



OPEN

— ASSESSMENT —

OPEN UP REPORT

Test User

May 18, 2026

Dear Insight Seeker,

Congratulations on taking the time to complete the **OPEN assessment**. Your scores can reveal important insights that help you rewire your neuropathways, making you more resilient, joyful, and serene.

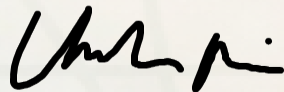
OPEN offers a scientific formula that does not necessarily replace conventional treatments, but that can protect you from the toxic and sometimes life-threatening risks associated with SADAT levels, while ensuring you live a life with optimum emotional and cognitive flow.

All the scores are based on your responses. They use a scale from 0 to 100, except for Self-Power, which uses a scale from 0 to 100.

Enjoy a life of plasticity and serenity!

Dr. Christophe Morin

Openly yours,



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For more info on our **OPEN Programs** at Manta Soul, Big Island of Hawaii, click www.mantasoul.com.

The information shared in this report is for educational and informational purposes only and should be used solely as a self-help tool. By reading it, you acknowledge

that it does not provide therapy or psychological counseling services. Dr. Morin serves solely as a coach and mentor, providing only educational and informational coaching. Education and coaching services are not a substitute for professional mental health care or medical care and, therefore, are not intended to diagnose, treat, or cure any mental health or medical conditions.

The OPEN Framework: Awareness and Transformation

The OPEN report helps you explore and understand the dynamics shaping your life. The report's architecture includes multiple scores that provide a map for self-discovery and self-healing, helping you reflect on where you are, understand why, and begin creating the life you want. This report does not aim to put you in a box. Your scores are not static definitions of who you are. Instead, they offer a foundation for greater awareness—a platform from which you can rewrite your story and cultivate an OPEN life. By reflecting on the insights presented in this guide, you will see how the patterns that shape your life can be rewired, fostering more resilience, flow, and joy.

At its heart, OPEN is about awakening your capacity for change. It presents an integrated approach to addressing stress, anxiety, depression, addiction, and trauma (SADAT)—the significant psychological barriers to living a life of peace and fulfillment.

Why is this so important? Life is full of unconscious patterns and habits that can keep us stuck in cycles of struggle. These patterns shape our thinking, feelings, and actions, often without our awareness. The OPEN framework serves as a wake-up call, providing tools and strategies to:

- **1. Raise your consciousness:** Become aware of the hidden drivers behind your thoughts and behaviors.
- **2. Reprogram your brain:** Tap into your brain's natural ability to adapt and grow through neuroplasticity.
- **3. Cultivate a flow state:** Align your mind, body, and spirit to experience greater ease, purpose, and joy.

OPEN encourages you to see your life as a narrative you can reflect on and rewrite. By understanding the building blocks of the OPEN framework, you'll gain the perspective and tools to take charge of your story.

OPEN Scores Highlights

Each score is like a chapter in your life's narrative, inviting you to pause, reflect, and ask meaningful questions:

- What does this score reveal about my current state?
- How do these patterns serve me, and how do they hold me back?
- What can I change to align with my deeper potential?

Here are the key scoring categories:

SADAT SCORES (NOT A SUBSTITUTE FOR CLINICAL DIAGNOSIS)

These scores assess your current mental health challenges and provide insights into key emotional patterns.

1. **Stress:** Measures the pressure and tension affecting your well-being.
2. **Anxiety:** Reflects persistent feelings of fear or unease.
3. **Depression:** Assesses low mood and loss of interest in life.
4. **Addiction:** Indicates tendencies toward dependencies.
5. **Trauma:** Measures the lingering effects of past emotional wounds.
6. **SADAT:** Estimates your overall challenge with five sub-optimal mental health conditions.

SELF SCORES

These scores evaluate the balance between your brain's functional “selves”:

7. **PRIMAL Self:** Gauges the dominance of your survival instincts.
8. **RATIONAL Self:** Measures your capacity to recruit cognitive reappraisal
9. **SPIRITUAL Self:** Reflects your connection to higher meaning and purpose.

BIG 5 SCORES

These scores highlight your core personality traits that shape behavior and relationships.

10. **Open:** Represents your creativity and adaptability to new ideas.
11. **Conscientious:** Reflects your organization and discipline.
12. **Extraverted:** Assesses your sociability and energy in social settings.
13. **Agreeable:** Measures your kindness and cooperation.
14. **Calm:** Reflects your emotional regulation under stress.

META-TRAITS SCORES

These scores reflect more profound emotional control and brain adaptability.

- 15. **Emotional stability:** Measures emotional resilience
- 16. **Brain Plasticity:** Estimates your brain's capacity for growth and change.

SELF-EFFICACY SCORES

These scores focus on your confidence and self-reliance.

- 17. **Self-love:** reflects your sense of self-worth and acceptance.
- 18. **Self-doubt:** Measures your inner uncertainty and hesitance.
- 19. **Self-power:** Gauges your ability to influence your life and choices.

OPEN RITUAL SCORES

These scores assess the alignment of daily practices to foster growth and balance.

- 20. **PRIMAL Rituals:** Practices that support your physical and instinctual need for homeostasis.
- 21. **RATIONAL Rituals:** Activities that engage your cognitive skills to reduce too much rumination.
- 22. **SPIRITUAL Rituals:** Reflect rituals deepen your sense of meaning.
- 23. **TOTAL OPEN Rituals:** Combines all rituals to measure overall growth potential.

SERENITY SCORES

These scores evaluate your ability to maintain emotional harmony and experience

- 24. **Self-Reported Serenity:** Reflects your perception of peace and balance.
- 25. **Predictive Serenity:** Anticipates future emotional harmony based on current patterns.
- 26. **Projection Bias:** The degree to which your self-reported serenity score aligns with your predictive score.

The OPEN report is built on the belief that your life is not a fixed script. Instead, it's a dynamic story you can rewrite anytime. You're encouraged to reflect on each chapter of your life by moving through your scores. Each score is a stepping stone, not a

destination. They are tools for self-awareness, offering a pathway to greater flow, resilience, and joy.

The ultimate goal of the OPEN framework is to help you live an OPEN life characterized by curiosity, flexibility, and purpose. By reflecting on your scores, you'll gain the awareness to step out of old patterns and into a narrative that aligns with your highest potential. This guide invites you to take an active role in your transformation. Your story is yours to write.

Check out our Hawaii retreats to support your journey at <https://instituteofsoulcenteredpsychologyandcoaching.com/retreat-chaos-and-consciousness> and www.mantasoul.com.

STRESS

Your Score: 31

Stress is typically defined as a feeling of pressure arising from many external psychological, physiological, social, and economic factors. Watching the news and witnessing how many people are affected by war, famine, poverty, and injustice can also cause tremendous stress. Stress is caused by excessive demands on yourself to exert mental or physical effort.

Disclaimer: *The scores and interpretations provided in this guide for stress, anxiety, depression, addiction, and trauma are intended solely for educational purposes and general guidance. They are not a substitute for professional medical advice, diagnosis, or treatment. If you are experiencing significant distress or need support, consult a qualified healthcare professional. Your well-being is important; professional help can provide personalized care and assistance.*

At this stage, you might notice increasing difficulty in managing stressors. They could interfere with your productivity, sleep patterns, or emotional equilibrium, making you irritable or tired. This level signals the beginning of chronic stress symptoms—subtle but significant—like difficulty concentrating or a sense of being "on edge." The constant release of cortisol and adrenaline can dampen your mood, weaken your immune system, and make it harder to find joy in small moments. However, this is also a crucial point for intervention. Embrace OPEN rituals designed to recalibrate your nervous system, such as engaging in mindful bodywork like yoga or integrating mantras into your daily routine. Addressing moderate stress now can prevent it from escalating into more severe patterns that are harder to reverse.

ANXIETY**Your Score: 37**

Anxiety is generally internally induced, meaning it is highly related to your reaction to stress. It typically creates a persistent feeling of dread, even in the absence of an immediate threat. This chronic apprehension profoundly affects people's enjoyment of life. Anxiety disorders are the most common mental illnesses in the United States. They affect over 40 million Americans.

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This level signals a shift where anxiety becomes more challenging to ignore. It might manifest as a racing mind, restless nights, or difficulty concentrating, making daily routines more difficult. Rumination and excessive worry may start to feel like a constant hum in the background of your thoughts, disrupting your ability to stay present and calm. Moderate anxiety is a warning that your nervous system may be overactivated, inviting you to intervene before it escalates. Regular practice of OPEN rituals—such as controlled breathing exercises, cognitive reappraisal, or mindful self-compassion—can reduce mental clutter. Seeking guidance from a therapist or psychiatrist could also provide valuable insights and tools for managing this level of anxiety. Remember, moderate anxiety is a call to action, not a life sentence, and with intentional steps, you can restore a sense of control and ease.

DEPRESSION RISK

Your Score: 51

For most people, depression can cause severe impairments that compromise their ability to carry out necessary life activities. The National Survey on Drug Use and Health (NSDUH) defines a major depressive episode in the 5th edition of the DSM-5 as: “a period of at least two weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified symptoms, such as problems with sleep, eating, energy, concentration, or self-worth.”

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At this level, you may find it increasingly difficult to manage your mood, with feelings of sadness or disinterest beginning to interfere with your daily life. This could include disruptions to work, relationships, or a general sense of purpose. While not necessarily a definitive indicator of clinical depression, this level suggests that attention and intervention are essential. Depression is complex and often tied to stress and anxiety, making it necessary to address multiple factors simultaneously. Start with OPEN rituals that resonate with you, such as practicing deep breathing for emotional regulation or spending time in nature to restore balance. These steps can help alleviate some symptoms while you consider contacting a health professional for additional guidance. Early action is vital to preventing escalation.

ADDICTION RISK**Your Score: 38**

Addictions have a behavioral component that is rooted in similar biological and psychological mechanisms. The prefrontal cortex, responsible for decision-making and impulse control, is often weakened by addictions. This impairment can lead to difficulty in controlling an addictive behavior despite being aware of its negative consequences.

At this stage, cravings may feel more frequent and harder to control, impacting your emotional or physical well-being. OPEN explains that moderate addiction can emerge when the brain's plasticity rewires itself to prioritize short-term rewards at the expense of long-term well-being. This can affect your mood, decision-making, and relationships, potentially creating a cycle that feels difficult to break. You may benefit from the support of a behavioral health professional who can assess the extent of these patterns and help address co-occurring issues like stress or anxiety. While seeking professional guidance, practicing OPEN rituals such as deep breathing or meditation may help you regain clarity and control over your choices. These rituals also interrupt harmful patterns by rewiring your brain toward healthier behaviors.

TRAUMA**Your Score: 42**

People who experience trauma may have persistent, frightening thoughts and memories of the event, sleep problems, stress, anxiety, numb feelings, or may be easily startled. In severe forms, PTSD can significantly impair a person's ability to function at work, at home, and socially.

A high trauma impact score suggests that the lingering effects of past experiences are significantly impacting your well-being. This might include persistent flashbacks, difficulty maintaining relationships, or a sense of hypervigilance that affects your quality of life. As OPEN highlights, trauma can profoundly alter the brain's plasticity, making it harder to regulate emotions and process new experiences healthily. At this level, seeking professional assistance to address these challenges is crucial. Trauma is complex and often requires therapeutic interventions to guide recovery. While OPEN rituals, such as breathwork or uplifting music, can provide temporary relief and moments of connection, they are best used to complement the deeper work done with a trauma-informed professional. Recovery is possible, and with the proper support, you can restore balance and move toward a life of greater peace and flow.

SADAT

40.00

SADAT

Your Score: 40

Your SADAT score is a composite measure encompassing Stress, Anxiety, Depression, Addiction, and Trauma—five complex and often interrelated conditions. It is not a clinical diagnostic tool but rather a self-reflective metric designed to provide insights into your current state of well-being. The interplay between these conditions is multifaceted, often involving shared neurological pathways and overlapping symptoms. However, it's essential to recognize that no scientific studies or research currently validate a combined score like this. Therefore, this score serves as a starting point for awareness, not a definitive indicator of mental or emotional health.

At this level, the cumulative effect of stress, anxiety, depression, addiction, and trauma is likely beginning to affect your daily life. Symptoms might manifest as mood fluctuations, difficulty concentrating, or struggles with compulsive behaviors. Moderate SADAT levels often indicate that your nervous system is under strain, reducing your ability to regulate emotions and handle daily stressors effectively.

It's critical to recognize that moderate levels of SADAT do not imply clinical severity but warrant attention and proactive measures. The overlapping nature of these conditions means that addressing one area often leads to improvements in others. For instance, managing stress can ease anxiety and reduce depressive tendencies.

OPENNESS

Your Score: 29

Openness is your capacity to embrace new thoughts, feelings, and experiences. In the OPEN framework, it's more than curiosity — it reflects your brain's **flexibility** and your willingness to evolve beyond old stories.

When openness is active, you're more likely to question assumptions, explore creative ideas, and seek meaning beyond surface routines. This trait supports **neuroplasticity**, your brain's ability to form new pathways — making openness essential for personal transformation.

Emotionally, openness invites vulnerability. You allow yourself to feel fully, reflect honestly, and consider unfamiliar perspectives. Spiritually, openness is the doorway to mystery — to wonder, reverence, and purpose beyond control.

You likely find comfort in familiarity, structure, and clear expectations.

Rather than seeking novelty for its own sake, you may value what's proven, practical, and reliable. This grounded approach helps you create stability and avoid overwhelm in a world that often moves too fast.

From an OPEN perspective, this isn't a limitation — it's a strength that simply needs balance. While your mind may not naturally gravitate toward abstract ideas or unstructured exploration, it can still grow through intentional, safe curiosity. New insights don't need to be disruptive — they can arrive gently, through trusted relationships, reflective rituals, or meaningful experiences that invite, rather than demand, change.

The key is not to force openness, but to **explore at your own pace**. Small shifts in perspective — trying a new practice, asking a different question, or reflecting on a belief — can spark powerful inner rewiring.

Openness isn't about abandoning tradition. It's about learning how to evolve it.

EXTRAVERSION

Your Score: 53

Extraversion measures the degree to which your nervous system is oriented toward **external stimulation, social interaction, and expressive engagement** with the world. It reflects how much energy you tend to draw from people, activities, novelty, and environmental input, rather than from internal reflection or solitude.

In the OPEN framework, Extraversion is not treated as a simple personality preference but as a **regulatory trait** that influences how stimulation affects your emotional balance. Higher Extraversion generally corresponds to greater reward sensitivity, social approach behavior, and outward expression, while lower Extraversion reflects a preference for depth, introspection, and lower levels of sensory or social input.

Importantly, the data shows that Extraversion is **not linearly related to Serenity or mental health**. Moderate levels are often associated with greater adaptability, while very low or very high levels can introduce different forms of imbalance if not supported by strong PRIMAL regulation, RATIONAL clarity, or SPIRITUAL grounding. In this sense, Extraversion describes *how* you engage with the world, not *how well* you are doing.

Extraversion also interacts meaningfully with Stress, Anxiety, and Ritual consistency. High stimulation without sufficient recovery can increase reactivity, while low stimulation without intentional connection can reduce vitality. Understanding your Extraversion score helps clarify **which environments, rhythms, and practices best support your nervous system and long-term serenity**.

A moderate Extraversion score reflects a **balanced capacity** to engage with others while still valuing solitude and reflection. In your data, this range is often associated with **the most stable emotional regulation and adaptability**.

You can draw energy from social interaction when appropriate, and step back when needed. This flexibility supports serenity, resilience, and healthy boundaries.

This band represents **adaptive social regulation** — neither under- nor over-stimulated by the external world.

Focus: maintain flexibility; notice when context calls for engagement versus rest.



BRAIN PLASTICITY

Your Score: 41

Plasticity measures your capacity for **psychological flexibility, learning, and adaptation** — how readily you can generate new goals, update beliefs, reframe experiences, and change behavior in response to life's demands.

In the OPEN framework, Plasticity reflects the **brain's openness to change**, drawing primarily from traits related to **Openness and Extraversion**, as well as the functional strength of the RATIONAL and SPIRITUAL Selves. High Plasticity supports exploration, creativity, and growth; low Plasticity favors stability, predictability, and conservation of energy.

Importantly, the data shows that Plasticity is **not simply “more is better.”** Moderate to high levels are associated with **higher Serenity, Self-Power, and resilience**, especially when supported by strong Ritual consistency. However, very high Plasticity without grounding can correlate with **restlessness, overextension, or difficulty consolidating change**.

Plasticity, therefore, describes *how easily you change*, not *whether change is wise*. Sustainable growth emerges when Plasticity is balanced with regulation, meaning, and embodiment. Understanding your Plasticity score helps clarify **how fast you move, how often you pivot, and how much structure you need to turn insight into lasting transformation**.

A Plasticity score in this range reflects a **healthy balance between stability and change**. In your data, this band is most consistently associated with **higher Serenity, stronger Self-Power, and sustained growth**.

You are able to reframe experiences, learn from feedback, and adapt strategies without constantly reinventing yourself. Change is available when needed, but not compulsive. This flexibility allows insight to **consolidate into habits**, especially when supported by OPEN Rituals.

This is the **optimal zone** for most people.

Focus: maintain balance — alternate exploration with integration and rest.



CONSCIENTIOUSNESS

Your Score: 58

Conscientiousness reflects your ability to stay organized, focused, and committed to your goals. In the OPEN framework, it represents your **inner architect** — the part of you that builds structure, honors discipline, and follows through with intention.

This trait supports your capacity to **translate insight into action**. It helps you follow rituals consistently, set boundaries, and manage time and energy wisely. A conscientious mind resists impulsivity and stays aligned with long-term values, not just short-term emotions.

However, taken too far, conscientiousness can become rigidity or perfectionism. You may feel pressure to perform or resist spontaneity. That's why the OPEN approach encourages **balance with Spiritual and Primal rituals** — to reconnect you to flow and rest when structure becomes stress.

Ultimately, conscientiousness is a powerful ally for transformation. It gives form to your growth — helping you create habits, rituals, and systems that support lasting change and serenity.

You likely approach your commitments with care and consistency while still allowing yourself room to adjust. You value being responsible and organized, yet you're not overly rigid. Structure helps you feel grounded, but you're also able to adapt when life calls for change.

This level of conscientiousness supports steady progress without burnout. You're likely able to set goals, manage tasks, and follow through — while recognizing when flexibility is the wiser choice. It's a mindset that honors both achievement and well-being.

In the OPEN framework, this balance is especially powerful. It means you can engage in rituals with enough structure to create momentum, but also with enough ease to sustain them long term. You don't need perfection to grow — just presence, rhythm,

and intention.

Your conscientiousness helps translate insight into action, one grounded step at a time. And that's what lasting transformation is built on.



AGREABLENESS

Your Score: 53

Agreeableness measures your tendency toward **cooperation, empathy, trust, and concern for others**, as well as your inclination to maintain social harmony and reduce interpersonal conflict. It reflects how readily you accommodate, support, or align with the needs and perspectives of those around you.

In the OPEN framework, Agreeableness is not simply about being “nice.” It represents a **social-regulatory trait** that influences how you manage relationships, boundaries, and conflict. Higher Agreeableness supports compassion, collaboration, and emotional safety in relationships, while lower Agreeableness favors independence, directness, and assertiveness.

Your data shows that Agreeableness has a **curvilinear relationship with Serenity**. Moderate levels are most stabilizing. Very low Agreeableness can increase conflict, isolation, or friction, while very high Agreeableness can correlate with **self-silencing, resentment, or boundary erosion**, especially when Self-Love and Self-Power are low.

Agreeableness, therefore, describes *how you relate to others, not how well you relate to yourself*. Sustainable serenity emerges when kindness toward others is balanced with honesty, self-respect, and clear boundaries.

An Agreeableness score in this range reflects a **healthy balance between cooperation and self-assertion**. In your data, this band is most consistently associated with **emotional stability, relational satisfaction, and higher Serenity**.

You can empathize without disappearing, collaborate without capitulating, and express disagreement without rupturing connection. This flexibility supports trust and mutual respect.

This is the **optimal zone** for relational well-being.

Focus: maintain balance — kindness with clarity, empathy with honesty.

Calmness

45.00

CALMNESS

Your Score: 45

Calmness measures your capacity to **remain emotionally regulated, steady, and composed**, especially under stress, uncertainty, or emotional challenge. It reflects how easily your nervous system returns to baseline after activation and how effectively you prevent stress from escalating into anxiety or overwhelm.

In the OPEN framework, Calmness is not the absence of emotion or intensity. It represents **regulatory efficiency** — the ability to experience emotions without being hijacked by them. Calmness draws heavily from **PRIMAL regulation, Emotional Stability, and Ritual consistency**, particularly practices that support nervous system safety.

Your data shows that Calmness has a **strong, near-linear relationship with Serenity**. As Calmness increases, Serenity reliably rises, especially in the low-to-moderate range. However, at very high levels, the relationship plateaus: additional Calmness does not significantly increase Serenity and may, in some cases, reflect emotional dampening rather than healthy regulation.

Calmness therefore describes *how steady you are*, not *how deeply you feel*. Healthy Calmness allows emotion, connection, and meaning to flow without tipping into reactivity or shutdown.

A Calmness score in this range suggests that you are **generally emotionally regulated**, but can become reactive under sustained or unexpected pressure. You recover, but it may take time or conscious effort.

In the data, this band supports **moderate to high Serenity**, especially when supported by strong RATIONAL or SPIRITUAL engagement. This is a **resilient but effortful** zone.

Focus: consistency — regular regulation practices reduce recovery time and volatility.

EMOTIONAL STABILITY

Your Score: 52

Emotional Stability measures your capacity to **maintain emotional balance over time**, especially in the face of stress, uncertainty, and internal emotional fluctuations. It reflects how consistently your emotional system stays regulated rather than how intensely you feel in any given moment.

In the OPEN framework, Emotional Stability represents a **core regulatory trait** that integrates multiple systems: low anxiety and neuroticism, adequate conscientious control, and relational safety. It is closely related to Calmness but broader in scope. While Calmness reflects *moment-to-moment regulation*, Emotional Stability reflects **longer-term emotional equilibrium**.

Your data shows that Emotional Stability has a **strong, direct, and largely monotonic relationship with Serenity**. As Emotional Stability increases, Serenity reliably increases, and SADAT scores reliably decrease. Low Emotional Stability is associated with emotional volatility, rumination, and vulnerability to stress-related cascades. High Emotional Stability acts as a **buffer**, preventing stress from escalating into anxiety, depression, or burnout.

Emotional Stability, therefore, describes *how steady your emotional baseline is*, not whether you experience emotions. High stability allows emotions to move through without destabilizing the system.

An Emotional Stability score in this range suggests that you are **emotionally balanced most of the time**, but can become unsettled under sustained pressure, uncertainty, or interpersonal strain. Recovery happens, but may require effort or time.

In the data, this band supports **moderate to high Serenity**, particularly when Ritual consistency and Self-Love are strong. This is a **resilient but effortful** zone where growth is possible, but emotional maintenance matters.

Focus: consistency — regular regulation practices reduce emotional drift and

recovery time.



PRIMAL SELF

Your Score: 53.2

In the OPEN model, **Selves** refer to distinct but interconnected dimensions of your inner life — each representing a unique mode of perception, motivation, and behavior. These Selves are not fixed personalities or roles, but **dynamic mental-emotional systems** that work together (or in conflict) to shape how you experience and respond to the world.

- The **PRIMAL Self** is instinctive and survival-driven.
- The **RATIONAL Self** is logical and planning-oriented.
- The **SPIRITUAL Self** is meaning-seeking and transcendent.

Each Self reflects different **neural circuits**, evolved functions, and emotional drives. At times, one may dominate — especially under stress — but all three are constantly interacting, influencing how you think, feel, relate, and grow.

Understanding your Selves helps you:

- Recognize when you're reacting from fear vs intention
- Balance emotional reactivity with mindful action
- Align your daily behaviors with your deeper values

Rather than reducing identity to a single trait or type, the concept of Selves invites you to see yourself as a **whole system** — one that can become more integrated, adaptive, and serene over time.

A PRIMAL Self score between 30 and 60 suggests your survival instincts are still active but reasonably managed. According to the data, individuals in this range experience **moderate levels of serenity** — lower than those with very low PRIMAL

scores, but still capable of emotional regulation.

This middle range often reflects a **transitional state**: the PRIMAL Self may still trigger stress responses or emotional reactivity, but you're likely able to recruit your RATIONAL Self to restore calm. You may find yourself caught at times between moments of composure and moments of overwhelm — especially under prolonged pressure or emotional strain.

This is a **growth opportunity zone**. With awareness and targeted practice, you can shift from reacting to regulating. Bringing more SPIRITUAL Self engagement — meaning, purpose, and reflective rituals — may help reduce the influence of the PRIMAL system even further.

The goal is not to eliminate instinctual responses, but to ensure they don't dominate your decisions or relationships. In this range, PRIMAL awareness must be paired with deliberate self-regulation — and the more you practice this balance, the more serenity becomes your natural state.

RATIONAL SELF

Your Score: 51.3

The **RATIONAL Self** represents your capacity to **think, plan, reflect, and make sense of experience**. It is the part of you that evaluates options, anticipates consequences, regulates impulses, and translates emotion into understanding and action. When active and healthy, the RATIONAL Self allows you to pause, reframe challenges, and choose responses rather than react automatically.

In the OPEN framework, the RATIONAL Self functions as a **mediator** between the PRIMAL and SPIRITUAL Selves. It helps calm survival-driven signals from the PRIMAL brain by contextualizing fear, stress, or urgency, and it gives structure and direction to the values and meaning sought by the SPIRITUAL Self. Through reasoning, language, and planning, it turns raw emotion and abstract purpose into workable strategies.

The RATIONAL Self is closely linked to **cognitive reappraisal, executive function, and self-regulation**. It supports emotional stability by naming emotions, organizing priorities, and creating narratives that reduce chaos and confusion. When well-developed, it reduces rumination, limits impulsivity, and strengthens follow-through. However, the RATIONAL Self can become imbalanced. When overused, it may lead to overthinking, analysis paralysis, or emotional detachment. When underdeveloped or overwhelmed, PRIMAL reactions dominate and decisions become reactive rather than intentional.

In OPEN, the goal is not to elevate the RATIONAL Self above the others, but to **use it wisely**: as a stabilizing, clarifying force that works *with* the body's signals and the soul's sense of meaning. When integrated, the RATIONAL Self helps transform insight into action and stress into learning, supporting sustained growth and serenity.

A RATIONAL Self score in this range suggests you are effectively engaging your **cognitive center** — the part of your brain responsible for planning, reframing, and decision-making. This band is associated with the **highest average Serenity** in the

data, indicating that this level of RATIONAL functioning supports emotional regulation and inner balance.

At this level, you're likely able to pause before reacting, reflect on your experiences, and manage emotional intensity with intention. You can think through situations without becoming stuck in over-analysis, and you're able to reframe stressors in a way that reduces anxiety or urgency.

This is the **sweet spot** for Serenity: your thinking is active but not overbearing. You trust your logic but are not detached from emotion or intuition. You're likely flexible in your strategies, curious in your mindset, and capable of navigating both structure and change.

To maintain or deepen this balance, continue cultivating **RATIONAL rituals** — such as journaling, scheduling with intention, or engaging in thoughtful dialogue. These practices strengthen your inner executive and provide consistent grounding for the emotional and PRIMAL systems.

SPIRITUAL SELF

Your Score: 39.4

The **SPIRITUAL Self** represents your capacity to experience **meaning, purpose, connection, and transcendence**. It is the part of you that asks *why* you are here, *what truly matters*, and *how your life fits into something larger than immediate survival or problem-solving*. When active and healthy, the SPIRITUAL Self provides a deep sense of orientation that steadies you during uncertainty and loss.

In the OPEN framework, the SPIRITUAL Self does not refer to religion or belief systems, though it may include them. Instead, it reflects a **felt connection to values, meaning, awe, compassion, or presence**—whether through nature, service, meditation, creativity, or reflective stillness. This Self helps contextualize suffering, transforming pain from something merely to be avoided into something that can be understood, integrated, or even growth-producing.

The SPIRITUAL Self plays a crucial regulatory role. It **softens the urgency of the PRIMAL Self** by reminding the system that not every threat is existential, and it **grounds the RATIONAL Self** by preventing thinking from collapsing into cynicism, rumination, or narrow self-interest. Through meaning and perspective, it allows the nervous system to relax even when problems remain unsolved.

When the SPIRITUAL Self is underdeveloped or disconnected, life can feel flat, mechanical, or directionless, making stress harder to bear and recovery slower. When overused without grounding, it can drift into spiritual bypassing—avoiding real emotional or practical work. In OPEN, the aim is integration: a SPIRITUAL Self that **embodies meaning**, not escapes reality.

At its best, the SPIRITUAL Self provides a **stable inner compass**, enabling serenity not because life is easy, but because it feels purposeful, connected, and held within a larger whole.

A SPIRITUAL Self score below 40, like yours, suggests a limited connection to deeper meaning, purpose, or a sense of something larger than yourself. According to the data, this range is associated with the **lowest levels of Serenity** in the entire

dataset.

In this state, life may feel more mechanical, uncertain, or emotionally flat. You may rely heavily on logic or instinct, but lack the **anchoring force of inner purpose** that supports resilience and peace. This doesn't mean you're not spiritual — it may simply reflect a **disconnection** from your inner values, awe, or belief in something greater.

Low SPIRITUAL Self often correlates with increased reactivity (from the PRIMAL Self) or overthinking (from the RATIONAL Self), without the balancing perspective of compassion, trust, or transcendence. It can feel like navigating without a compass.

The opportunity here is not to adopt beliefs, but to **deepen presence**. Practices that cultivate meaning, reflection, and connection — such as gratitude, stillness, or values-based action — can awaken this dimension and, over time, elevate your serenity.

SELF-LOVE

Your Score: 28

A Self-Love score below 40 reflects a struggle with self-acceptance and a tendency toward self-criticism, neglect, or unworthiness. According to the data, this range is associated with the **lowest levels of Serenity**, suggesting a lack of inner safety and emotional grounding.

When Self-Love is low, the brain often operates from PRIMAL fear or avoidance patterns, rather than trust and growth. You may find it hard to prioritize your needs, celebrate your worth, or believe you are deserving of care — even from yourself. This creates a fragile internal foundation, making it harder to regulate emotions, pursue goals, or experience joy.

This is not a moral failing. It often reflects past wounds or unmet needs — and it can be changed. Building self-love begins with small actions of care, validation, and kindness toward yourself.

Start with simple rituals: nourishing meals, rest without guilt, writing down what you appreciate about who you are. Over time, these acts will rewire your self-concept and allow serenity to take root.

Practicing Self-Love with Rituals

- **PRIMAL Rituals:** Move, nourish, and rest your body with intention. These actions build trust between mind and body.
- **RATIONAL Rituals:** Challenge negative self-talk, practice gratitude, and repeat core affirmations. These reinforce mental safety.
- **SPIRITUAL Rituals:** Meditate, pray, or spend time in nature. These connect you to your deeper worth beyond external validation.

The OPEN data makes it clear: **self-love isn't indulgent — it's essential.** It creates the neurobiological foundation for growth, serenity, and transformation. The more you practice it, the safer place you become for yourself to land.

A Self-Love score below 40 like yours reflects a struggle with self-acceptance and a tendency toward self-criticism, neglect, or unworthiness. According to our data, this range is associated with the **lowest levels of Serenity**, suggesting a lack of inner safety and emotional grounding.

When Self-Love is low, the brain often operates from PRIMAL fear or avoidance patterns, rather than trust and growth. You may find it hard to prioritize your needs, celebrate your worth, or believe you are deserving of care — even from yourself. This creates a fragile internal foundation, making it harder to regulate emotions, pursue goals, or experience joy.

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Start with simple rituals: nourishing meals, rest without guilt, writing down what you appreciate about who you are. Over time, these acts will rewire your self-concept and allow serenity to take root.

SELF-DOUBT

Your Score: 32

Self-doubt represents the tendency to **question your own worth, competence, or right to act**, especially in moments of uncertainty, evaluation, or change. It reflects the degree to which internal hesitation, second-guessing, or fear of being wrong interferes with confidence and follow-through.

In the OPEN framework, Self-Doubt is not the same as humility or healthy self-reflection. At adaptive levels, it can support caution and learning. However, when elevated, Self-Doubt becomes a **regulatory burden** that amplifies threat perception and weakens agency. Instead of evaluating options clearly, the mind turns inward, falling into a critical or fearful loop.

Biologically, Self-Doubt is closely tied to **threat-monitoring systems** in the brain. Persistent doubt keeps the PRIMAL Self subtly activated, signaling risk even in the absence of real danger. This state increases anxiety, drains motivation, and competes with the RATIONAL Self's ability to make decisive, confident choices. Over time, high Self-Doubt erodes emotional stability and dampens the capacity to take meaningful action.

Your data shows that Self-Doubt is one of the **strongest negative predictors of Serenity** and a primary counterforce to Self-Love. Even individuals with strong insight, discipline, or spiritual meaning struggle to translate intention into action when Self-Doubt remains high. Serenity becomes fragile, dependent on external reassurance rather than internal trust.

Self-doubt is therefore best understood as an **internal friction**. In OPEN, the goal is not to eliminate doubt entirely, but to **right-size it**—allowing reflection without paralysis. As Self-Love increases and rituals stabilize the nervous system, Self-Doubt naturally softens, restoring confidence, momentum, and inner calm.

A Self-Doubt score between 30 and 60 indicates an **internal push and pull** — moments of confidence often shadowed by hesitation or fear of being wrong. The data shows a **steady decline in Serenity** in this range, reflecting the emotional cost

of uncertainty.

You may have insight and ability, but still second-guess decisions, delay action, or worry about how you're perceived. This pattern often reflects past criticism, unmet emotional needs, or internalized pressure to "get it right."

You are not broken—you are in transition. With the right support, rituals, and self-talk, this level of doubt can become a gateway to deeper confidence and self-acceptance.

Focus on building micro-moments of trust: finish a task, speak your mind, or honor a small need. Each act of alignment softens the doubt.

SELF-POWER

Your Score: 0.9

Self-Power is your ability to convert intention into action — the measurable momentum between what you hope to do and what you actually follow through on. It reflects the **dynamic relationship between Self-Love and Self-Doubt**: the more you trust and value yourself (Self-Love), and the less you are paralyzed by internal resistance (Self-Doubt), the more powerful and effective you become.

In the OPEN model, Self-Power is calculated as the **ratio of Self-Love to Self-Doubt**. This ratio acts as a real-time indicator of your **Self-Efficacy** — your belief in your capacity to initiate change, navigate uncertainty, and pursue transformation.

A high Self-Power score reflects an aligned, motivated inner system: your self-trust is strong, your fears are regulated, and your actions are congruent with your values. A low score reveals that doubt may be diluting your energy, stalling your growth, or blocking movement.

How to Strengthen Self-Power:

1. **Elevate Self-Love**

Engage in practices that restore inner warmth, purpose, and motivation — like affirmation rituals, mindful movement, or values-based journaling.

2. **Dismantle Self-Doubt**

Challenge the voice of fear with compassion and curiosity. Practice cognitive reappraisal, seek safe feedback, and take micro-actions that rebuild trust.

The OPEN data reveals a powerful truth: as Self-Power increases, so does Serenity — but only up to a point. The relationship peaks around a ratio of **7 to 10**, where self-trust clearly outweighs inner hesitation. This is the **“golden zone”**: a balance where confidence leads, yet doubt still plays a quiet, constructive role.

In this range, **Self-Doubt outweighs Self-Love**, creating a state where hesitation,

second-guessing, or fear of failure may overpower your ability to act. The data shows that serenity is at its **lowest** in this band, often due to feeling stuck or unworthy of change.

This is not a permanent state — it's a signal. When Self-Power is low, your internal voice may be dominated by old narratives, perfectionism, or shame. But the very awareness of this imbalance is your starting point.

To grow out of this zone, build **small wins** and daily self-affirming rituals. Each act of self-respect chips away at doubt and restores momentum.

SERENITY

Your Score: 66

As emphasized in OPEN and The Serenity Code (2020), Serenity is more than a transient state of peace; it is a cultivated condition that emerges through deliberate neuroplastic and spiritual practices. OPEN defines serenity as an inner harmony achieved by silencing the noise of stress, self-judgment, and anxiety while fostering a mindset that promotes openness and flow. This perspective draws from integrating neuroscience, spirituality, and personalized rituals to build resilience against life's challenges.

Central to achieving serenity is cultivating Self-Love, which the OPEN model frames as the antidote to self-judgment and criticism. Self-love is not merely a concept but a practice that rewires the brain's emotional and cognitive pathways to favor compassion and forgiveness over perfectionism. According to OPEN, excessive self-judgment activates stress responses and can exacerbate conditions like depression and anxiety. Through enhanced neuroplasticity—the brain's ability to adapt and reorganize itself—individuals can replace self-critical narratives with affirming ones, unlocking deeper serenity.

The OPEN framework evaluates serenity through three metrics:

1. Self-Reported Serenity (your score in this section): How calm and balanced an individual feels subjectively.
2. Predicted Serenity: A calculated score derived from personality traits (like Self-Love) and the consistency of ritual engagement tailored to one's neurospiritual profile.
3. Projection bias: the tendency to mispredict future emotional or mental states based on current experiences, whether through overestimation (excessive optimism)

or underestimation (excessive pessimism).

Together, these measures highlight that serenity is not solely about current emotional states but also about aligning inner traits with external practices.

A Serenity score between 46 and 70 reflects a more **variable relationship** with inner peace. The data suggest that people in this range tend to carry a **moderate SADAT load**: you may function well much of the time, but certain triggers, fatigue, or prolonged pressure can pull you into stress, worry, or emotional heaviness.

This is a strong growth zone. You likely already have tools that work — but not always consistently. The goal here is to make serenity more reliable by strengthening RATIONAL reappraisal, reducing self-doubt loops, and deepening meaning-based practices that stabilize you from the inside

Predicted serenity

47.50

PREDICTIVE SERENITY=

Single-equation Predictive Serenity (0-100)

Your score=47.5

Predictive Serenity is the OPEN model's estimate of how much inner peace and "flow" you're *likely to experience going forward*, based on the **pattern of your other scores** (your risk factors and protective factors), not just what you say you feel today.

It's different from **Self-Reported Serenity**:

- **Self-Reported Serenity** = *your current, subjective sense of peace right now*
- **Predictive Serenity** = *your model-based forecast of serenity*, inferred from variables like:
 - **SADAT load** (stress/anxiety/depression/addiction/trauma indicators)
 - **Self-love/self-doubt / self-power**
 - **Emotional stability/calm**
 - **OPEN rituals** and self-regulation capacities (RATIONAL/SPIRITUAL support)

Why it matters

Predictive Serenity answers a critical question: "Given how your system is currently wired and supported, how stable is serenity likely to be?"

So someone can feel serene today (high self-reported) but have low predictive serenity if their underlying pattern suggests fragility (high SADAT, low habits, low stability). And the opposite can happen: someone may *feel* low serenity today, but

predictive serenity is higher because their foundations are strong and likely to rebound.

How it connects to Projection Bias

Projection Bias is simply the *gap* between the two:

- If Self-Reported Serenity is much higher than Predictive → you may be **overestimating** stability.
- If Predictive is higher than Self-Reported → you may be **underestimating** your resilience.

SERENITY SCORE PROJECTION BIAS

Your Score= 1.4

Projection Bias measures the **gap between how serene someone feels and how serene their underlying psychological and behavioral patterns suggest they are likely to be.**

In the OPEN framework, Projection Bias is calculated as the **difference between Self-Reported Serenity and Predictive Serenity:**

$$\text{Projection Bias} = \text{Self-Reported Serenity} - \text{Predictive Serenity}$$

This makes Projection Bias a **directional signal rather than** a trait. It reflects whether someone is **overestimating or underestimating** their current state of serenity relative to the foundations that typically sustain it (Self-Love, Emotional Stability, Rituals, Meaning, regulation, and SADAT load).

Your data shows that Projection Bias is **highly informative:**

- Large positive bias often precedes **fragile serenity** or later drops
- Large negative bias often reflects **latent capacity** not yet felt
- Low bias is associated with **psychological realism and integration**

Projection Bias, therefore, describes the *accuracy of self-perception*, not goodness or badness. It tells you whether serenity is **felt, forecastable, or misaligned.**

Here, **serenity is felt more strongly than the underlying structure would normally support.** You genuinely feel calm, hopeful, or centered — but the

foundations (ritual consistency, emotional stability, self-love, SADAT load) are thinner than your experience suggests.

This often appears during:

- Insight without embodiment
- Strong meaning but weaker regulation
- Temporary relief (vacation effects, breakthroughs, context-dependent calm)

Why it matters

Mild over-projection is **not denial** and not a problem by itself. It signals **fragile serenity** — real, but context-dependent. In the data, people in this band often report feeling good *now*, yet show a higher risk of drop-offs when stress increases.

This band matters because it's an **early warning**, not a failure. The right response is not to puncture optimism, but to **strengthen the foundations** so the feeling becomes durable.

PRIMAL RITUALS

Your Score: 45

PRIMAL Rituals reflect how consistently you care for your **body and nervous system** through sleep, movement, nutrition, breath, and physical regulation — the foundation of safety and resilience.

They directly influence **Stress, Anxiety, Trauma load, and PRIMAL Self activation**

A PRIMAL Ritual score in this range suggests you are doing **some of the right things**, but not consistently enough to fully stabilize your nervous system. You may feel okay when life is calm, but stress, travel, workload, or emotional strain quickly throw you off balance.

This is a **transitional zone**. Your body can regulate — but only when conditions are favorable. As a result, PRIMAL activation may still spike under pressure, leading you to feel urgency or exhaustion.

This range represents the **highest-leverage opportunity**: small improvements in consistency often yield large gains in serenity.

Focus: rhythm over intensity — doing less, more regularly.

RATIONAL RITUALS

Your Score: 56

RATIONAL Rituals reflect how consistently you engage your **thinking and meaning-making mind** to reduce rumination, reframe stress, plan intentionally, and create cognitive clarity.

They directly influence **Anxiety, Depression, Overthinking, Self-Doubt, and Cognitive Load**.

A RATIONAL Ritual score in this range suggests you have **useful cognitive tools**, but they are not yet reliably embedded in daily life. You may feel clear and capable when rested or calm, yet revert to overthinking or indecision under stress.

This is a **transition zone** where awareness exists, but consistency is still forming. Your RATIONAL Self can regulate — but only when conditions are favorable.

This band offers **high leverage**: small increases in regularity often lead to meaningful drops in anxiety and mental fatigue.

Focus: consistency over depth — brief daily reflection is more powerful than occasional deep analysis.

SPIRITUAL RITUALS

Your Score: 49

SPIRITUAL Rituals reflect how consistently you engage in practices that cultivate **meaning, presence, connection, and transcendence** — anchoring your life in something larger than fear, ego, or urgency.

They directly influence **Serenity, Emotional Stability, Trauma Integration, and Existential Well-Being**.

A SPIRITUAL Ritual score in this range indicates that you **periodically reconnect** with meaning, presence, or something sacred — but the connection is not yet stable.

You may feel grounded during certain moments (nature, meditation, service, reflection), yet lose that sense of depth when life becomes busy, stressful, or emotionally charged. Serenity comes and goes.

This is a **transition zone** where meaning is felt, but not yet embodied. Consistency — not depth — is the key lever here.

Focus: shorter, more frequent practices that integrate meaning into ordinary life.

SPIRITUAL RITUALS

Your Score: 50

OPEN Rituals reflect how consistently you care for your **body (PRIMAL), mind (RATIONAL), and meaning (SPIRITUAL)** through integrated daily practices that support regulation, clarity, and purpose.

OPEN Rituals are calculated as the **average of PRIMAL, RATIONAL, and SPIRITUAL Ritual scores**, capturing your overall capacity to sustain growth and serenity.

An OPEN Ritual score in this range suggests that you are **actively engaging in self-supporting practices**, but not yet consistently across all three domains. You may rotate between PRIMAL, RATIONAL, and SPIRITUAL care depending on circumstances.

This band reflects **real effort** and meaningful progress, but serenity may still fluctuate. When life becomes demanding, the weakest domain tends to collapse first, pulling the whole system off balance.

This is a **high-leverage zone**. Modest increases in regularity or cross-domain coverage often produce disproportionate gains in calm, resilience, and follow-through.

Focus: rhythm and redundancy — let practices reinforce each other.

