · E026 · E072 · E076 · E077 · E099† · E092† · E027†

MOVEMENT IV · FLOW HIJACKED

32. Existential Viability Margin

THE EXISTENTIAL SCENE

A life may look stable because nothing has yet tested it. The Existential Viability Margin, $V_E(t)$, asks how much disturbance the current ecology can absorb before valued pathways become inaccessible. It is spare capacity, not virtue, and must never become a threshold used to label a person.

ARGUMENT

The load-bearing proposition is: The Existential Viability Margin describes how much perturbation a valued life can absorb before its pathways become inaccessible. Here Existential Viability Margin becomes an explicit modeling proposal. Its value depends on whether it separates from established variables and changes prospective prediction.

EVIDENCE IN VIEW

[E020] Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly. [E021] Psychological flexibility/inflexibility dimensions show measurable associations with substance misuse.

RECOVERY LENS

Look for reserve in sleep, time, money, relationships, coping responses, and access to care before celebrating apparent stability. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The margin is not a diagnostic threshold and must outperform established resilience, flexibility, and allostatic measures.

MOVEMENT IV · FLOW HIJACKED

Evidence ledger · 32. Existential Viability Margin

LOAD-BEARING CLAIM

The Existential Viability Margin describes how much perturbation a valued life can absorb before its pathways become inaccessible.

EPISTEMIC STATUS

Flow Hijacked hypothesis linked to resilience and flexibility

STRONGEST MAPPED ANCHORS

E020 · Tier A · Directness 5/5 · Systematic review

Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

E038 · Tier P · Directness 5/5 · Primary clinical synthesis

Locks Yalom's model as dynamic psychotherapy organized around conflicts generated by death, freedom, isolation, and meaninglessness rather than as a loose philosophical attitude.

E021 · Tier A · Directness 4/5 · Systematic review + meta-analysis

Psychological flexibility/inflexibility dimensions show measurable associations with substance misuse.

CONTRADICTION OR BOUNDARY

The margin is not a diagnostic threshold and must outperform established resilience, flexibility, and allostatic measures.

ALTERNATIVE EXPLANATION

Stress exposure and resource scarcity may explain collapse without a distinct viability construct.

MAXIMUM WARRANTED WORDING

Recovery stability may depend on spare capacity rather than merely current symptom level.

GAP AND DECISIVE NEXT TEST

No validated threshold or scale exists. NEXT TEST: Estimate within-person perturbation-response curves and test whether the inferred margin predicts subsequent lapse.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E020 · E038 · E021 · E025 · E074 · E024 · E073 · E072

MOVEMENT IV · FLOW HIJACKED

33. Non Normal Lives

THE EXISTENTIAL SCENE

In dynamical systems, a stable system can still display large temporary amplification when its components are non-normal. The transfer to human life is deliberately modest: long-run stability does not guarantee short-run safety. A small perturbation can be multiplied by coupling even when no component looks catastrophic alone.

ARGUMENT

The load-bearing proposition is: Stable-looking systems can produce large transient excursions when their components amplify one another in non-normal ways. Here Non-normal amplification becomes an explicit modeling proposal. Its value depends on whether it separates from established variables and changes prospective prediction.

EVIDENCE IN VIEW

[E025] Shows both promise and limitations of early-warning indicators in psychological systems.
[E024] Supports cautious use of tipping points, resilience and state transitions as psychiatric modeling language.

RECOVERY LENS

Treat formal analogy as a question generator: which couplings could amplify a modest disturbance, and what observation would disconfirm that account? This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Non-normality is established mathematically and in models, not as a demonstrated mechanism of human relapse or despair.

MOVEMENT IV · FLOW HIJACKED

Evidence ledger · 33. Non Normal Lives

LOAD-BEARING CLAIM

Stable-looking systems can produce large transient excursions when their components amplify one another in non-normal ways.

EPISTEMIC STATUS

Transferred formal evidence; FH synthesis

STRONGEST MAPPED ANCHORS

E025 · Tier F · Directness 4/5 · Theory + simulations / methodological analysis

Shows both promise and limitations of early-warning indicators in psychological systems.

E024 · Tier B/F · Directness 4/5 · Review

Supports cautious use of tipping points, resilience and state transitions as psychiatric modeling language.

E026 · Tier B/F · Directness 4/5 · Review

Provides formal frameworks for addiction while highlighting model assumptions and translation limits.

CONTRADICTION OR BOUNDARY

Non-normality is established mathematically and in models, not as a demonstrated mechanism of human relapse or despair.

ALTERNATIVE EXPLANATION

Nonlinearity, hidden inputs, measurement error, or ordinary feedback may generate similar transients.

MAXIMUM WARRANTED WORDING

The formal literature licenses a warning: asymptotic stability does not guarantee short-term safety.

GAP AND DECISIVE NEXT TEST

No person-level clinical estimate of non-normal amplification exists. NEXT TEST: Compare linear normal, non-normal, and nonlinear models on dense person-specific data.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E025 · E024 · E026 · E080 · E081 · E082 · E083 · E027† · E084†

MOVEMENT V · A LIFE THAT CAN COMPETE

34. The Immediate Always Has an Advantage

THE EXISTENTIAL SCENE

The immediate does not enter choice as one candidate among equals. It is present, vivid, practiced, and often certain enough to act upon. Delayed outcomes must cross uncertainty, imagination, and effort before they can compete. Addiction can enlarge this asymmetry, but the average association with laboratory discounting is smaller and more variable than slogans imply.

ARGUMENT

The load-bearing proposition is: Immediate rewards usually enter choice with a structural advantage, and that advantage is often larger in addiction. Stopping an exit is only half of a contest. The other half is to make care, competence, pleasure, belonging, and future consequence sufficiently concrete that they can enter choice before the moment has already closed. The competition problem is practical: Temporal competition matters only when it changes what is available before immediate relief dominates the interval.

EVIDENCE IN VIEW

[E108] Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups. [E109] The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

RECOVERY LENS

Reduce the future's entry cost by making the first valued consequence nearer, more certain, and more observable—without pretending that immediacy is irrational. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The pooled association is small, monetary discounting is a surrogate, and immediate choice may be rational under uncertainty.

MOVEMENT V · A LIFE THAT CAN COMPETE

Evidence ledger · 34. The Immediate Always Has an Advantage

LOAD-BEARING CLAIM

Immediate rewards usually enter choice with a structural advantage, and that advantage is often larger in addiction.

EPISTEMIC STATUS

Established association with bounded effect size

STRONGEST MAPPED ANCHORS

E108 · Tier B · Directness 5/5 · Cross-sectional group comparison

Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups.

E109 · Tier B · Directness 5/5 · Brief-intervention trial with repeated behavioral-economic measures

The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

E016 · Tier A · Directness 5/5 · Meta-analysis

Greater delayed-reward discounting is associated with addictive behavior, especially clinical samples, with substantial heterogeneity.

CONTRADICTION OR BOUNDARY

The pooled association is small, monetary discounting is a surrogate, and immediate choice may be rational under uncertainty.

ALTERNATIVE EXPLANATION

Income instability, environmental unpredictability, and executive load may increase immediacy without addiction-specific pathology.

MAXIMUM WARRANTED WORDING

Immediate outcomes often carry more behavioral weight in addiction, on average, without determining any individual choice.

GAP AND DECISIVE NEXT TEST

Ecological translation from task to daily action remains incomplete. NEXT TEST: Combine discounting tasks with real-world choice sampling and environmental uncertainty measures.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E108 · E109 · E016 · E102 · E103 · E104 · E106 · E107 · E105 · E080 · E081 · E083 · E084†

MOVEMENT V · A LIFE THAT CAN COMPETE

35. When Tomorrow Cannot Compete

THE EXISTENTIAL SCENE

The future becomes behaviorally stronger when it can be simulated as an episode rather than named as a category. Episodic future thinking can alter discounting tasks, including in some substance-using samples. Yet a vivid imagined tomorrow is not the same as durable change in use, and cognitive engagement itself may carry part of the effect.

ARGUMENT

The load-bearing proposition is: The future competes more effectively when it can be simulated concretely and linked to the present choice. The competition problem is practical: Temporal reach matters only when it changes what is available before immediate relief dominates the interval.

EVIDENCE IN VIEW

[E108] Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups. [E109] The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

RECOVERY LENS

Link future simulation to one present action and measure what happens outside the task, over time, against an active control. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Episodic future thinking reliably changes some task outcomes but has limited evidence for durable substance-use outcomes.

MOVEMENT V · A LIFE THAT CAN COMPETE

Evidence ledger · 35. When Tomorrow Cannot Compete

LOAD-BEARING CLAIM

The future competes more effectively when it can be simulated concretely and linked to the present choice.

EPISTEMIC STATUS

Established experimental effect on discounting; clinical transfer limited

STRONGEST MAPPED ANCHORS

E108 · Tier B · Directness 5/5 · Cross-sectional group comparison

Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups.

E109 · Tier B · Directness 5/5 · Brief-intervention trial with repeated behavioral-economic measures

The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

E016 · Tier A · Directness 5/5 · Meta-analysis

Greater delayed-reward discounting is associated with addictive behavior, especially clinical samples, with substantial heterogeneity.

CONTRADICTION OR BOUNDARY

Episodic future thinking reliably changes some task outcomes but has limited evidence for durable substance-use outcomes.

ALTERNATIVE EXPLANATION

Attention, demand characteristics, mood, or general cognitive engagement may explain effects.

MAXIMUM WARRANTED WORDING

Future simulation can reduce delay discounting in several contexts, including some substance-use samples.

GAP AND DECISIVE NEXT TEST

Long-term clinical efficacy and boundary conditions remain uncertain. NEXT TEST: Test repeated future-simulation prompts on daily use and valued action with an active cognitive control.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E108 · E109 · E016 · E017 · E018 · E102 · E103 · E104 · E106 · E107 · E105 · E019†

MOVEMENT V · A LIFE THAT CAN COMPETE

36. Meaning Must Become Reachable

THE EXISTENTIAL SCENE

An admired value can remain behaviorally inert. ‘Family matters’ or ‘I want health’ may be true while no path connects the sentence to Tuesday afternoon. Meaning becomes competitive only through translation: a person, place, time, first action, tolerable cost, and a way to recover when the action fails.

ARGUMENT

The load-bearing proposition is: Meaning influences behavior only when it is translated into a reachable trajectory, not when it remains an admired abstraction. The competition problem is practical: Value-to-trajectory conversion matters only when it changes what is available before immediate relief dominates the interval.

EVIDENCE IN VIEW

[E109] The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism. [E002] Meaning-centered therapies showed improvements in quality of life and psychological stress; meaning change covaried with stress reduction.

RECOVERY LENS

For every declared value, specify one reachable trajectory and one next action; preserve the value even if the first path must change. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Meaning scores, future-thinking tasks, and valued-action measures are related but not interchangeable.

MOVEMENT V · A LIFE THAT CAN COMPETE

Evidence ledger · 36. Meaning Must Become Reachable

LOAD-BEARING CLAIM

Meaning influences behavior only when it is translated into a reachable trajectory, not when it remains an admired abstraction.

EPISTEMIC STATUS

Flow Hijacked synthesis with convergent intervention and values evidence

STRONGEST MAPPED ANCHORS

E109 · Tier B · Directness 5/5 · Brief-intervention trial with repeated behavioral-economic measures

The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

E002 · Tier A · Directness 5/5 · Meta-analysis

Meaning-centered therapies showed improvements in quality of life and psychological stress; meaning change covaried with stress reduction.

E018 · Tier A · Directness 5/5 · Systematic review

Direct SUD literature supports EFT as promising for discounting and some substance-related outcomes, while evidence remains heterogeneous.

CONTRADICTION OR BOUNDARY

Meaning scores, future-thinking tasks, and valued-action measures are related but not interchangeable.

ALTERNATIVE EXPLANATION

Improved mood, self-efficacy, or therapist support may produce both stronger meaning and action.

MAXIMUM WARRANTED WORDING

Meaning can guide recovery when it becomes specific enough to alter what can be done next.

GAP AND DECISIVE NEXT TEST

The proposed value-to-trajectory conversion has not been directly tested. NEXT TEST: Test whether pathway specificity mediates the effect of meaning-focused work on completed valued actions.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E109 · E002 · E018 · E035 · E036 · E037 · E059 · E085 · E103 · E104 · E058 · E057 · E087 · E105 · E118 · E119 · E121 · E003† · E056† · E086† · E089† · E120† · E122†

MOVEMENT V · A LIFE THAT CAN COMPETE

37. From Values to Affordances

THE EXISTENTIAL SCENE

Values tell us what matters; affordances tell us what the current environment makes doable. A kitchen with food, a phone number already entered, a meeting within walking distance, or a friend who answers at night can convert endorsement into action. The concept keeps moral aspiration connected to material design.

ARGUMENT

The load-bearing proposition is: Values become behaviorally relevant when converted into affordances: visible opportunities for concrete action under current conditions. The competition problem is practical: Affordance conversion matters only when it changes what is available before immediate relief dominates the interval.

EVIDENCE IN VIEW

[E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics. [E123] BAM provides brief repeated assessment of substance use, risk factors, and protective factors, offering a pragmatic monitoring spine for recovery-state tests.

RECOVERY LENS

Alter the environment so the valued action is visible and executable; do not count values clarification as completed change. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Values questionnaires measure endorsement or progress, not objective opportunity or immediate action availability.

MOVEMENT V · A LIFE THAT CAN COMPETE

Evidence ledger · 37. From Values to Affordances

LOAD-BEARING CLAIM

Values become behaviorally relevant when converted into affordances: visible opportunities for concrete action under current conditions.

EPISTEMIC STATUS

Convergent values measurement; FH synthesis

STRONGEST MAPPED ANCHORS**E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study**

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E048 · Tier P · Directness 5/5 · Primary humanistic-psychology text

Separates deficiency motivation from growth and Being-cognition, anchoring Maslow beyond the familiar hierarchy diagram.

E049 · Tier P · Directness 5/5 · Primary posthumous humanistic-psychology collection

Extends the frame toward B-values, peak experience, and self-transcendence, making clear that the mature Maslow is not exhausted by self-actualization.

CONTRADICTION OR BOUNDARY

Values questionnaires measure endorsement or progress, not objective opportunity or immediate action availability.

ALTERNATIVE EXPLANATION

Implementation support, reinforcement, and routine may explain action without an affordance construct.

MAXIMUM WARRANTED WORDING

The evidence supports measuring valued action separately from stated value importance.

GAP AND DECISIVE NEXT TEST

Direct SUD tests of value-to-affordance conversion are sparse. NEXT TEST: Compare values clarification alone with values plus environmental pathway design.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E126 · E048 · E049 · E051 · E062 · E123 · E124 · E125 · E041 · E063 · E088 · E118 · E119 · E121 · E082 · E120† · E122†

MOVEMENT V • A LIFE THAT CAN COMPETE

38. Love as a Dynamical Structure

THE EXISTENTIAL SCENE

Love is often placed outside the machinery of recovery as a feeling or moral ornament. Fromm invites a harder account: love is practiced attention, knowledge, care, responsibility, and respect. Repeated reliably, such acts can alter regulation, trust, truth-telling, and the set of actions available under strain.

ARGUMENT

The load-bearing proposition is: Love can be treated as a repeated relational practice that changes regulation, trust, and available action rather than as sentiment alone. The competition problem is practical: Relational attractor structure matters only when it changes what is available before immediate relief dominates the interval.

EVIDENCE IN VIEW

[E110] Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure. [E116] Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

RECOVERY LENS

Operationalize care as reliable acts and boundaries; neither intensity nor rescue is a sufficient measure of love. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Alliance, attachment, and peer-support research does not operationalize Fromm's full concept of love.

MOVEMENT V · A LIFE THAT CAN COMPETE

Evidence ledger · 38. Love as a Dynamical Structure

LOAD-BEARING CLAIM

Love can be treated as a repeated relational practice that changes regulation, trust, and available action rather than as sentiment alone.

EPISTEMIC STATUS

Primary interpretation plus convergent relational evidence

STRONGEST MAPPED ANCHORS

E110 · Tier A · Directness 5/5 · Critical review

Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure.

E116 · Tier A · Directness 5/5 · Systematic review

Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

E117 · Tier A · Directness 5/5 · Systematic review

Peer recovery models showed tentative benefits across service engagement and recovery outcomes, while many comparisons were null or methodologically fragile.

CONTRADICTION OR BOUNDARY

Alliance, attachment, and peer-support research does not operationalize Fromm's full concept of love.

ALTERNATIVE EXPLANATION

General support, treatment retention, and social resources may account for outcomes.

MAXIMUM WARRANTED WORDING

Dependable relational practice can become part of the structure that sustains recovery.

GAP AND DECISIVE NEXT TEST

Mechanistic evidence for love as a dynamical structure is indirect. NEXT TEST: Measure reliable relational actions, co-regulation, and changes in perceived options over time.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E110 · E116 · E117 · E006 · E043 · E061 · E112 · E114 · E111 · E113 · E115 · E007† · E008† · E009†

MOVEMENT V · A LIFE THAT CAN COMPETE

39. Recovery Capital Is Not Yet a Life

THE EXISTENTIAL SCENE

Recovery capital counts important resources, and that achievement should be preserved. But a resource can exist without being usable: a service too far away, a relationship too ashamed to call, a skill unavailable under panic, money committed elsewhere. A capital inventory is not yet an inhabited trajectory.

ARGUMENT

The load-bearing proposition is: Recovery capital identifies resources, but resources become protective only when they are usable, coordinated, and connected to lived trajectories. The competition problem is practical: Resource-to-attractor conversion matters only when it changes what is available before immediate relief dominates the interval.

EVIDENCE IN VIEW

[E013] Recovery capital is multidimensional and measured heterogeneously; resources are important but conceptually fragmented. [E091] The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count.

RECOVERY LENS

For each resource, measure availability, usability, coordination, and activation in the moment it is needed. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Recovery-capital measures predict and describe outcomes but do not establish the FH conversion mechanism.

MOVEMENT V · A LIFE THAT CAN COMPETE

Evidence ledger · 39. Recovery Capital Is Not Yet a Life

LOAD-BEARING CLAIM

Recovery capital identifies resources, but resources become protective only when they are usable, coordinated, and connected to lived trajectories.

EPISTEMIC STATUS

Established measurement boundary; convergent recovery evidence

STRONGEST MAPPED ANCHORS

E013 · Tier A · Directness 5/5 · Systematic review

Recovery capital is multidimensional and measured heterogeneously; resources are important but conceptually fragmented.

E091 · Tier A · Directness 5/5 · National retrospective survey

The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count.

E110 · Tier A · Directness 5/5 · Critical review

Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure.

CONTRADICTION OR BOUNDARY

Recovery-capital measures predict and describe outcomes but do not establish the FH conversion mechanism.

ALTERNATIVE EXPLANATION

Higher capital may simply index socioeconomic advantage, treatment access, or lower severity.

MAXIMUM WARRANTED WORDING

Recovery capital is important, but its availability is not identical to an inhabited life.

GAP AND DECISIVE NEXT TEST

Resource usability and conversion are not directly measured. NEXT TEST: Test whether perceived usability and actual activation mediate relations between capital and sustained remission.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E013 · E091 · E110 · E116 · E117 · E012 · E050 · E112 · E114 · E096 · E097 · E111 · E113 · E115 · E095 · E056†

MOVEMENT V · A LIFE THAT CAN COMPETE

40. Making Ordinary Life Attractive Again

THE EXISTENTIAL SCENE

Ordinary life cannot compete if it appears only as duty after vivid relief has been removed. Salience can return through repeated, manageable contact with pleasure, competence, care, contribution, and anticipation. The aim is not compulsory happiness but a day containing more than avoidance and endurance.

ARGUMENT

The load-bearing proposition is: Ordinary life can regain motivational salience through repeated contact with manageable pleasure, competence, care, and participation. The competition problem is practical: Ordinary-life salience matters only when it changes what is available before immediate relief dominates the interval.

EVIDENCE IN VIEW

[E057] Establishes that feeling good and functioning well are related but non-identical evaluative frames, sharpening the pleasure-versus-viability distinction. [E053] Operationalizes a coherent set of self-actualizing characteristics and tests their nomological links, allowing Maslow claims to be separated from mere quotation.

RECOVERY LENS

Design repeated, low-friction contact with several ordinary rewards and track anticipation as well as enjoyment and completion. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The locked corpus does not contain a dedicated behavioral-activation or savoring evidence pass for SUD recovery.

MOVEMENT V · A LIFE THAT CAN COMPETE

Evidence ledger · 40. Making Ordinary Life Attractive Again

LOAD-BEARING CLAIM

Ordinary life can regain motivational salience through repeated contact with manageable pleasure, competence, care, and participation.

EPISTEMIC STATUS

Convergent well-being evidence; direct addiction evidence limited

STRONGEST MAPPED ANCHORS**E048 · Tier P · Directness 5/5 · Primary humanistic-psychology text**

Separates deficiency motivation from growth and Being-cognition, anchoring Maslow beyond the familiar hierarchy diagram.

E049 · Tier P · Directness 5/5 · Primary posthumous humanistic-psychology collection

Extends the frame toward B-values, peak experience, and self-transcendence, making clear that the mature Maslow is not exhausted by self-actualization.

E057 · Tier A · Directness 4/5 · Narrative review

Establishes that feeling good and functioning well are related but non-identical evaluative frames, sharpening the pleasure-versus-viability distinction.

CONTRADICTION OR BOUNDARY

The locked corpus does not contain a dedicated behavioral-activation or savoring evidence pass for SUD recovery.

ALTERNATIVE EXPLANATION

Symptom remission, medication, social stability, and spontaneous recovery may restore interest independently.

MAXIMUM WARRANTED WORDING

Ordinary activities can become meaningful competitors when they are repeated, accessible, and reinforced.

GAP AND DECISIVE NEXT TEST

Direct intervention evidence for ordinary-life salience is underrepresented. NEXT TEST: Test activity scheduling that targets diversity and anticipation against standard activity scheduling.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E048 · E049 · E057 · E053 · E056† · E032†

MOVEMENT VI • ONE DAY

41. The Paradox of the Long Future

THE EXISTENTIAL SCENE

A distant future can organize sacrifice, but it can also become an unbearable contract. For someone living with uncertainty, ‘forever’ may demand confidence no present state can supply. The useful horizon may therefore be neither maximal nor minimal, but fitted to what remains alive enough to influence action.

ARGUMENT

The load-bearing proposition is: A long future can motivate, but it can also overload a person whose horizon is uncertain or difficult to simulate. Recovery is asked to face a temporal paradox. A distant life must matter, yet an indefinite promise can become too large to inhabit. The phrase ‘just for today’ is examined as a possible engineering of horizon, never as a universal mechanism already proven by trial. The temporal question is not how much future a person ought to possess, but how Temporal horizon load can keep consequence and direction usable now.

EVIDENCE IN VIEW

[E016] Greater delayed-reward discounting is associated with addictive behavior, especially clinical samples, with substantial heterogeneity. [E017] EFT reduced delay discounting overall (Hedges $g \approx 0.52$), with valence and task moderators.

RECOVERY LENS

Choose a planning horizon that preserves consequence and direction without exceeding current simulation, trust, and decision capacity. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Delay-discounting and future-thinking studies do not show that longer horizons are always better.

MOVEMENT VI · ONE DAY

Evidence ledger · 41. The Paradox of the Long Future

LOAD-BEARING CLAIM

A long future can motivate, but it can also overload a person whose horizon is uncertain or difficult to simulate.

EPISTEMIC STATUS

Convergent temporal evidence; FH synthesis

STRONGEST MAPPED ANCHORS

E016 · Tier A · Directness 5/5 · Meta-analysis

Greater delayed-reward discounting is associated with addictive behavior, especially clinical samples, with substantial heterogeneity.

E017 · Tier A · Directness 5/5 · Meta-analysis

EFT reduced delay discounting overall (Hedges $g \approx 0.52$), with valence and task moderators.

E018 · Tier A · Directness 5/5 · Systematic review

Direct SUD literature supports EFT as promising for discounting and some substance-related outcomes, while evidence remains heterogeneous.

CONTRADICTION OR BOUNDARY

Delay-discounting and future-thinking studies do not show that longer horizons are always better.

ALTERNATIVE EXPLANATION

Anxiety, uncertainty, and realistic instability may make long-horizon planning maladaptive.

MAXIMUM WARRANTED WORDING

The useful horizon may need to be long enough to matter and short enough to remain actionable.

GAP AND DECISIVE NEXT TEST

Optimal horizon length has not been established. NEXT TEST: Randomize planning horizons and test nonlinear effects on completion and distress.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E016 · E017 · E018 · E106 · E107 · E019†

MOVEMENT VI · ONE DAY

42. Just for Today as Temporal Engineering

THE EXISTENTIAL SCENE

'Just for today' can be heard as denial of the future, but its stronger form is a compression of commitment. The distant direction remains; only the unit of answerability is shortened. This may lower cognitive and emotional load, though direct controlled evidence for the one-day frame as a distinct mechanism is absent.

ARGUMENT

The load-bearing proposition is: 'Just for today' can function as temporal engineering by shrinking the commitment horizon while preserving direction. The temporal question is not how much future a person ought to possess, but how Temporal aperture can keep consequence and direction usable now.

EVIDENCE IN VIEW

[E108] Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups. [E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

RECOVERY LENS

Keep the day connected to a chosen direction and compare horizons rather than assuming one day is universally optimal. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The locked corpus lacks direct controlled evidence for one-day recovery commitments as a distinct mechanism.

MOVEMENT VI · ONE DAY

Evidence ledger · 42. Just for Today as Temporal Engineering

LOAD-BEARING CLAIM

'Just for today' can function as temporal engineering by shrinking the commitment horizon while preserving direction.

EPISTEMIC STATUS

Flow Hijacked synthesis with indirect temporal evidence

STRONGEST MAPPED ANCHORS

E108 · Tier B · Directness 5/5 · Cross-sectional group comparison

Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups.

E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E020 · Tier A · Directness 5/5 · Systematic review

Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

CONTRADICTION OR BOUNDARY

The locked corpus lacks direct controlled evidence for one-day recovery commitments as a distinct mechanism.

ALTERNATIVE EXPLANATION

Social ritual, identity, mutual aid, and reduced cognitive load may explain any benefit.

MAXIMUM WARRANTED WORDING

A one-day commitment may make action reachable without declaring the distant future irrelevant.

GAP AND DECISIVE NEXT TEST

Direct one-day commitment trials and mechanism studies are absent. NEXT TEST: Compare one-day, one-week, and indefinite commitment frames with equal support and outcome measurement.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E108 · E126 · E020 · E102 · E106 · E107 · E125

MOVEMENT VI • ONE DAY

43. The Temporal Aperture

THE EXISTENTIAL SCENE

Temporal Aperture, $H(t)$, is the portion of the future that remains usable now. It is not simply how steeply money is discounted, how vividly tomorrow is pictured, or how hopeful someone feels. It is the horizon within which values, consequences, and pathways still alter behavior.

ARGUMENT

The load-bearing proposition is: Temporal Aperture is the usable future horizon within which consequences, values, and actions remain behaviorally alive. The temporal question is not how much future a person ought to possess, but how Temporal Aperture $H(t)$ can keep consequence and direction usable now.

EVIDENCE IN VIEW

[E108] Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups. [E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

RECOVERY LENS

Measure horizon in daily life and test whether it shifts with sleep, stress, cues, support, and specific planning. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

It is related to but not identical with delay discounting, prospection, planning horizon, or hope.

MOVEMENT VI · ONE DAY

Evidence ledger · 43. The Temporal Aperture

LOAD-BEARING CLAIM

Temporal Aperture is the usable future horizon within which consequences, values, and actions remain behaviorally alive.

EPISTEMIC STATUS

Flow Hijacked hypothesis linked to established temporal evidence

STRONGEST MAPPED ANCHORS

E108 · Tier B · Directness 5/5 · Cross-sectional group comparison

Delay-discounting rates differed across substance groups, with heroin and cocaine groups discounting delayed rewards more steeply than alcohol and control groups.

E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E016 · Tier A · Directness 5/5 · Meta-analysis

Greater delayed-reward discounting is associated with addictive behavior, especially clinical samples, with substantial heterogeneity.

CONTRADICTION OR BOUNDARY

It is related to but not identical with delay discounting, prospection, planning horizon, or hope.

ALTERNATIVE EXPLANATION

Task discounting, future vividness, and environmental certainty may fully account for proposed effects.

MAXIMUM WARRANTED WORDING

A person's effective horizon appears state-dependent, but the named construct remains unvalidated.

GAP AND DECISIVE NEXT TEST

Discriminant and incremental validity are unresolved. NEXT TEST: Measure Temporal Aperture in daily life and compare it with discounting, future vividness, and observed planning.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E108 · E126 · E016 · E017 · E018 · E102 · E103 · E104 · E106 · E107 · E123 · E124 · E125 · E105 · E118 · E119 · E121 · E082 · E076 · E077 · E019† · E120† · E122†

MOVEMENT VI • ONE DAY

44. Action Before Certainty

THE EXISTENTIAL SCENE

Waiting for certainty can make action impossible because recovery often changes the evidence on which confidence would later rest. A bounded action can precede conviction: attend once, make one call, take prescribed medication today, tell one true sentence. This is not a celebration of risk; support and reversibility matter.

ARGUMENT

The load-bearing proposition is: Recovery often requires action before certainty, with enough support to move without demanding complete confidence. The temporal question is not how much future a person ought to possess, but how Movement under uncertainty can keep consequence and direction usable now.

EVIDENCE IN VIEW

[E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics. [E123] BAM provides brief repeated assessment of substance use, risk factors, and protective factors, offering a pragmatic monitoring spine for recovery-state tests.

RECOVERY LENS

Define the smallest safe action that can generate new information without demanding complete belief in the whole path. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The claim should not romanticize risk or imply action is always preferable to waiting, assessment, or protection.

MOVEMENT VI · ONE DAY

Evidence ledger · 44. Action Before Certainty

LOAD-BEARING CLAIM

Recovery often requires action before certainty, with enough support to move without demanding complete confidence.

EPISTEMIC STATUS

Primary interpretation plus convergent committed-action evidence

STRONGEST MAPPED ANCHORS

E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E040 · Tier P · Directness 5/5 · Primary clinical-philosophical text

Distinguishes anxiety bound to threat from anxiety opened by possibility, supporting Freedom Load without treating all discomfort as pathology.

E044 · Tier P · Directness 5/5 · Primary philosophical text

Supplies the tension between facticity and transcendence, plus bad faith and the Look, for a non-naive account of freedom under constraint.

CONTRADICTION OR BOUNDARY

The claim should not romanticize risk or imply action is always preferable to waiting, assessment, or protection.

ALTERNATIVE EXPLANATION

Behavioral activation, contingency management, and external structure may explain action independently of existential courage.

MAXIMUM WARRANTED WORDING

People can take bounded valued action while uncertainty remains.

GAP AND DECISIVE NEXT TEST

Direct tests of existential courage as a mechanism are lacking. NEXT TEST: Compare confidence, uncertainty, and action initiation under graded support.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E126 · E040 · E044 · E123 · E124 · E125 · E021 · E041 · E045 · E047

MOVEMENT VI • ONE DAY

45. Micro Commitments and Large Lives

THE EXISTENTIAL SCENE

Small actions become a life only when they retain continuity. A completed task may be useful but isolated; a trajectory appears when actions point in a recognizable direction, survive interruption, and become supported by identity and environment. Counting actions alone can mistake compliance for growth.

ARGUMENT

The load-bearing proposition is: Small commitments can accumulate into coherent trajectories when they are linked across time and supported by identity and environment. The temporal question is not how much future a person ought to possess, but how Trajectory stitching can keep consequence and direction usable now.

EVIDENCE IN VIEW

[E101] BARC-10 provides a concise, strength-oriented index of recovery capital suitable for repeated or low-burden assessment. [E109] The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

RECOVERY LENS

Link each micro-commitment to a direction, record interruptions without prosecution, and design a reliable return path. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Micro-actions do not automatically compound and can become empty compliance or perfectionistic scorekeeping.

MOVEMENT VI · ONE DAY

Evidence ledger · 45. Micro Commitments and Large Lives

LOAD-BEARING CLAIM

Small commitments can accumulate into coherent trajectories when they are linked across time and supported by identity and environment.

EPISTEMIC STATUS

Convergent identity evidence; FH hypothesis

STRONGEST MAPPED ANCHORS

E101 · Tier B · Directness 5/5 · Brief measure development and validation

BARC-10 provides a concise, strength-oriented index of recovery capital suitable for repeated or low-burden assessment.

E109 · Tier B · Directness 5/5 · Brief-intervention trial with repeated behavioral-economic measures

The brief intervention reduced indices of substance reward value; delay discounting and reward value behaved as distinguishable change targets rather than a single mechanism.

E012 · Tier A · Directness 5/5 · Systematic review

Recovery identity transformation is socially mediated; social support and turning points help movement toward recovery identity/citizenship.

CONTRADICTION OR BOUNDARY

Micro-actions do not automatically compound and can become empty compliance or perfectionistic scorekeeping.

ALTERNATIVE EXPLANATION

Habit formation, reinforcement, and social accountability may explain accumulation without trajectory stitching.

MAXIMUM WARRANTED WORDING

Small actions can support larger change when their direction and continuity are preserved.

GAP AND DECISIVE NEXT TEST

The stitching mechanism lacks direct measurement. NEXT TEST: Model whether continuity among small valued actions predicts identity and quality of life beyond action count.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E101 · E109 · E012 · E096 · E097 · E098 · E099†

MOVEMENT VI • ONE DAY

46. Today Is Not Small

THE EXISTENTIAL SCENE

A day is not merely a fragment of a larger life. It can contain a complete act of truth, care, restraint, work, grief, or relation. Present focus becomes evasive only when it is cut off from consequence; joined to values, the day is a full scale at which a life can be enacted.

ARGUMENT

The load-bearing proposition is: A present-focused frame can be complete enough for meaningful action without denying history or the future. The temporal question is not how much future a person ought to possess, but how Local completeness can keep consequence and direction usable now.

EVIDENCE IN VIEW

[E069] Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge. [E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

RECOVERY LENS

Design a complete day with one act of care, one act of connection, one tolerable demand, and one explicit bridge to tomorrow. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Mindfulness effects are modest and heterogeneous, and present focus can become avoidance when detached from consequence.

MOVEMENT VI • ONE DAY

Evidence ledger • 46. Today Is Not Small

LOAD-BEARING CLAIM

A present-focused frame can be complete enough for meaningful action without denying history or the future.

EPISTEMIC STATUS

Convergent mindfulness and EMA evidence; philosophical synthesis

STRONGEST MAPPED ANCHORS

E069 • Tier B • Directness 5/5 • Critical methodological review

Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge.

E126 • Tier B • Directness 5/5 • Two-week ecological momentary assessment study

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E020 • Tier A • Directness 5/5 • Systematic review

Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

CONTRADICTION OR BOUNDARY

Mindfulness effects are modest and heterogeneous, and present focus can become avoidance when detached from consequence.

ALTERNATIVE EXPLANATION

Reduced rumination, attentional control, or social ritual may explain benefits.

MAXIMUM WARRANTED WORDING

Daily presence can support recovery when it remains connected to values and consequences.

GAP AND DECISIVE NEXT TEST

Direct evidence for 'local completeness' is absent; the original role map contained no anchors. NEXT TEST: Test present-focused practices with and without explicit linkage to future-valued action.

FULL ANCHOR MAP • † = CONTEXT/BOUNDARY

E069 • E126 • E020 • E064 • E125 • E070 • E068

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

47. Fromm Meets Zen

THE EXISTENTIAL SCENE

Fromm's conversation with Zen belongs to a particular twentieth-century encounter among psychoanalysis, humanism, and selected Buddhist ideas. It is illuminating precisely when its selectivity is acknowledged. The bridge concerns automatic living, possessive selfhood, attention, and productive presence; it does not collapse traditions into one therapeutic language.

ARGUMENT

The load-bearing proposition is: Fromm's encounter with Zen offers a historical bridge around nonattachment and Being, but the traditions must remain distinct. Fromm's encounter with Zen opens a bridge, not a merger. The movement explores being, nonattachment, and changing identity while guarding historical difference, the limits of mindfulness evidence, and the possibility that a recovery identity can be both scaffold and enclosure. The bridge through Fromm is kept historical and selective. Being mode; nonattachment remains a question for recovery rather than a claim that traditions or mechanisms are identical.

EVIDENCE IN VIEW

[E069] Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge. [E066] Finds nonattachment statistically distinguishes and partially links mindfulness with well-being and distress, making it a candidate process rather than decorative Buddhist language.

RECOVERY LENS

Use the historical bridge to sharpen questions, then return to primary traditions and living interpreters before making equivalence claims. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Fromm's reading is selective and historically situated; it is not a neuroscience claim or an authoritative account of all Buddhist traditions.

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

Evidence ledger · 47. Fromm Meets Zen

LOAD-BEARING CLAIM

Fromm's encounter with Zen offers a historical bridge around nonattachment and Being, but the traditions must remain distinct.

EPISTEMIC STATUS

Primary and historical interpretation with explicit boundary

STRONGEST MAPPED ANCHORS

E069 · Tier B · Directness 5/5 · Critical methodological review

Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge.

E028 · Tier P · Directness 5/5 · Primary theoretical text

Canonical Fromm-Zen bridge: awareness, alienation, being and transformation.

E043 · Tier P · Directness 5/5 · Primary philosophical text

Defines I-Thou and I-It as modes of relation, grounding relational presence without reducing it to social support or attachment style.

CONTRADICTION OR BOUNDARY

Fromm's reading is selective and historically situated; it is not a neuroscience claim or an authoritative account of all Buddhist traditions.

ALTERNATIVE EXPLANATION

Shared vocabulary may reflect broad therapeutic modernism rather than deep conceptual equivalence.

MAXIMUM WARRANTED WORDING

Fromm used Zen to sharpen a critique of possessive selfhood and automatic living.

GAP AND DECISIVE NEXT TEST

Contemporary cross-cultural scholarship remains limited in the locked corpus. NEXT TEST: Compare Fromm's concepts with primary Zen sources and living-practitioner interpretations without assuming identity.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E069 · E028 · E043 · E061 · E062 · E066 · E064 · E065 · E070 · E068 · E063 · E029 · E055† · E030† · E067† · E071† · E031†

48. Having Recovery

THE EXISTENTIAL SCENE

A recovery identity can protect action by making promises, relationships, and communities legible. The same identity can become brittle if every doubt threatens expulsion or every lapse cancels the whole self. The problem is not identification but possession: holding the identity so tightly that it can no longer change.

ARGUMENT

The load-bearing proposition is: Recovery identity can provide scaffolding while becoming restrictive if treated as a possession that must constantly be defended. The bridge through Fromm is kept historical and selective. Having-mode recovery remains a question for recovery rather than a claim that traditions or mechanisms are identical.

EVIDENCE IN VIEW

[E091] The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count. [E100] SURE operationalized recovery across substance use, self-care, relationships, material resources, and outlook, preserving multidimensional recovery in a brief PROM.

RECOVERY LENS

Preserve belonging and accountability while allowing recovery identity to be plural, developmental, and larger than one label. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

A strong recovery identity can be protective and should not be portrayed as inherently imprisoning.

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

Evidence ledger · 48. Having Recovery

LOAD-BEARING CLAIM

Recovery identity can provide scaffolding while becoming restrictive if treated as a possession that must constantly be defended.

EPISTEMIC STATUS

Convergent identity evidence plus Frommian synthesis

STRONGEST MAPPED ANCHORS**E091 · Tier A · Directness 5/5 · National retrospective survey**

The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count.

E100 · Tier B · Directness 5/5 · Patient-reported outcome measure development

SURE operationalized recovery across substance use, self-care, relationships, material resources, and outlook, preserving multidimensional recovery in a brief PROM.

E101 · Tier B · Directness 5/5 · Brief measure development and validation

BARC-10 provides a concise, strength-oriented index of recovery capital suitable for repeated or low-burden assessment.

CONTRADICTION OR BOUNDARY

A strong recovery identity can be protective and should not be portrayed as inherently imprisoning.

ALTERNATIVE EXPLANATION

Stigma, group norms, or fragile social support may cause rigidity rather than identity itself.

MAXIMUM WARRANTED WORDING

Recovery identity can function as scaffold without becoming the whole person.

GAP AND DECISIVE NEXT TEST

Longitudinal evidence on identity flexibility is limited. NEXT TEST: Track identity centrality, flexibility, belonging, and outcomes across stages of recovery.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E091 · E100 · E101 · E102 · E060 · E062 · E090 · E094 · E098 · E099† · E092†

49. Being in Recovery

THE EXISTENTIAL SCENE

Being in recovery shifts emphasis from proving a status to participating in a life. It can include medication, abstinence, reduced harm, fellowship, work, care, and rest; the point is not to demote milestones but to prevent them from becoming the only evidence that living is occurring.

ARGUMENT

The load-bearing proposition is: Being in recovery emphasizes present participation, relationship, and productive activity rather than proof of status. The bridge through Fromm; Buber is kept historical and selective. Being-mode recovery remains a question for recovery rather than a claim that traditions or mechanisms are identical.

EVIDENCE IN VIEW

[E110] Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure. [E116] Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

RECOVERY LENS

Measure participation, relation, and productive engagement alongside status and duration, without prescribing one legitimate recovery pathway. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Being-mode language is interpretive and must not devalue abstinence milestones, medication, or structured identities.

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

Evidence ledger · 49. Being in Recovery

LOAD-BEARING CLAIM

Being in recovery emphasizes present participation, relationship, and productive activity rather than proof of status.

EPISTEMIC STATUS

Primary interpretation plus convergent recovery and relational evidence

STRONGEST MAPPED ANCHORS**E110 · Tier A · Directness 5/5 · Critical review**

Alliance was more consistently linked to engagement and retention than to substance-use outcomes, making relationship a process condition rather than a guaranteed cure.

E116 · Tier A · Directness 5/5 · Systematic review

Peer-delivered services showed generally favorable signals for engagement, substance use, and recovery-related outcomes.

E117 · Tier A · Directness 5/5 · Systematic review

Peer recovery models showed tentative benefits across service engagement and recovery outcomes, while many comparisons were null or methodologically fragile.

CONTRADICTION OR BOUNDARY

Being-mode language is interpretive and must not devalue abstinence milestones, medication, or structured identities.

ALTERNATIVE EXPLANATION

Quality of life and social connection may improve because substance use falls, not because a being orientation changed.

MAXIMUM WARRANTED WORDING

Recovery may deepen when lived engagement matters alongside status and duration.

GAP AND DECISIVE NEXT TEST

No validated being-mode recovery measure exists. NEXT TEST: Develop behavioral indicators of engagement and test their relation to identity flexibility and sustained recovery.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E110 · E116 · E117 · E012 · E061 · E062 · E066 · E112 · E114 · E064 · E093 · E096 · E097 · E111 · E113 · E115 · E095 · E070 · E063

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

50. No Fixed Self and the Problem of Authenticity

THE EXISTENTIAL SCENE

Recovery is often described as finding the ‘real self.’ That language can heal after years of estrangement, but it can also impose a hidden essence against which every change is judged. Sartrean nonessentialism and Buddhist no-self differ profoundly, yet both unsettle the demand that authenticity require one fixed core.

ARGUMENT

The load-bearing proposition is: Coherence does not require a fixed essence; identity can remain intelligible while changing through action and relation. The bridge through Sartre; Buddhist bridge; Fromm is kept historical and selective. Coherence without fixed essence remains a question for recovery rather than a claim that traditions or mechanisms are identical.

EVIDENCE IN VIEW

[E069] Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge. [E066] Finds nonattachment statistically distinguishes and partially links mindfulness with well-being and distress, making it a candidate process rather than decorative Buddhist language.

RECOVERY LENS

Seek coherence across changing commitments, relationships, and acts rather than proof of an immutable essence. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Buddhist no-self, Sartrean nonessentialism, and contemporary psychometrics are not interchangeable doctrines.

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

Evidence ledger · 50. No Fixed Self and the Problem of Authenticity

LOAD-BEARING CLAIM

Coherence does not require a fixed essence; identity can remain intelligible while changing through action and relation.

EPISTEMIC STATUS

Primary interpretation plus convergent nonattachment and identity evidence

STRONGEST MAPPED ANCHORS

E069 · Tier B · Directness 5/5 · Critical methodological review

Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge.

E028 · Tier P · Directness 5/5 · Primary theoretical text

Canonical Fromm-Zen bridge: awareness, alienation, being and transformation.

E044 · Tier P · Directness 5/5 · Primary philosophical text

Supplies the tension between facticity and transcendence, plus bad faith and the Look, for a non-naive account of freedom under constraint.

CONTRADICTION OR BOUNDARY

Buddhist no-self, Sartrean nonessentialism, and contemporary psychometrics are not interchangeable doctrines.

ALTERNATIVE EXPLANATION

Narrative continuity, memory, and social recognition may explain coherence without the proposed synthesis.

MAXIMUM WARRANTED WORDING

Recovery can permit deep identity change without demanding discovery of one final authentic self.

GAP AND DECISIVE NEXT TEST

Empirical measures of coherence-without-essentialism are lacking. NEXT TEST: Test whether flexible coherence predicts adaptation better than either identity diffusion or rigid essentialism.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E069 · E028 · E044 · E066 · E064 · E065 · E095 · E068 · E054† · E030† · E067† · E071† · E031†

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

51. Grasping and the Exit Attractor

THE EXISTENTIAL SCENE

Grasping names the attempt to secure relief, identity, or control so completely that the effort itself narrows the field. In addition, craving and learned reinforcement require no Buddhist explanation. Still, the experiential language of grasping may help distinguish wanting from the rigid demand that one state must end now.

ARGUMENT

The load-bearing proposition is: Grasping describes rigid attempts to secure relief, identity, or control that can intensify recurrent capture by an exit behavior. The bridge through Fromm; Buddhist bridge; Flow Hijacked is kept historical and selective. Capture / grasping remains a question for recovery rather than a claim that traditions or mechanisms are identical.

EVIDENCE IN VIEW

[E066] Finds nonattachment statistically distinguishes and partially links mindfulness with well-being and distress, making it a candidate process rather than decorative Buddhist language. [E064] Operationalizes nonattachment as flexible nonfixation distinct from detachment, avoidance, or absence of close bonds.

RECOVERY LENS

Observe the transition from preference to necessity language and test whether flexibility changes the route to action. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Nonattachment is not indifference, and craving data do not directly establish a Buddhist mechanism.

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

Evidence ledger · 51. Grasping and the Exit Attractor

LOAD-BEARING CLAIM

Grasping describes rigid attempts to secure relief, identity, or control that can intensify recurrent capture by an exit behavior.

EPISTEMIC STATUS

Convergent nonattachment and craving evidence; FH synthesis

STRONGEST MAPPED ANCHORS

E028 · Tier P · Directness 5/5 · Primary theoretical text

Canonical Fromm-Zen bridge: awareness, alienation, being and transformation.

E066 · Tier A · Directness 5/5 · Meta-analytic structural equation modeling

Finds nonattachment statistically distinguishes and partially links mindfulness with well-being and distress, making it a candidate process rather than decorative Buddhist language.

E064 · Tier B · Directness 5/5 · Scale development and validation

Operationalizes nonattachment as flexible nonfixation distinct from detachment, avoidance, or absence of close bonds.

CONTRADICTION OR BOUNDARY

Nonattachment is not indifference, and craving data do not directly establish a Buddhist mechanism.

ALTERNATIVE EXPLANATION

Cue learning, withdrawal, and reinforcement can explain craving without grasping language.

MAXIMUM WARRANTED WORDING

Rigid attachment to immediate relief may be one experiential route into repeated capture.

GAP AND DECISIVE NEXT TEST

Direct mediation from grasping to use is not established. NEXT TEST: Measure nonattachment, experiential avoidance, craving, and use intensively to test temporal mediation.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E028 · E066 · E064 · E065 · E070 · E068 · E063 · E030† · E067† · E031†

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

52. Acceptance, Revolt and Non Attachment

THE EXISTENTIAL SCENE

Three movements can be separated without being isolated: allow the present experience, refuse the harmful capture, and loosen the demand to possess a particular self or outcome. Their conjunction is a Flow Hijacked synthesis, not an ancient doctrine or established treatment package. Its value depends on whether it changes action safely.

ARGUMENT

The load-bearing proposition is: Acceptance, revolt, and nonattachment can be coordinated as allowing reality, refusing capture, and loosening possession of outcome. The bridge through Camus; Buddhist bridge is kept historical and selective. Accept state / refuse capture remains a question for recovery rather than a claim that traditions or mechanisms are identical.

EVIDENCE IN VIEW

[E069] Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge. [E066] Finds nonattachment statistically distinguishes and partially links mindfulness with well-being and distress, making it a candidate process rather than decorative Buddhist language.

RECOVERY LENS

Name each movement and its object; assess whether the sequence increases flexibility and protection rather than passivity or self-attack. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The synthesis joins distinct traditions and is not an established treatment package.

MOVEMENT VII · BEING, RELATION AND THE BUDDHIST BRIDGE

Evidence ledger · 52. Acceptance, Revolt and Non Attachment

LOAD-BEARING CLAIM

Acceptance, revolt, and nonattachment can be coordinated as allowing reality, refusing capture, and loosening possession of outcome.

EPISTEMIC STATUS

Flow Hijacked synthesis with convergent ACT/nonattachment evidence

STRONGEST MAPPED ANCHORS

E069 · Tier B · Directness 5/5 · Critical methodological review

Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge.

E028 · Tier P · Directness 5/5 · Primary theoretical text

Canonical Fromm-Zen bridge: awareness, alienation, being and transformation.

E046 · Tier P · Directness 5/5 · Primary philosophical-literary essay

Makes lucid confrontation with the absurd compatible with continued living, revolt, and freedom without requiring a final cosmic answer.

CONTRADICTION OR BOUNDARY

The synthesis joins distinct traditions and is not an established treatment package.

ALTERNATIVE EXPLANATION

Standard psychological flexibility or coping models may explain the same behavior more parsimoniously.

MAXIMUM WARRANTED WORDING

The three stances can be presented as complementary options, not as one historical doctrine.

GAP AND DECISIVE NEXT TEST

No direct comparative or component evidence exists. NEXT TEST: Use dismantling designs to compare acceptance, committed resistance, and outcome nonattachment.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E069 · E028 · E046 · E066 · E064 · E065 · E070 · E068 · E021 · E047 · E063 · E067† · E071† · E031†

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

53. What Would Count as Evidence?

THE EXISTENTIAL SCENE

A framework becomes scientific not when it borrows equations, but when it risks being wrong. Each construct must be operationalized, separated from its neighbors, linked to prospective predictions, and tested against plausible rivals. Philosophy can generate questions; it cannot be entered into an effect-size column.

ARGUMENT

The load-bearing proposition is: A Flow Hijacked claim counts as scientific only when its constructs are operationalized, predictions are risky, and competing explanations can outperform it. The final movement turns the framework against itself. It asks what would count as evidence, what would falsify each construct, how measurement could avoid becoming surveillance, and how to remain with a person for whom no answer has yet become available. The framework now accepts its burden of proof. Evidence boundaries must be measured, compared, and exposed to findings that would force revision or rejection.

EVIDENCE IN VIEW

[E069] Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge. [E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

RECOVERY LENS

Label every statement as empirical result, authors' interpretation, broader inference, FH synthesis, or new hypothesis before using it. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Conceptual elegance, clinical resonance, and cross-domain analogy are not validation.

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

Evidence ledger · 53. What Would Count as Evidence?

LOAD-BEARING CLAIM

A Flow Hijacked claim counts as scientific only when its constructs are operationalized, predictions are risky, and competing explanations can outperform it.

EPISTEMIC STATUS

Methodological standard

STRONGEST MAPPED ANCHORS

E069 · Tier B · Directness 5/5 · Critical methodological review

Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge.

E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E001 · Tier A · Directness 5/5 · Meta-analysis

Meaning-focused existential therapies improved meaning and showed moderate effects on psychopathology/self-efficacy; other existential modalities had weaker or nonsignificant evidence.

CONTRADICTION OR BOUNDARY

Conceptual elegance, clinical resonance, and cross-domain analogy are not validation.

ALTERNATIVE EXPLANATION

Established constructs may explain every proposed result with less complexity.

MAXIMUM WARRANTED WORDING

The framework should be judged by incremental prediction, manipulation, replication, and boundary-sensitive failure.

GAP AND DECISIVE NEXT TEST

No complete preregistered test exists. NEXT TEST: Publish measures, analysis plans, null results, and out-of-sample comparisons before efficacy claims.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E069 · E126 · E001 · E002 · E022 · E036 · E038 · E042 · E059 · E085 · E123 · E124 · E125 · E058 · E070 · E004 · E005 · E039 · E052 · E075 · E034 · E053 · E078 · E079 · E118 · E119 · E121 · E055† · E054† · E086† · E089† · E120† · E122†

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

54. Measuring Reachable Life

THE EXISTENTIAL SCENE

Reachable life cannot be measured by one retrospective score. It requires repeated reports, observed initiation, actual opportunity, social context, bodily state, and outcomes that matter to the person. Intensive measurement can reveal sequence, but it can also burden, surveil, and alter the life it seeks to describe.

ARGUMENT

The load-bearing proposition is: Reachable life should be measured through repeated reports of perceived options, valued action, context, and actual behavior rather than one retrospective score. The framework now accepts its burden of proof. Reachable-life measures must be measured, compared, and exposed to findings that would force revision or rejection.

EVIDENCE IN VIEW

[E013] Recovery capital is multidimensional and measured heterogeneously; resources are important but conceptually fragmented. [E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

RECOVERY LENS

Use the lowest-burden multimethod design that can answer the question, with consent, data minimization, and participant control. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

EMA increases ecological resolution but also burden, missingness, reactivity, and privacy risk.

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

Evidence ledger · 54. Measuring Reachable Life

LOAD-BEARING CLAIM

Reachable life should be measured through repeated reports of perceived options, valued action, context, and actual behavior rather than one retrospective score.

EPISTEMIC STATUS

Established measurement methods; FH operational proposal

STRONGEST MAPPED ANCHORS**E013 · Tier A · Directness 5/5 · Systematic review**

Recovery capital is multidimensional and measured heterogeneously; resources are important but conceptually fragmented.

E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E020 · Tier A · Directness 5/5 · Systematic review

Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

CONTRADICTION OR BOUNDARY

EMA increases ecological resolution but also burden, missingness, reactivity, and privacy risk.

ALTERNATIVE EXPLANATION

Standard recovery, functioning, and craving measures may be sufficient.

MAXIMUM WARRANTED WORDING

A multimethod battery can test reachability while preserving established outcomes.

GAP AND DECISIVE NEXT TEST

The proposed battery needs feasibility, validity, and measurement-invariance testing. NEXT TEST: Pilot low-burden EMA with passive context only under explicit consent and compare it with BAM, TOP, and recovery-capital measures.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E013 · E126 · E020 · E022 · E059 · E066 · E064 · E065 · E123 · E124 · E125 · E058 · E057 · E034 · E078 · E079 · E121 · E082 · E076 · E077 · E023† · E056† · E071† · E120† · E122†

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

55. The Existential Collapse Signature

THE EXISTENTIAL SCENE

The proposed collapse signature is a temporal pattern, not a biomarker: possibilities contract, valued futures lose pull, the usable horizon shortens, relational access falls, and convergence on the exit increases. Any component may occur without relapse; the hypothesis concerns coordinated change and its timing.

ARGUMENT

The load-bearing proposition is: An existential collapse signature would be a person-specific pattern in which perceived options, temporal aperture, connection, and viability deteriorate before urgent exit behavior. The framework now accepts its burden of proof. Collapse signature must be measured, compared, and exposed to findings that would force revision or rejection.

EVIDENCE IN VIEW

[E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics. [E020] Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

RECOVERY LENS

Treat alerts as probabilistic invitations to check in, never as verdicts, coercive triggers, or proof of concealed use. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Current EMA findings show probabilistic precursors, not a validated signature, and craving did not predict next use uniformly across substances.

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

Evidence ledger · 55. The Existential Collapse Signature

LOAD-BEARING CLAIM

An existential collapse signature would be a person-specific pattern in which perceived options, temporal aperture, connection, and viability deteriorate before urgent exit behavior.

EPISTEMIC STATUS

New Flow Hijacked hypothesis

STRONGEST MAPPED ANCHORS

E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E020 · Tier A · Directness 5/5 · Systematic review

Craving measured in daily life is commonly associated with substance use; timing and within-person context matter strongly.

E125 · Tier B · Directness 5/5 · Ecological momentary assessment cohort

Real-time cue exposure and mood shifted in the hours preceding craving and drug use, demonstrating measurable within-person precursors outside the clinic.

CONTRADICTION OR BOUNDARY

Current EMA findings show probabilistic precursors, not a validated signature, and craving did not predict next use uniformly across substances.

ALTERNATIVE EXPLANATION

Withdrawal, cue exposure, mood, location, and routine may predict use equally or better.

MAXIMUM WARRANTED WORDING

The framework proposes a testable multivariable precursor pattern, not an existing biomarker.

GAP AND DECISIVE NEXT TEST

No validated signature or clinical threshold exists. NEXT TEST: Train person-specific models with nested validation and compare against craving-only and context-only baselines.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E126 · E020 · E125 · E025 · E075 · E074 · E024 · E073 · E080 · E081 · E072 · E083 · E084†

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

56. What Would Falsify Flow Hijacked Here?

THE EXISTENTIAL SCENE

The framework should be abandoned or revised wherever its constructs cannot be measured reliably, cannot be distinguished from existing variables, fail to improve prediction, or do not respond when the proposed mechanism is changed. A poetic fit after the fact is not survival of a test.

ARGUMENT

The load-bearing proposition is: Flow Hijacked would be weakened if its constructs lack discriminant validity, fail out-of-sample prediction, or add no benefit to intervention design. The framework now accepts its burden of proof. Falsifiability must be measured, compared, and exposed to findings that would force revision or rejection.

EVIDENCE IN VIEW

[E069] Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge. [E126] Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

RECOVERY LENS

Precommit to failure criteria for reliability, discriminant validity, incremental prediction, intervention response, and replication. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

A flexible framework can evade failure unless measures and predictions are fixed in advance.

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

Evidence ledger · 56. What Would Falsify Flow Hijacked Here?

LOAD-BEARING CLAIM

Flow Hijacked would be weakened if its constructs lack discriminant validity, fail out-of-sample prediction, or add no benefit to intervention design.

EPISTEMIC STATUS

Explicit falsifiability criterion

STRONGEST MAPPED ANCHORS

E069 · Tier B · Directness 5/5 · Critical methodological review

Identifies definitional, measurement, comparison-group, adverse-event, and media-translation problems that must bound any contemplative bridge.

E126 · Tier B · Directness 5/5 · Two-week ecological momentary assessment study

Craving predicted the next substance-use episode in alcohol, tobacco, and cannabis groups but not in the opiate group, exposing both common and substance-specific dynamics.

E123 · Tier B · Directness 5/5 · Clinical monitoring measure development

BAM provides brief repeated assessment of substance use, risk factors, and protective factors, offering a pragmatic monitoring spine for recovery-state tests.

CONTRADICTION OR BOUNDARY

A flexible framework can evade failure unless measures and predictions are fixed in advance.

ALTERNATIVE EXPLANATION

Any apparent gain may result from more variables, overfitting, or common-method bias.

MAXIMUM WARRANTED WORDING

The theory must permit clear empirical loss against simpler alternatives.

GAP AND DECISIVE NEXT TEST

Pre-registration, independent replication, and adversarial comparison have not yet occurred. NEXT TEST: Specify minimum incremental effects, external validation cohorts, and abandonment or revision rules.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E069 · E126 · E123 · E124 · E125 · E025 · E075 · E078 · E079 · E024 · E026 · E073 · E118 · E119 · E121 · E072 · E027† · E120† · E122†

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

57. The Person Who Still Has No Answer

THE EXISTENTIAL SCENE

A humane theory must remain usable when meaning does not appear. The person who has no answer should not be made to fail a second test—first the suffering, then the demand to redeem it. Safety, medication, food, sleep, company, and time can precede interpretation.

ARGUMENT

The load-bearing proposition is: Recovery does not require a final philosophical answer; humane care must remain available to the person who still feels no meaning. The framework now accepts its burden of proof. Direction without certainty must be measured, compared, and exposed to findings that would force revision or rejection.

EVIDENCE IN VIEW

[E068] Documents a wide range of difficult meditation-related experiences, preventing nonattachment and contemplative practice from being presented as uniformly benign or linear. [E088] Dignity therapy was highly acceptable and improved some patient-rated dignity, helpfulness, and end-of-life experience outcomes, while the primary distress outcome was not clearly superior.

RECOVERY LENS

Offer care before explanation; keep the door to meaning open without stationing a guard who demands an answer. This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

Meaning-centered work should never become a demand to find meaning or a reason to blame someone for persistent despair.

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

Evidence ledger · 57. The Person Who Still Has No Answer

LOAD-BEARING CLAIM

Recovery does not require a final philosophical answer; humane care must remain available to the person who still feels no meaning.

EPISTEMIC STATUS

Primary ethical synthesis with limited clinical convergence

STRONGEST MAPPED ANCHORS

E046 · Tier P · Directness 5/5 · Primary philosophical-literary essay

Makes lucid confrontation with the absurd compatible with continued living, revolt, and freedom without requiring a final cosmic answer.

E068 · Tier B · Directness 4/5 · Mixed-methods qualitative taxonomy

Documents a wide range of difficult meditation-related experiences, preventing nonattachment and contemplative practice from being presented as uniformly benign or linear.

E088 · Tier A · Directness 3/5 · Randomized controlled trial

Dignity therapy was highly acceptable and improved some patient-rated dignity, helpfulness, and end-of-life experience outcomes, while the primary distress outcome was not clearly superior.

CONTRADICTION OR BOUNDARY

Meaning-centered work should never become a demand to find meaning or a reason to blame someone for persistent despair.

ALTERNATIVE EXPLANATION

Safety, symptom treatment, material support, and relationship may matter before explicit meaning changes.

MAXIMUM WARRANTED WORDING

Direction can begin with protection, contact, and one bounded action even when meaning remains unresolved.

GAP AND DECISIVE NEXT TEST

Direct evidence for this ethical sequencing is limited. NEXT TEST: Compare meaning-demanding versus permission-based framing on alliance, shame, and engagement.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E046 · E068 · E088 · E087

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

58. A Life Worth Moving Toward

THE EXISTENTIAL SCENE

The final claim is architectural rather than triumphant. Recovery may become more sustainable when several valued and relationally supported trajectories are reachable enough to compete with immediate escape. This does not replace medication, harm reduction, psychotherapy, mutual aid, or material support; it asks how their gains become a life.

ARGUMENT

The load-bearing proposition is: Recovery becomes more sustainable when a plurality of reachable, valued, and relationally supported life trajectories can compete with immediate escape. The framework now accepts its burden of proof. Full synthesis must be measured, compared, and exposed to findings that would force revision or rejection.

EVIDENCE IN VIEW

[E091] The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count. [E100] SURE operationalized recovery across substance use, self-care, relationships, material resources, and outlook, preserving multidimensional recovery in a brief PROM.

RECOVERY LENS

End with a plural map: what is reachable now, what can be made reachable, who helps, what protects safety, and what would show the framework is wrong? This is a direction for inquiry and design, not individualized instruction.

BOUNDARY CARRIED FORWARD

The complete causal model is unvalidated, component evidence is heterogeneous, and no framework should replace individualized care or established treatments.

MOVEMENT VIII · LIVING WITHOUT FINAL ANSWERS

Evidence ledger · 58. A Life Worth Moving Toward

LOAD-BEARING CLAIM

Recovery becomes more sustainable when a plurality of reachable, valued, and relationally supported life trajectories can compete with immediate escape.

EPISTEMIC STATUS

Cross-domain Flow Hijacked synthesis; evidence locked with explicit transfer boundaries

STRONGEST MAPPED ANCHORS

E091 · Tier A · Directness 5/5 · National retrospective survey

The distribution of recovery attempts was highly skewed: many people reported few attempts, while a smaller subgroup reported many, sharpening the boundary against a mythical universal attempt count.

E100 · Tier B · Directness 5/5 · Patient-reported outcome measure development

SURE operationalized recovery across substance use, self-care, relationships, material resources, and outlook, preserving multidimensional recovery in a brief PROM.

E101 · Tier B · Directness 5/5 · Brief measure development and validation

BARC-10 provides a concise, strength-oriented index of recovery capital suitable for repeated or low-burden assessment.

CONTRADICTION OR BOUNDARY

The complete causal model is unvalidated, component evidence is heterogeneous, and no framework should replace individualized care or established treatments.

ALTERNATIVE EXPLANATION

Learning, reinforcement, treatment exposure, socioeconomic stability, and spontaneous change may explain outcomes without FH constructs.

MAXIMUM WARRANTED WORDING

The evidence supports testing whether viable, reachable life trajectories add explanatory and practical value to established recovery models.

GAP AND DECISIVE NEXT TEST

Integrated prospective and intervention evidence is absent. NEXT TEST: Run a multisite longitudinal study followed by mechanism-targeted trials with public null reporting.

FULL ANCHOR MAP · † = CONTEXT/BOUNDARY

E091 · E100 · E101 · E035 · E043 · E059 · E090 · E093 · E094 · E099† · E092†

[E001] Vos J, Craig M, Cooper M. Existential therapies: a meta-analysis of their effects on psychological outcomes.

Lane B · Meta-analysis · Tier A · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/25045907/>

[E002] Vos J et al. The effects of psychological meaning-centered therapies on quality of life and psychological stress: a meta-analysis.

Lane B · Meta-analysis · Tier A · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/30246682/>

[E003] Breitbart W et al. Individual meaning-centered psychotherapy for psychological and existential distress.

Lane B · Randomized controlled trial · Tier A · directness 4/5 · context / boundary

<https://pubmed.ncbi.nlm.nih.gov/29757459/>

[E004] Wang Z et al. Effectiveness of meaning-centered interventions on existential distress and mental health outcomes.

Lane B · Systematic review + meta-analysis of RCTs · Tier A · directness 4/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/39450933/>

[E005] The effects of psychosocial interventions on death anxiety: systematic review and meta-analysis of randomized controlled trials.

Lane B · Systematic review + meta-analysis · Tier A · directness 4/5 · claim-carrying

<https://www.sciencedirect.com/science/article/abs/pii/S0887618518302512>

[E006] Flückiger C et al. The alliance in adult psychotherapy: a meta-analytic synthesis.

Lane E · Meta-analysis · Tier A · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/29792475/>

[E007] Diener MJ, Monroe JM. Adult attachment style and therapeutic alliance: a meta-analytic review.

Lane E · Meta-analysis · Tier A · directness 4/5 · context / boundary

<https://pubmed.ncbi.nlm.nih.gov/21604902/>

[E008] Levy KN et al. Adult attachment as a predictor and moderator of psychotherapy outcome.

Lane E · Meta-analysis · Tier A · directness 4/5 · context / boundary

<https://pubmed.ncbi.nlm.nih.gov/30238450/>

[E009] Mallinckrodt B, Jeong J. Meta-analysis of client attachment to therapist.

Lane E · Meta-analysis · Tier A · directness 4/5 · context / boundary

<https://pubmed.ncbi.nlm.nih.gov/25365151/>

[E010] Luoma JB et al. Substance use and shame: a systematic and meta-analytic review.

Lane C · Systematic review + meta-analysis · Tier A · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/30856404/>

[E011] Snoek A et al. Managing shame and guilt in addiction: A pathway to recovery.

Lane C · Critical empirical/conceptual review · Tier B · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/33957551/>

[E012] Donaldson A et al. Transformation of identity in substance use as a pathway to recovery.

Lane C · Systematic review · Tier A · directness 5/5 · claim-carrying

<https://onlinelibrary.wiley.com/doi/full/10.1111/add.16031>

[E013] Bunaciu A et al. Measuring recovery capital for people recovering from alcohol and drug addiction.

Lane C · Systematic review · Tier A · directness 5/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11262562/>

[E014] Herchenroeder L et al. Application of Self-Determination Theory to Substance Use and Its Treatment.

Lane C · Scoping review · Tier B · directness 4/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/38789403/>

[E015] Pickard H. Responsibility without Blame for Addiction.

Lane C · Clinical philosophy / ethics · Tier P · directness 5/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5486507/>

[E016] MacKillop J et al. Delayed reward discounting and addictive behavior: a meta-analysis.

Lane D · Meta-analysis · Tier A · directness 5/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3201846/>

[E017] Ye J et al. A meta-analysis of the effects of episodic future thinking on delay discounting.

Lane D · Meta-analysis · Tier A · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/34841982/>

[E018] Imagining the Future Can Shape the Present: systematic review of episodic future thinking on substance-use outcomes.

Lane D · Systematic review · Tier A · directness 5/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10713863/>

[E019] Chen X, Wang H, Fan C. Episodic future thinking modulates delay discounting in problematic substance use.

Lane D · Narrative review with structured selection · Tier B · directness 4/5 · context / boundary

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12907155/>

[E020] Serre F et al. Ecological momentary assessment in craving and substance use in daily life.

Lane I · Systematic review · Tier A · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/25637078/>

[E021] Barrado-Moreno V et al. Psychological flexibility and inflexibility in substance addiction.

Lane C/I · Systematic review + meta-analysis · Tier A · directness 4/5 · claim-carrying

<https://doi.org/10.1007/s11469-025-01468-4>

[E022] Brandstätter M et al. Systematic review of meaning in life assessment instruments.

Lane I · Systematic review · Tier A · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/22232017/>

[E023] Measuring purpose in life in the adult population: a scoping review.

Lane I · Scoping review · Tier B · directness 4/5 · context / boundary

<https://pubmed.ncbi.nlm.nih.gov/38690300/>

[E024] Scheffer M et al. A Dynamical Systems View of Psychiatric Disorders—Practical Implications.

Lane H · Review · Tier B/F · directness 4/5 · claim-carrying

<https://jamanetwork.com/journals/jamapsychiatry/article-abstract/2817086>

[E025] Dablander F et al. Anticipating critical transitions in psychological systems using early warning signals.

Lane H · Theory + simulations / methodological analysis · Tier F · directness 4/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/34990190/>

[E026] Computational Models of Drug Use and Addiction: A Review.

Lane H · Review · Tier B/F · directness 4/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7416739/>

[E027] A review of mathematical modeling of addiction regarding neuropsychological processes and social contagion.

Lane H · Review · Tier B/F · directness 4/5 · context / boundary

<https://www.sciencedirect.com/science/article/pii/S0306460321003865>

[E028] Fromm E. Psychoanalysis and Zen Buddhism.

Lane G · Primary theoretical text · Tier P · directness 5/5 · claim-carrying

https://www.jstage.jst.go.jp/article/psysoc/2/2/2_1959.79/_article/-char/en

[E029] Roland A. Erich Fromm's Involvement with Zen Buddhism.

Lane G · Historical scholarly article · Tier C · directness 4/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/28746003/>

[E030] Šumiga D. Fromm's understanding of Buddhist philosophical theory and psychoanalysis.

Lane G · Scholarly conceptual analysis · Tier C · directness 4/5 · context / boundary

<https://www.tandfonline.com/doi/full/10.1080/0803706X.2018.1521006>

[E031] Chen W, Shi L. Reassessing Fromm's Framework for Integrating Zen Buddhism and Psychoanalysis.

Lane G · Qualitative thematic study · Tier C · directness 3/5 · context / boundary

<https://doi.org/10.3390/rel17080942>

[E032] Peak Experiences: Some Empirical Tests.

Lane F · Cross-sectional survey · Tier C · directness 3/5 · context / boundary

<https://journals.sagepub.com/doi/10.1177/002216787801800307>

[E033] Being-Cognition, Peak-Experience, and Self-Actualization: Some Questions regarding Interrelationship.

Lane F · Critical conceptual note · Tier C · directness 3/5 · claim-carrying

<https://journals.sagepub.com/doi/10.2466/pr0.1968.23.3.836>

[E034] Chavez-Baldini U et al. Existential concerns in psychopathology: a transdiagnostic network analysis.

Lane B/I · Cross-sectional network analysis · Tier B · directness 4/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12443005/>

[E035] Frankl VE. Man's Search for Meaning.

Lane A · Primary autobiographical-philosophical text · Tier P · directness 5/5 · claim-carrying

https://www.viktorfrankl.org/standard_publist.html

[E036] Frankl VE. The Doctor and the Soul.

Lane A · Primary clinical-theoretical text · Tier P · directness 5/5 · claim-carrying

https://www.viktorfrankl.org/standard_publist.html

[E037] Frankl VE. The Will to Meaning.

Lane A · Primary clinical-philosophical text · Tier P · directness 5/5 · claim-carrying

<https://www.penguinrandomhouse.com/books/315814/the-will-to-meaning-by-viktor-e-frankl/>

[E038] Yalom ID. Existential Psychotherapy.

Lane A · Primary clinical synthesis · Tier P · directness 5/5 · claim-carrying

<https://www.yalom.com/existential-psychotherapy/>

[E039] Yalom ID. The Gift of Therapy — Introduction.

Lane A · Primary practitioner text · Tier P · directness 4/5 · claim-carrying

<https://www.yalom.com/gift-of-therapy-introduction/>

[E040] May R. The Meaning of Anxiety.

Lane A · Primary clinical-philosophical text · Tier P · directness 5/5 · claim-carrying

<https://www.norton.com/books/9780393350876>

[E041] May R. The Courage to Create.

Lane A · Primary philosophical-cultural essays · Tier P · directness 4/5 · claim-carrying

<https://www.norton.co.uk/search/contributors?q=Rollo%2BMay>

[E042] May R. The Discovery of Being.

Lane A · Primary clinical-philosophical synthesis · Tier P · directness 5/5 · claim-carrying

https://books.google.com/books/about/Discovery_Of_Being.html?id=u5BM8sqqTFcC

[E043] Buber M. I and Thou.

Lane A · Primary philosophical text · Tier P · directness 5/5 · claim-carrying

<https://www.simonandschuster.com/books/I-And-Thou/Martin-Buber/9780684717258>

[E044] Sartre J-P. Being and Nothingness.

Lane A · Primary philosophical text · Tier P · directness 5/5 · claim-carrying

<https://open.org/pub-141659>

[E045] Sartre J-P. Existentialism Is a Humanism.

Lane A · Primary public lecture / philosophical defense · Tier P · directness 4/5 · claim-carrying

https://warwick.ac.uk/fac/cross_fac/complexity/people/students/dtc/students2011/maitrei/sartre-existentialism-is-a-humanism.pdf

[E046] Camus A. The Myth of Sisyphus.

Lane A · Primary philosophical-literary essay · Tier P · directness 5/5 · claim-carrying

https://books.google.com/books/about/The_Myth_of_Sisyphus.html?id=zaPoAQAAQBAJ

[E047] Camus A. The Rebel.

Lane A · Primary philosophical-historical essay · Tier P · directness 4/5 · claim-carrying

<https://www.penguinrandomhouse.com/books/23419/the-rebel-by-albert-camus/>

[E048] Maslow AH. Toward a Psychology of Being.

Lane A/F · Primary humanistic-psychology text · Tier P · directness 5/5 · claim-carrying

<https://www.wiley.com/en-us/Toward+a+Psychology+of+Being%2C+3rd+Edition-p-9780471293095>

[E049] Maslow AH. The Farther Reaches of Human Nature.

Lane A/F · Primary posthumous humanistic-psychology collection · Tier P · directness 5/5 · claim-carrying
<https://www.penguinrandomhouse.com/books/322518/the-farther-reaches-of-human-nature-by-abraham-h-maslow/>

[E050] Maslow AH. A Theory of Human Motivation.

Lane A/F · Primary theoretical article · Tier P · directness 5/5 · claim-carrying
<https://psychclassics.yorku.ca/Maslow/motivation.htm>

[E051] Maslow AH. A Theory of Metamotivation: The Biological Rooting of the Value-Life.

Lane A/F · Primary theoretical article · Tier P · directness 5/5 · claim-carrying
<https://doi.org/10.1177/002216786700700201>

[E052] Koltko-Rivera ME. Rediscovering the Later Version of Maslow's Hierarchy of Needs: Self-Transcendence and Opportunities for Theory, Research, and Unification.

Lane F · Historical-conceptual review · Tier C · directness 4/5 · claim-carrying
<https://doi.org/10.1037/1089-2680.10.4.302>

[E053] Kaufman SB. Self-Actualizing People in the 21st Century: Integration With Contemporary Theory and Research on Personality and Well-Being.

Lane F · Scale construction and cross-sectional validation · Tier B · directness 4/5 · claim-carrying
<https://journals.sagepub.com/doi/10.1177/0022167818809187>

[E054] Levenson MR et al. Self-Transcendence: Conceptualization and Measurement.

Lane F · Construct development and psychometric validation · Tier B · directness 4/5 · context / boundary
<https://doi.org/10.2190/XRXM-FYRA-7U0X-GRCO>

[E055] Yaden DB et al. The Varieties of Self-Transcendent Experience.

Lane F · Integrative conceptual review and taxonomy · Tier B · directness 4/5 · context / boundary
<https://doi.org/10.1037/gpr0000102>

[E056] Ryff CD. Happiness Is Everything, or Is It? Explorations on the Meaning of Psychological Well-Being.

Lane F · Theory integration and measure development · Tier B · directness 4/5 · context / boundary
<https://doi.org/10.1037/0022-3514.57.6.1069>

[E057] Ryan RM, Deci EL. On Happiness and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being.

Lane F · Narrative review · Tier A · directness 4/5 · claim-carrying
<https://doi.org/10.1146/annurev.psych.52.1.141>

[E058] Martela F, Steger MF. The Three Meanings of Meaning in Life: Distinguishing Coherence, Purpose, and Significance.

Lane F/I · Conceptual synthesis · Tier C · directness 5/5 · claim-carrying
<https://doi.org/10.1080/17439760.2015.1137623>

[E059] King LA, Hicks JA. The Science of Meaning in Life.

Lane F/I · Authoritative narrative review · Tier A · directness 5/5 · claim-carrying
<https://www.annualreviews.org/doi/10.1146/annurev-psych-072420-122921>

[E060] Fromm E. Escape from Freedom.

Lane A/G · Primary social-psychoanalytic text · Tier P · directness 5/5 · claim-carrying
<https://fromm-online.org/en/>

[E061] Fromm E. The Art of Loving.

Lane A/G · Primary humanistic-psychoanalytic text · Tier P · directness 5/5 · claim-carrying
<https://fromm-online.org/en/>

[E062] Fromm E. To Have or To Be?

Lane A/G · Primary social-philosophical text · Tier P · directness 5/5 · claim-carrying
<https://fromm-online.org/en/>

[E063] Fromm E. The Art of Being.

Lane A/G · Posthumous primary-text compilation · Tier P · directness 4/5 · claim-carrying
<https://fromm-online.org/en/>

[E064] Sahdra BK, Shaver PR, Brown KW. A Scale to Measure Nonattachment: A Buddhist Complement to Western Research on Attachment and Adaptive Functioning.

Lane G · Scale development and validation · Tier B · directness 5/5 · claim-carrying
<https://pubmed.ncbi.nlm.nih.gov/20155561/>

[E065] Sahdra B, Ciarrochi J, Parker PD. Nonattachment and Mindfulness: Related but Distinct Constructs.

Lane G · Multi-study psychometric comparison · Tier B · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/27078180/>

[E066] Ho CYY, Yu BCL, Mak WWS. Nonattachment Mediates the Associations Between Mindfulness, Well-Being, and Psychological Distress: A Meta-Analytic Structural Equation Modeling Approach.

Lane G · Meta-analytic structural equation modeling · Tier A · directness 5/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/35690041/>

[E067] Grabovac AD, Lau MA, Willett BR. Mechanisms of Mindfulness: A Buddhist Psychological Model.

Lane G · Conceptual model and clinical translation · Tier C · directness 4/5 · context / boundary

<https://doi.org/10.1007/s12671-011-0054-5>

[E068] Lindahl JR et al. The Varieties of Contemplative Experience: A Mixed-Methods Study of Meditation-Related Challenges in Western Buddhists.

Lane G · Mixed-methods qualitative taxonomy · Tier B · directness 4/5 · claim-carrying

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0176239>

[E069] Van Dam NT et al. Mind the Hype: A Critical Evaluation and Prescriptive Agenda for Research on Mindfulness and Meditation.

Lane G · Critical methodological review · Tier B · directness 5/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5758421/>

[E070] Goyal M et al. Meditation Programs for Psychological Stress and Well-Being: A Systematic Review and Meta-Analysis.

Lane G · Systematic review and meta-analysis · Tier A · directness 4/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4142584/>

[E071] Desbordes G et al. Moving Beyond Mindfulness: Defining Equanimity as an Outcome Measure in Meditation and Contemplative Research.

Lane G/I · Conceptual and measurement framework · Tier C · directness 4/5 · context / boundary

<https://doi.org/10.1007/s12671-013-0269-8>

[E072] Scheffer M et al. Early-Warning Signals for Critical Transitions.

Lane H · Cross-domain theoretical and empirical synthesis · Tier B/F · directness 3/5 · claim-carrying

<https://www.nature.com/articles/nature08227>

[E073] van de Leemput IA et al. Critical Slowing Down as Early Warning for the Onset and Termination of Depression.

Lane H/I · Population analysis plus intensive longitudinal illustration · Tier B/F · directness 4/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3890822/>

[E074] Cramer AOJ et al. Major Depression as a Complex Dynamic System.

Lane H · Complex-systems theory and symptom-network modeling · Tier F · directness 4/5 · claim-carrying

<https://doi.org/10.1371/journal.pone.0167490>

[E075] Boettiger C, Hastings A. Early Warning Signals and the Prosecutor's Fallacy.

Lane H/I · Statistical and simulation critique · Tier F · directness 4/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/23055060/>

[E076] Gu S et al. Controllability of Structural Brain Networks.

Lane H · Network-control modeling of human connectomes · Tier B/F · directness 3/5 · claim-carrying

<https://www.nature.com/articles/ncomms9414>

[E077] Tang E, Bassett DS. Control of Dynamics in Brain Networks.

Lane H · Colloquium review · Tier B/F · directness 3/5 · claim-carrying

<https://link.aps.org/doi/10.1103/RevModPhys.90.031003>

[E078] Karrer TM et al. A Practical Guide to Methodological Considerations in Controllability of Structural Brain Networks.

Lane H/I · Methodological analysis and robustness guide · Tier B/F · directness 4/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/31968320/>

[E079] Tu C et al. Warnings and Caveats in Brain Controllability.

Lane H/I · Reanalysis across connectome datasets · Tier B/F · directness 4/5 · claim-carrying

<https://pubmed.ncbi.nlm.nih.gov/29654874/>

[E080] Murphy BK, Miller KD. Balanced Amplification: A New Mechanism of Selective Amplification of Neural Activity Patterns.

Lane H · Computational and analytical network model · Tier F · directness 3/5 · claim-carrying

<https://pmc.ncbi.nlm.nih.gov/articles/PMC2667957/>

- [E081] Hennequin G, Vogels TP, Gerstner W. Non-Normal Amplification in Random Balanced Neuronal Networks. Lane H · Analytical and computational network study · Tier F · directness 3/5 · claim-carrying
<https://link.aps.org/doi/10.1103/PhysRevE.86.011909>
- [E082] Hennequin G, Vogels TP, Gerstner W. Optimal Control of Transient Dynamics in Balanced Networks Supports Generation of Complex Movements. Lane H · Computational optimal-control study · Tier F · directness 3/5 · claim-carrying
<https://pubmed.ncbi.nlm.nih.gov/24945778/>
- [E083] Trefethen LN et al. Hydrodynamic Stability Without Eigenvalues. Lane H · Mathematical analysis with fluid-dynamics examples · Tier F · directness 2/5 · claim-carrying
<https://www.science.org/doi/10.1126/science.261.5121.578>
- [E084] Wu YK, Zenke F. Nonlinear Transient Amplification in Recurrent Neural Networks With Short-Term Plasticity. Lane H · Computational nonlinear network study · Tier F · directness 3/5 · context / boundary
<https://elifesciences.org/articles/71263>
- [E085] Lee EB, An W, Levin ME, Twohig MP. An initial meta-analysis of Acceptance and Commitment Therapy for treating substance use disorders. Drug Alcohol Depend. 2015;155:1-7. Lane B · Meta-analysis · Tier A · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.drugalcdep.2015.08.004>
- [E086] Breitbart W et al. Meaning-centered group psychotherapy: an effective intervention for improving psychological well-being in patients with advanced cancer. J Clin Oncol. 2015;33(7):749-754. Lane B · Randomized controlled trial · Tier A · directness 3/5 · context / boundary
<https://doi.org/10.1200/JCO.2014.57.2198>
- [E087] Rodin G et al. Managing Cancer and Living Meaningfully (CALM): A Randomized Controlled Trial of a Psychological Intervention for Patients With Advanced Cancer. J Clin Oncol. 2018;36(23):2422-2432. Lane B · Randomized controlled trial · Tier A · directness 3/5 · claim-carrying
<https://doi.org/10.1200/JCO.2017.77.1097>
- [E088] Chochinov HM et al. Effect of dignity therapy on distress and end-of-life experience in terminally ill patients: a randomised controlled trial. Lancet Oncol. 2011;12(8):753-762. Lane B · Randomized controlled trial · Tier A · directness 3/5 · claim-carrying
[https://doi.org/10.1016/S1470-2045\(11\)70153-X](https://doi.org/10.1016/S1470-2045(11)70153-X)
- [E089] van der Spek N et al. Efficacy of meaning-centered group psychotherapy for cancer survivors: a randomized controlled trial. Psychol Med. 2017;47(11):1990-2001. Lane B · Randomized controlled trial · Tier A · directness 3/5 · context / boundary
<https://doi.org/10.1017/S0033291717000447>
- [E090] Kelly JF et al. Prevalence and pathways of recovery from drug and alcohol problems in the United States population: Implications for practice, research, and policy. Drug Alcohol Depend. 2017;181:162-169. Lane C · National cross-sectional survey · Tier A · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.drugalcdep.2017.09.028>
- [E091] Kelly JF et al. How Many Recovery Attempts Does it Take to Successfully Resolve an Alcohol or Drug Problem? Estimates and Correlates From a National Study of Recovering U.S. Adults. Alcohol Clin Exp Res. 2019;43(7):1533-1544. Lane C · National retrospective survey · Tier A · directness 5/5 · claim-carrying
<https://doi.org/10.1111/acer.14067>
- [E092] Inanlou M et al. Addiction Recovery: A Systematized Review. Iran J Psychiatry. 2020;15(2):172-181. Lane C · Systematized review · Tier B · directness 4/5 · context / boundary
<https://doi.org/10.18502/ijps.v15i2.2691>
- [E093] Laudet AB. What does recovery mean to you? Lessons from the recovery experience for research and practice. J Subst Abuse Treat. 2007;33(3):243-256. Lane C · Mixed-methods recovery survey · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.jsat.2007.04.014>
- [E094] Laudet AB, Becker JB, White WL. Don't wanna go through that madness no more: quality of life satisfaction as predictor of sustained remission from illicit drug misuse. Subst Use Misuse. 2009;44(2):227-252. Lane C · Prospective community cohort · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1080/10826080802714462>
- [E095] McIntosh J, McKeganey N. Addicts' narratives of recovery from drug use: constructing a non-addict identity. Soc Sci Med. 2000;50(10):1501-1510. Lane C · Qualitative interview study · Tier C · directness 5/5 · claim-carrying
[https://doi.org/10.1016/S0277-9536\(99\)00409-8](https://doi.org/10.1016/S0277-9536(99)00409-8)
- [E096] Buckingham SA, Frings D, Albery IP. Group membership and social identity in addiction recovery. Psychol Addict Behav. 2013;27(4):1132-1140. Lane C · Two observational studies · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1037/a0032480>

[E097] Dingle GA, Stark C, Cruwys T, Best D. Breaking good: breaking ties with social groups may be good for recovery from substance misuse. *Br J Soc Psychol.* 2015;54(2):236–254.

Lane C · Longitudinal treatment-entry cohort · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1111/bjso.12081>

[E098] Best D et al. Mapping the recovery stories of drinkers and drug users in Glasgow: quality of life and its associations with measures of recovery capital. *Drug Alcohol Rev.* 2012;31(3):334–341.

Lane C · Cross-sectional structured survey · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1111/j.1465-3362.2011.00321.x>

[E099] Groshkova T, Best D, White W. The Assessment of Recovery Capital: properties and psychometrics of a measure of addiction recovery strengths. *Drug Alcohol Rev.* 2013;32(2):187–194.

Lane C · Measure development and psychometric evaluation · Tier B · directness 5/5 · context / boundary
<https://doi.org/10.1111/j.1465-3362.2012.00489.x>

[E100] Neale J et al. Development and validation of 'SURE': a patient reported outcome measure (PROM) for recovery from drug and alcohol dependence. *Drug Alcohol Depend.* 2016;165:159–167.

Lane C · Patient-reported outcome measure development · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.drugalcdep.2016.06.006>

[E101] Vilsaint CL et al. Development and validation of a Brief Assessment of Recovery Capital (BARC-10) for alcohol and drug use disorder. *Drug Alcohol Depend.* 2017;177:71–76.

Lane C · Brief measure development and validation · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.drugalcdep.2017.03.022>

[E102] Amlung M et al. Steep delay discounting and addictive behavior: a meta-analysis of continuous associations. *Addiction.* 2017;112(1):51–62.

Lane D · Meta-analysis · Tier A · directness 5/5 · claim-carrying
<https://doi.org/10.1111/add.13535>

[E103] Bickel WK et al. Remember the Future: Working Memory Training Decreases Delay Discounting Among Stimulant Addicts. *Biol Psychiatry.* 2011;69(3):260–265.

Lane D · Randomized controlled experiment · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.biopsych.2010.08.017>

[E104] Snider SE et al. Episodic Future Thinking: Expansion of the Temporal Window in Individuals with Alcohol Dependence. *Alcohol Clin Exp Res.* 2016;40(7):1558–1566.

Lane D · Laboratory experiment · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1111/acer.13112>

[E105] Peters J, Büchel C. Episodic Future Thinking Reduces Reward Delay Discounting through an Enhancement of Prefrontal-Mediotemporal Interactions. *Neuron.* 2010;66(1):138–148.

Lane D · Experimental behavioral and fMRI studies · Tier B · directness 3/5 · claim-carrying
<https://doi.org/10.1016/j.neuron.2010.03.026>

[E106] Yoon JH et al. Delay discounting predicts postpartum relapse to cigarette smoking among pregnant women. *Exp Clin Psychopharmacol.* 2007;15(2):176–186.

Lane D · Prospective cohort · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1037/1064-1297.15.2.186>

[E107] Stanger C et al. Delay discounting predicts adolescent substance abuse treatment outcome. *Exp Clin Psychopharmacol.* 2012;20(3):205–212.

Lane D · Prospective analysis within a clinical trial · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1037/a0026543>

[E108] Kirby KN, Petry NM. Heroin and cocaine abusers have higher discount rates for delayed rewards than alcoholics or non-drug-using controls. *Addiction.* 2004;99(4):461–471.

Lane D · Cross-sectional group comparison · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1111/j.1360-0443.2003.00669.x>

[E109] Dennhardt AA, Yurasek AM, Murphy JG. Change in delay discounting and substance reward value following a brief alcohol and drug use intervention. *J Exp Anal Behav.* 2015;103(1):125–140.

Lane D · Brief-intervention trial with repeated behavioral-economic measures · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1002/jeab.121>

[E110] Meier PS, Barrowclough C, Donmall MC. The role of the therapeutic alliance in the treatment of substance misuse: a critical review of the literature. *Addiction.* 2005;100(3):304–316.

Lane E · Critical review · Tier A · directness 5/5 · claim-carrying
<https://doi.org/10.1111/j.1360-0443.2004.00935.x>

[E111] Barber JP et al. Therapeutic alliance as a predictor of outcome in treatment of cocaine dependence. *Psychother Res.* 1999;9(1):54–73.

Lane E · Prospective process-outcome analysis · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1080/10503309912331332591>

[E112] Kelly JF, Humphreys K, Ferri M. Alcoholics Anonymous and other 12-step programs for alcohol use disorder. *Cochrane Database Syst Rev.* 2020;3:CD012880.

Lane E · Cochrane systematic review · Tier A · directness 5/5 · claim-carrying
<https://doi.org/10.1002/14651858.CD012880.pub2>

[E113] Kelly JF et al. The role of Alcoholics Anonymous in mobilizing adaptive social network changes: a prospective lagged mediational analysis. *Drug Alcohol Depend.* 2011;114(2–3):119–126.

Lane E · Prospective lagged mediation analysis · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.drugalcdep.2010.09.009>

[E114] Litt MD et al. Network Support II: Randomized controlled trial of Network Support treatment and cognitive behavioral therapy for alcohol use disorder. *Drug Alcohol Depend.* 2016;165:203–212.

Lane E · Randomized controlled trial · Tier A · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.drugalcdep.2016.06.010>

[E115] Jason LA, Olson BD, Ferrari JR, Lo Sasso AT. Communal housing settings enhance substance abuse recovery. *Am J Public Health.* 2006;96(10):1727–1729.

Lane E · Randomized comparative trial · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.2105/AJPH.2005.070839>

[E116] Bassuk EL et al. Peer-delivered recovery support services for addictions in the United States: a systematic review. *J Subst Abuse Treat.* 2016;63:1–9.

Lane E · Systematic review · Tier A · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.jsat.2016.01.003>

[E117] Eddie D et al. Lived Experience in New Models of Care for Substance Use Disorder: A Systematic Review of Peer Recovery Support Services and Recovery Coaching. *Front Psychol.* 2019;10:1052.

Lane E · Systematic review · Tier A · directness 5/5 · claim-carrying
<https://doi.org/10.3389/fpsyg.2019.01052>

[E118] Steger MF et al. The meaning in life questionnaire: Assessing the presence of and search for meaning in life. *J Couns Psychol.* 2006;53(1):80–93.

Lane I · Multi-study scale development and validation · Tier B · directness 3/5 · claim-carrying
<https://doi.org/10.1037/0022-0167.53.1.80>

[E119] Schnell T. The Sources of Meaning and Meaning in Life Questionnaire (SoMe): Relations to demographics and well-being. *J Posit Psychol.* 2009;4(6):483–499.

Lane I · Scale development and community survey · Tier B · directness 3/5 · claim-carrying
<https://doi.org/10.1080/17439760903271074>

[E120] Wilson KG, Sandoz EK, Kitchens J, Roberts M. The Valued Living Questionnaire: Defining and measuring valued action within a behavioral framework. *Psychol Rec.* 2010;60:249–272.

Lane I · Measure development and psychometric evaluation · Tier B · directness 3/5 · context / boundary
<https://doi.org/10.1007/BF03395706>

[E121] Smout MF, Davies M, Burns NR, Christie AM. Development of the Valuing Questionnaire (VQ). *J Contextual Behav Sci.* 2014;3(3):164–172.

Lane I · Scale development and validation · Tier B · directness 3/5 · claim-carrying
<https://doi.org/10.1016/j.jcbs.2014.06.001>

[E122] Trompetter HR et al. Measuring values and committed action with the Engaged Living Scale (ELS): Psychometric evaluation in a nonclinical sample and a chronic pain sample. *Psychol Assess.* 2013;25(4):1235–1246.

Lane I · Scale development and psychometric evaluation · Tier B · directness 3/5 · context / boundary
<https://doi.org/10.1037/a0033813>

[E123] Cacciola JS et al. Development and initial evaluation of the Brief Addiction Monitor (BAM). *J Subst Abuse Treat.* 2013;44(3):256–263.

Lane I · Clinical monitoring measure development · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.jsat.2012.07.013>

[E124] Marsden J et al. Development of the Treatment Outcomes Profile. *Addiction.* 2008;103(9):1450–1460.

Lane I · Multicenter outcome-measure development and validation · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1111/j.1360-0443.2008.02284.x>

[E125] Epstein DH et al. Real-time electronic diary reports of cue exposure and mood in the hours before cocaine and heroin craving and use. *Arch Gen Psychiatry.* 2009;66(1):88–94.

Lane I · Ecological momentary assessment cohort · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1001/archgenpsychiatry.2008.509>

[E126] Serre F et al. Predictors of craving and substance use among patients with alcohol, tobacco, cannabis or opiate addictions: Commonalities and specificities across substances. *Addict Behav.* 2018;83:123–129.

Lane I · Two-week ecological momentary assessment study · Tier B · directness 5/5 · claim-carrying
<https://doi.org/10.1016/j.addbeh.2018.01.041>