

## 测论 V4.2：一个统一的认知元理论框架——完整阐述

### 摘要：

本文旨在提出并系统阐述一个名为“观测论”的认识论元框架。该框架系统性地构建了五大核心公理，并引入了“生存性驱动公理”与“认知权重”等关键构念。其核心动力学模型——“驱动-观测-评估”循环——被用于统一描述从基本感知到意识涌现，乃至精神病理现象在内的各类认知活动。本文主张，所有知识均是在特定“认知框架”下构建的内部模型，其价值首要取决于其在框架内的自洽性与预测有效性，而非与某种绝对客观事实的符合程度。本框架旨在提供一种跨学科的元语言，以理解认知边界并促进建设性对话。

关键词： 观测论；认识论；元理论；认知框架；意识；创伤后应激障碍；模型构建

### 一、 引言：在知识的巴别塔中寻求元语言

想象一下人类的知识图景：物理学用数学方程描述宇宙，心理学用认知模型解读心灵，社会学用结构理论分析社会，文学用叙事和隐喻捕捉人性。这些领域仿佛一座座高耸入云却彼此隔绝的“巴别塔”，它们使用不同的语言，遵循不同的规则，甚至对“事实”与“真理”都有着截然不同的定义。这导致了深刻的沟通困境与无休止的“事实”之争。

提出“观测论”，正是为了回应一个根本性的、处于所有知识体系之下的元问题：在这些各异的知识体系背后，是否存在一个统一的、关于“知识本身如何产生、生效与演化”的底层逻辑？是否存在一种能够描述所有“认知活动”的通用语法？

观测论的基本猜想是：所有认知活动，从一个细胞的趋化性到一位科学家的理论创造，本质上都是一个具有内在驱动力的复杂系统，在特定约束下进行信息处理与模型构建，并最终具备自我审视与超越能力的动态过程。

它不试图提供一张新的世界地图，而是试图为所有可能的世界地图，提供一套关于“地图如何被绘制”的通用说明书。它不是又一个参与竞争的“运动员”，而是试图理解所有“比赛项目”通用规则的“裁判手册”。

### 二、 观测论的概念来源和哲学起点

观测论源于作者对个人认知体验的持续反思、对社会现象底层逻辑的观察，并结合与 AI 工具的探讨而得以系统化。其立论基础可追溯至以下几个核心的原始构想：

#### 2.1 观测路径的根本性限制

观测论的起点是一个基本观察：我们无法直接谈论一个完全独立于任何认知接口的“世界本身”。认知的起点必然是通过某种“观测”行为所获取的信息，而所有观测行为都受到一系列前提条件（即“认知框架”）的约束。因此，本理论的研究焦点自然而然地落在了“被呈现的现象”之上，而非那个可能永远无法触及的“物自体”。这一观点的形成，深受个人早期价值观困境（因主客观条件限制无法达成自洽）以及对科学局限性的观察（如光锥理论对信息传播的限制、现有技术对暗物质探测的无能为力）的启发。

## 2.2 从原始数据到基础逻辑

在作者对自身思维的审视中，认知并非始于未经处理的原始数据流，而是始于一种初步的“逻辑粗加工”。观测系统会从数据中自发地识别并归纳出某些基础性的逻辑模式，例如：观测接口的存在、因果关系、数量关系、安全需求、食物需求以及正负反馈机制等。这些基础逻辑构成了认知系统的“生存算法”，为系统提供了最初始的生存策略和判断依据，打下了认知架构的地基。

## 2.3 内视与模型推演

随着基础逻辑的积累，认知系统进入了“模型搭建”阶段。此时，“观测”的接口从单纯的外部指向，扩展至系统内部。通过将观测素材与既有逻辑进行组合与模拟推演（即“内视”），系统能够生成一系列未经外部验证的预测。这些预测在系统当前的内部模型中是自洽的，其真值有待通过后续的外部观测进行检验。

## 2.4 动力学循环的形成与自我迭代

观测、逻辑应用、推演、预测与验证这几个步骤，共同构成了一个清晰的认知循环。以“生存性驱动公理”为第一因，以“自洽性”为核心标准，这个循环不断运行。最终，当系统能够将这个认知过程本身也纳入观测与操作的对象时，便实现了最高层级的认知功能——自我迭代。这被视为复杂认知系统演化的必然结局。

# 三、 观测论 V4.2 的核心公理体系

观测论建立在五个层层递进、逻辑自洽的核心公理之上。它们是整个理论大厦不可动摇的基石。

### 第一公理：生存性驱动公理

陈述：任何认知系统的存在与持续运作，其最根本、不可再追溯的驱动力，在于维持和强化其自身的存在状态。

详尽阐述：

这是观测论的“发动机”，为整个认知活动提供了“为什么”的终极答案。一个系统之所以要认知，不是为了追求某种抽象的“真理”，而是为了活下去，并且更好地活下去。在简单的系统中（如细菌），这表现为纯粹的物理性生存驱动。在复杂的系统中（如人类），这种驱动会分化为两个紧密交织的核心：

1. 物理性生存驱动：保障该系统作为物理实体的完整性与延续性（避免立即的、物理性的消亡）。
2. 精神性自洽驱动：保障该系统内部模型（尤其是关于自我、价值与意义的世界观）的逻辑一致性、叙事连贯性与价值完整性。精神世界的崩溃（如意义感的彻底丧失）对人类的打击，有时不亚于物理死亡。

这个公理意味着，认知从根源上就是“有立场”、“有价值导向”的。它决定了系统会认为什么信息是“重要”的，什么目标是“值得”追求的。

### 第二公理：观测优先公理

陈述：所有认知的原始素材，皆源于通过感官、仪器、思维实验及内省等手段获得的“观测数据”。不存在脱离任何观测框架的“纯粹客观知识”。

详尽阐述：

“观测”在这里是一个元概念，是所有信息入口的总称。它包括：

感官知觉：视觉、听觉、嗅觉、味觉、触觉。

仪器延伸：望远镜、显微镜、对撞机、心电图仪——所有扩展我们感官极限的科学工具。

理性直观：对逻辑真理、数学公理的心智把握。我们“看到” $1+1=2$ ，如同眼睛看到红色。

内省反思：对自身情绪、念头、思维过程的觉察。

其共同核心是“信息的获取与呈现”。此公理强调，我们无法谈论任何未经“观测”这道工序处理过的“世界本身”。我们认知宇宙的起点，不是“物自体”，而是被我们的观测接口所捕获并呈现的“数据”。观测，是我们认知宇宙的“事件视界”。

### 第三公理：框架约束公理

陈述：任何观测都发生在特定的“认知框架”内。该框架由生物结构、文化背景、语言体系、理论范式、逻辑规则及个人经历等共同塑造。它如同一副无法摘除的眼镜，同时定义了观测的可能性与局限性。

详尽阐述：

我们并非通过一扇透明的玻璃窗观察世界，而是通过一副有着特定颜色、曲度和盲点的“眼镜”来看世界。这副眼镜就是“认知框架”。它至少包括：

生物性框架：我们的眼睛只能看到特定波段的光，耳朵只能听到特定频率的声音。

概念性框架：我们使用的语言和概念体系，决定了我们如何切割和归类经验。

理论性框架：一个牛顿物理学家和一个量子物理学家观察同一个粒子实验，会“看到”截然不同的东西。

文化性与个人经历框架：成长于集体主义文化和个人主义文化的人，对“自我”和“社会”的观测基线完全不同。

框架同时是赋能者与囚笼。它让我们得以理解世界，但也规定了我们理解世界的边界和方式。

### 第四公理：模型构建公理

陈述：心智（或更一般的，认知系统）的本质功能，是基于流入的观测数据，在特定框架内构建内部“模型”，并持续追求模型的自洽性与预测有效性。一个模型的价值，不取决于其是否“绝对真实”，而取决于其在框架内的解释与预测能力。

详尽阐述：

认知系统不是被动的数据记录仪，而是主动的“宇宙建模师”。它接收被框架过滤的数据，然后试图构建一个能够解释这些数据、并能预测未来数据的内部结构——这就是“模型”。这个模型可以是一个神经网络的连接模式，也可以是一个科学理论体系。

“自洽性”是模型的内在要求，一个自相矛盾的模型无法提供任何有效的行动指南。而“预测有效性”是模型在现实世界中的试金石。这个公理采纳了一种“框架依赖的实用主义”真理观：真理，就是在当前框架下，那个最自洽、最有效的模型。

### 第五公理：认知迭代公理

陈述：一个成熟的认知系统，具备将其自身的“观测框架”也作为观测与重构对象的能力。对思考方式本身的反思、评估与优化，是认知系统实现层级跃迁、突破自身局限性的根本内在动力。

详尽阐述：

这是观测论的点睛之笔，是认知系统实现“自由”的关键。大多数系统（如动物、简单 AI）一生都活在它们与生俱来的框架内。但人类等高级系统，却可以“跳出来”审视自己的“眼镜”本身。

当科学家意识到旧理论框架无法解释新现象，从而发动科学革命时，这是认知迭代。

当一个人反思自己的偏见并试图克服它时，这是认知迭代。

当我们的对话从讨论具体内容，上升到对“观测论”本身进行审视时，这同样是认知迭代。

认知迭代是系统对自身的“源代码”进行重写，是认知进化中最具革命性的一步。它使得突破先天和后天的框架限制成为可能。

#### 四、 认知动力学：“驱动-观测-评估”核心循环

基于上述公理，我们提出一个描述认知活动的核心动力学循环。它比早期的“观测-逻辑-推演-自洽”四步模型更能体现认知的动力本质和整体性。

##### 1. 驱动：

这是循环的起点与永恒的终点。生存性驱动为整个系统提供能量和方向。它具体表现为系统对“认知权重”最大化 的追求（或对高权重负向结果的规避）。

“认知权重” 在此必须被详尽定义：它是观测论框架内的一个核心理论构念，用于描述和量化某一信息单元（如一个观测数据、一个概念、一个信念或一个行为选项）在认知系统内部所具有的心理显著性、行为驱动力与决策影响力。

关键在于，认知权重不是一个独立的属性，而是对某一概念或信息单元所关联的全部“观测历史”的强度、频率与价值的积分式度量。 它的高低，由五次观测行为的特性决定：

1. 体验强度：与信息直接绑定的情感或感官刺激的强烈程度。
2. 即时性：信息所指向的反馈或后果的时间紧迫性。
3. 重复频率：信息或类似信息模式出现的次数。
4. 信源权威：信息发出者在系统认知框架内的可信度与地位。
5. 与核心驱动的关联度：信息与系统根本驱动力（即第一公理所阐述的物理性与精神性生存驱动）的关联紧密度。

驱动，就是系统在认知权重体系指引下的趋向性。

##### 2. 观测：

在驱动的指引下，系统通过其接口在特定的认知框架内主动或有选择地获取信息。此时的“数据”已被框架预处理，带有先天的路径依赖特征。此次观测行为本身的特性（强度、即时性等）将作为关键输入，实时地写入或更新相关概念的认知权重。 一个强烈的创伤性观测，会瞬间赋予相关概念极高的负面权重；而重复的广告，则通过频率缓慢提升权重。

##### 3. 评估：

系统基于其当前的认知权重体系，对观测信息和新旧模型进行整合与价值判断。此过程即是“推演”，其目标是达成系统的自洽。自洽的标准由系统主导的认知框架决定——可能是逻辑的、情感的、功利的，或是这些的混合。

若达成自洽：系统强化现有模型，循环进入相对稳态。信念得到巩固，行为模式趋于稳定。

若未达成自洽（认知失调）：这种不一致会产生强大的驱动力，促使系统：

- a. 启动新的观测（寻找新数据）。
- b. 或，在复杂系统中触发认知迭代——即跳出当前框架，将“框架本身”或“认知权重分配”也纳入新一轮的观测-评估对象中。

“认知迭代” 是整个模型中最具魅力的部分，它是此核心循环在元层面的递归式运行，是认知系统的最高级功能，也是创造性思维和根本性突破的源泉。

#### 五、 关键衍生概念与现象阐释

### 5.1 世界观的独特性与共识的形成

由于每个认知主体的“观测框架”及其历史数据都是独一无二的，因此，每个追求逻辑自洽的个体，其最终形成的世界观在严格意义上也是独一无二的。共识的形成，并非源于个体间拥有完全相同的世界模型，而是源于他们在特定交互层面上，拥有大量相同或相似的观测行为，并在此基础上对关键概念赋予了高度接近的“认知权重”，从而在局部和具体问题上达成了模型的协调一致。

### 5.2 科学理论的重新定位

科学定律，可被视为在“科学观测框架”下，我们所找到的最稳定、最自洽、预测力最强的模型。它描述的并非绝对的客观存在，而是“我们与自然相互作用的最可靠模式”。科学范式的更迭，正是“认知迭代公理”在科学共同体层面的宏观体现——整个共同体集体完成了一次框架升级。

### 5.3 框架实在论立场

本框架并非否定客观实在的唯心论，而是一种“框架实在论”或“交互实在论”。它承认独立于认知的客观实在的存在（否则观测就失去了对象），但强调我们关于实在的所有知识和谈论，都必然通过“观测”这一通道，并被“认知框架”所塑造和呈现。需要特别阐明的是，观测论指出人类知识的获取受限于观测路径、受约束于认知框架，但这并不意味着观测论彻底否认知识与客观实在相符的可能性；它只是将这种“符合”的判断，本身也视为一种在特定框架内进行的、有价值的模型评估活动。

## 六、观测论对意识问题的阐释

基于观测论，我们可以尝试给出一个关于意识的、自然主义的工作定义：

意识，是当一个认知系统的“认知迭代”能力被激活，并使其“自我模型”成为信息处理的稳定枢纽和价值评估的中心后，所呈现出的那种统一的、第一人称的、感受质化的认知位相。

让我们分解这个定义：

1. 前提是“认知迭代”能力：系统必须能反思自身，否则它只是活在“透明”的框架中，无法形成“自我”的视角。
2. 核心是“自我模型”的枢纽地位：系统必须将自身表征为世界模型中的一个核心对象，并且所有信息都与这个“自我”节点相关联。
3. 表现是“统一的、第一人称的位相”：意识的统一性源于系统作为一个整体在应对环境时的“全局认知姿态”。第一人称视角，正是那个以“自我模型”为坐标原点的观测位置。
4. 关于“感受质”：所谓“红色的感觉”或“疼痛的感觉”，并非神秘的附加属性。它就是视觉或体感观测路径被特定刺激激活时，所呈现出的那个独特的、高维的、被赋予了高“认知权重”的信息状态。其“不可言传性”，源于这种复杂的、格式特定的内部状态，无法通过低带宽的符号语言（如文字）完整地传递给另一个拥有不同观测历史的系统。

在此框架下，所谓的“哲学僵尸”（功能完全相同但无意识）在逻辑上是不成立的。因为一个完整实例化了上述认知动力学的系统，其内部过程本身就是意识体验。意识不是认知的副产物，而是复杂认知过程的“第一人称形态”。

## 七、在精神病理学中的应用：创伤性应激障碍模型

### 1. 阶段一：创伤击穿——观测环节的权重极化

一次极端激烈的创伤性观测（如事故、侵害），使其相关数据获得病理性的、压倒性的认知权重。这个创伤节点（如相关画面、声音）的权重远超系统内其他正常节点。

### 2. 阶段二：系统失衡——逻辑与推演的全面扭曲

创伤节点的超高权重像黑洞一样，扭曲了所有信息处理。任何与创伤相关的线索都会被系统高估其危险性和重要性，导致持续的焦虑、全面的回避行为和社会功能受损。系统的决策树因单一节点的畸变而全面失衡。

### 3. 阶段三：病态迭代——框架的锁死与错误建模

系统为解释内心的巨大痛苦和不安（自洽性破裂），在无法降低创伤权重的约束下，启动适应性不良的迭代。它构建出扭曲的但能在内部自洽的信念来解释一切，如“世界是绝对危险的”、“我是有罪的/无价值的”。此时，认知迭代功能被“捕获”在这个新的、病态的框架内。

### 4. 阶段四：病态稳定——系统的脆弱平衡

当错误的迭代最终构建出一个能勉强容纳创伤节点的、自洽的封闭世界观时，系统达到一种不稳定的平衡。患者可能缺乏病识感，因为在其内部，系统是“自洽”的。任何挑战此世界观的新观测，都可能打破平衡，引发新一轮崩溃。

这一模型的价值在于：它将治疗目标从“纠正错误思想”清晰地转向“修复认知功能”——即通过安全、可控的再体验（如暴露疗法）来降低创伤节点的认知权重，并通过认知治疗引导系统进行一次“导向适应性的认知迭代”，帮助其构建一个更健康、更具适应性的新框架。

## 八、跨学科的解释力与应用前景

**8.1 在物理学中：**它自然兼容量子力学的“观测者效应”，将“观测”理解为系统与测量仪器间不可避免的、导致量子态退相干的框架性相互作用。

**8.2 在人工智能中：**它为 AGI（通用人工智能）的设计提供了哲学蓝图。一个真正的 AGI，应被定义为一个能够自主进行“驱动-观测-评估”循环，并具备“认知迭代”能力的世界模型构建与优化系统。

**8.3 在认知科学与心理学中：**它为“心智理论”和认知偏差提供了底层逻辑——我们皆是自身观测框架的“囚徒”。同时，它用“认知权重”解释了动机和信念强度的差异。

**8.4 在社会学与传播学中：**它将文化、意识形态视作一个群体共享的“宏观观测框架”。价值分歧和文明冲突可以被清晰地解析为“框架冲突”。这为解决争端提供了新思路：从攻击对方结论，转向理解并协商彼此的“框架”。

## 九、潜在的可验证性与伦理启示

**9.1 理论上的可证伪性：**如果能在任何领域发现一种完全不依赖于任何“观测框架”的认知方式，或证明某种知识是“框架无涉”的，那么观测论将从根本上被证伪。

### 9.2 实证研究的设想：

设计精巧的社会认知实验，演示“框架”对事实构建的决定性作用。

通过神经影像学与行为实验相结合，寻找“认知权重”的神经生物学相关物。

### 9.3 伦理启示：

观测论在赋予我们强大分析工具的同时，也带来了伦理责任。它可能被用于更精准的营销、宣传甚至操控。然而，观测论本身也内置了最强的“防御机制”：它使其操纵机制透明化。学习和理解观测论，本身就是获得反操控能力的过程——因为你能够识别他人试图影响你“认知权重”和“观测框架”的企图。它要求我们，在使用这份“认知地图”时，必须与伦理同行。

## 十、 结论

观测论 V4.2 是一个雄心勃勃的、开放性的研究纲领。它试图描绘一个从生存驱动到意识涌现、从知识建构到心灵痛苦的宏大认知谱系。它告诉我们，我们不是真理的被动发现者，而是意义的主动创造者与探索者——在我们各自独特而又交叠的“观测框架”内，用我们的一生，去绘制一幅幅虽不完美但无比珍贵的“认知地图”，并在这个过程中，通过持续的“认知迭代”，获得审视与重塑自身认知能力的自由。

这个框架的价值不在于终结争论，而在于开启一场关于认知边界与可能性的、更具建设性的对话。我们怀着最诚恳的态度，期待您的任何批评、质疑与建议，以期共同推进这一构想，更清晰地理解我们认知的边界与可能性。

### 坦诚声明

本文是作者非学术背景下的独立思想产物。其核心观点与理论架构均由作者提出，在与人工智能工具的对话中，由 AI 主要承担了语言润色、逻辑延展与辅助推演的工作。作者确认，本文的创作源于其自身的语言体系与思考框架，并未有意援引任何现有学术文献。如文中任何概念或思路与学界前辈工作存在雷同，纯属思想上的共鸣与巧合，在此致以诚挚的敬意。本文更旨在抛砖引玉，期待在坦诚交流中推进思考。

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Abstract:

This paper aims to propose and systematically elaborate an epistemological meta-framework named "Observation Theory." This framework constructs a theoretical system supported by five core axioms and introduces key constructs such as the "Axiom of Existential Drive" and "Cognitive Weight." Its core dynamic model—the "Drive-Observation-Evaluation" cycle—is employed to uniformly describe various cognitive activities, ranging from basic perception to the emergence of consciousness and even psychopathological phenomena. This paper posits that all knowledge constitutes internal models constructed within specific "Cognitive Frameworks," whose value is primarily determined by their coherence and predictive efficacy within those frameworks, rather than by their correspondence to any absolute objective reality. This framework aims to provide a cross-disciplinary meta-language for understanding the boundaries of cognition and fostering constructive dialogue.

Keywords: Observation Theory; Epistemology; Meta-theory; Cognitive Framework; Consciousness; Post-Traumatic Stress Disorder; Model Building

## 1. Introduction: In Search of a Meta-Language in the Babel of Knowledge

Imagine the landscape of human knowledge: physics describes the universe with mathematical equations, psychology interprets the mind with cognitive models, sociology analyzes society with structural theories, and literature captures humanity with narratives and metaphors. These disciplines resemble towering "Towers of Babel," isolated from one another, employing different languages, following different rules, and even holding drastically different definitions of "fact" and "truth." This leads to profound communication dilemmas and endless "factual" disputes.

The proposal of "Observation Theory" is precisely in response to a fundamental meta-question underlying all knowledge systems: Behind these diverse systems, is there a unified underlying logic concerning how knowledge itself is generated, validated, and evolves? Is there a universal grammar capable of describing all "cognitive activities"?



The fundamental conjecture of Observation Theory is: All cognitive activities, from bacterial chemotaxis to a scientist's theoretical creation, are essentially dynamic processes wherein a complex system, endowed with intrinsic drive, processes information and constructs models under specific constraints, ultimately possessing the capacity for self-examination and transcendence.

It does not attempt to provide a new map of the world; rather, it attempts to provide a universal manual on "how maps are drawn" for all possible world maps. It is not another "athlete" competing in the game, but a "referee's handbook" attempting to understand the universal rules of all "sports events."

## 2. Conceptual Origins and Philosophical Starting Point of Observation Theory

Observation Theory originates from the author's continuous reflection on personal cognitive experiences, observations of the underlying logic of social phenomena, and has been systematized through discussions with AI tools. Its foundational basis can be traced back to the following core original conceptions:

### 2.1 The Fundamental Limitation of Observational Pathways

The starting point of Observation Theory is a basic observation: we cannot directly speak of a "world-in-itself" completely independent of any cognitive interface. The starting point of cognition must be information acquired through some form of "observation" act, and all observation acts are constrained by a set of preconditions (i.e., the "Cognitive Framework"). Consequently, the theoretical focus naturally falls upon the "presented phenomena," rather than the potentially forever inaccessible "thing-in-itself." The formation of this viewpoint was deeply inspired by personal early value dilemmas (where coherence was unattainable due to subjective and objective constraints at the time) and observations of scientific limitations (e.g., the limits imposed by the light cone theory on information propagation, the inability of current technology to directly detect dark matter and dark energy).

### 2.2 From Raw Data to Foundational Logic

In the author's introspection of his own thought processes, cognition does not begin with an unprocessed stream of raw data, but with a preliminary "logical rough processing." The observational system spontaneously identifies and induces certain foundational logical patterns from the data, such as: the existence of an observational interface, causality, quantitative relationships, safety needs, food requirements, and positive/negative feedback mechanisms. These foundational logics constitute the

"survival algorithm" of the cognitive system, providing the most initial survival strategies and judgment basis, laying the groundwork for the cognitive architecture.

### 2.3 Introspection and Model Deduction

As foundational logics accumulate, the cognitive system enters the "model-building" stage. At this point, the "observation" interface expands from being purely externally directed to including the system's interior. By combining observational material with existing logics for simulation and deduction (i.e., "introspection"), the system can generate a series of predictions not yet externally verified. These predictions are coherent within the system's current internal model, their truth-value awaiting subsequent external observation for confirmation.

### 2.4 Formation of the Dynamic Cycle and Self-Iteration

The steps of observation, logic application, deduction, prediction, and verification together constitute a clear cognitive cycle. With the "Axiom of Existential Drive" as the first cause and "coherence" as the core standard, this cycle runs continuously. Ultimately, when the system can incorporate this very cognitive process itself as an object of observation and operation, it achieves the highest level of cognitive function—self-iteration. This is seen as the inevitable culmination of the evolution of complex cognitive systems.

## 3. The Core Axiomatic System of Observation Theory V4.2

Observation Theory is built upon five layered, logically coherent core axioms. They are the unshakable foundation of the entire theoretical edifice.

### First Axiom: Axiom of Existential Drive

Statement: The most fundamental, non-regressible driving force behind the existence and sustained operation of any cognitive system is the maintenance and enhancement of its own state of existence.

### Elaboration:

This is the "engine" of Observation Theory, providing the ultimate answer to "why" cognitive activity occurs. A system cognizes not to pursue some abstract "truth," but to survive, and to survive better. In

simple systems (e.g., bacteria), this manifests as a pure physical survival drive. In complex systems (e.g., humans), this drive differentiates into two closely intertwined cores:

1. Physical Survival Drive: Ensures the integrity and continuity of the system as a physical entity (avoiding immediate, physical demise).
2. Mental Coherence Drive: Ensures the logical consistency, narrative coherence, and value integrity of the system's internal models (especially the worldview concerning the self, value, and meaning). The collapse of the mental world (e.g., a complete loss of sense of meaning) can be as devastating to humans as physical death.

This axiom implies that cognition is, from its root, "positioned" and "value-oriented." It determines what information the system deems "important" and what goals are "worth" pursuing.

#### Second Axiom: Axiom of Observational Primacy

Statement: All raw material for cognition originates from "observational data" obtained through senses, instruments, thought experiments, introspection, and other means. There is no "purely objective knowledge" detached from any observational framework.

Elaboration:

"Observation" here is a meta-concept, an umbrella term for all information inputs. It includes:

Sensory Perception: Sight, hearing, smell, taste, touch.

Instrumental Extension: Telescopes, microscopes, colliders, electrocardiograms — all scientific tools that extend our sensory limits.

Rational Intuition: The mental grasp of logical truths, mathematical axioms. We "see" that  $1+1=2$ , much like the eye sees red.

Introspective Reflection: The awareness of one's own emotions, thoughts, and thinking processes.

Its common core is "the acquisition and presentation of information." This axiom emphasizes that we cannot speak of any "world itself" that has not been processed through the procedure of "observation." The starting point of our understanding of the universe is not the "thing-in-itself," but the "data" captured and presented by our observational interfaces. Observation is the "event horizon" of our cognition of the universe.

### Third Axiom: Axiom of Framework Constraint

Statement: Any observation occurs within a specific "Cognitive Framework." This framework is shaped by biological structure, cultural background, linguistic system, theoretical paradigm, logical rules, and personal experiences, among others. It functions like a pair of inseparable glasses, simultaneously defining the possibilities and limitations of observation.

Elaboration:

We do not observe the world through a transparent window, but through a pair of "glasses" with specific tints, curvatures, and blind spots. These glasses are the "Cognitive Framework." It includes at least:

Biological Framework: Our eyes only see specific wavelengths of light, our ears only hear specific frequencies of sound.

Conceptual Framework: The language and conceptual systems we use determine how we slice up and categorize experience.

Theoretical Framework: A Newtonian physicist and a quantum physicist observing the same particle experiment will "see"截然不同 (strikingly different) things.

Cultural and Personal Experience Framework: Individuals raised in collectivist versus individualist cultures have completely different observational baselines for "self" and "society."

The framework is simultaneously an enabler and a prison. It allows us to comprehend the world, but also prescribes the boundaries and manner of our comprehension.

### Fourth Axiom: Axiom of Model Building

Statement: The essential function of the mind (or, more generally, the cognitive system) is to construct internal "models" based on incoming observational data within a specific framework, and to persistently pursue the model's coherence and predictive efficacy. The value of a model is determined not by whether it is "absolutely real," but by its explanatory and predictive power within the framework.

Elaboration:

The cognitive system is not a passive data recorder, but an active "cosmic modeler." It receives data filtered by the framework and then attempts to construct an internal structure capable of explaining this data and predicting future data — this is the "model." This model can be the connection patterns of a neural network or a system of scientific theories.

"Coherence" is an internal requirement of the model; a self-contradictory model cannot provide any

effective guide for action. "Predictive efficacy" is the model's touchstone in the real world. This axiom adopts a "framework-dependent pragmatic" view of truth: truth is the most coherent and effective model within the current framework.

#### Fifth Axiom: Axiom of Cognitive Iteration

Statement: A mature cognitive system possesses the capability to take its own "observational framework" as an object of observation and reconstruction. Reflection upon, evaluation of, and optimization of the very mode of thinking itself is the fundamental intrinsic motivation for a cognitive system to achieve level transitions and break through its own limitations.

#### Elaboration:

This is the culminating point of Observation Theory, the key to a cognitive system achieving "freedom." Most systems (e.g., animals, simple AI) live their entire lives within their innate frameworks. But advanced systems like humans can "step outside" to examine the "glasses" themselves.

When a scientist realizes that an old theoretical framework cannot explain new phenomena and thus initiates a scientific revolution, this is cognitive iteration.

When an individual reflects on their own biases and attempts to overcome them, this is cognitive iteration.

When our dialogue shifts from discussing specific content to examining "Observation Theory" itself, this is also cognitive iteration.

Cognitive iteration is the system rewriting its own "source code"; it is the most revolutionary step in cognitive evolution. It makes it possible to break through innate and acquired framework constraints.

#### 4. Cognitive Dynamics: The Core "Drive-Observation-Evaluation" Cycle

Based on the above axioms, we propose a core dynamic cycle describing cognitive activity. It better reflects the dynamic nature and holism of cognition compared to the earlier four-step "Observation-Logic-Deduction-Coherence" model.

##### 1. Drive:

This is the cycle's starting point and eternal endpoint. The Existential Drive provides the energy and direction for the entire system. It manifests concretely as the system's pursuit of maximizing "Cognitive Weight" (or avoiding outcomes with high negative weight).

"Cognitive Weight" must be defined in detail here: It is a core theoretical construct within the Observation Theory framework, used to describe and quantify the psychological salience, behavioral impetus, and decision-making influence that a unit of information (such as an observational datum, a concept, a belief, or a behavioral option) possesses within the cognitive system.

The key is that Cognitive Weight is not an independent property, but an integral measure of the intensity, frequency, and value of the entire "observational history" associated with a given concept or information unit. Its level is determined by the characteristics of five types of observational acts:

1.   Experiential Intensity: The strength of the emotional or sensory stimulus directly bound to the information.
2.   Immediacy: The temporal urgency of the feedback or consequences pointed to by the information.
3.   Repetition Frequency: The number of times the information or similar informational patterns occur.
4.   Source Authority: The credibility and status of the information source within the system's cognitive framework.
5.   Relevance to Core Drives: The closeness of the information's connection to the system's fundamental drives (i.e., the physical and mental drives elaborated in the First Axiom).

Drive is the system's tendency guided by its Cognitive Weight system.

## 2. Observation:

Guided by the drive, the system actively or selectively acquires information through its interfaces within a specific cognitive framework. The "data" at this stage has been pre-processed by the framework, bearing inherent path-dependent characteristics. The properties of this observational act itself (intensity, immediacy, etc.) serve as key inputs, being written in real-time to update the Cognitive Weight of relevant concepts. An intense traumatic observation can instantly assign an extremely high negative weight to related concepts; whereas repetitive advertising slowly increases weight through frequency.

## 3. Evaluation:

The system integrates observational information and old/new models, making value judgments based on its current Cognitive Weight system. This process is "deduction," aiming to achieve the system's coherence. The standard of coherence is determined by the system's dominant cognitive framework—it could be logical, emotional, utilitarian, or a mixture thereof.

If Coherence is Achieved: The system reinforces the existing model, and the cycle enters a relative steady state. Beliefs are consolidated, and behavioral patterns stabilize.

If Coherence is Not Achieved (Cognitive Dissonance): This inconsistency generates a powerful driving force, prompting the system to:

- a. Initiate new observations (seeking new data).
- b. Or, in complex systems, trigger Cognitive Iteration—i.e., step outside the current framework to incorporate the "framework itself" or the "allocation of Cognitive Weight" into a new round of the observation-evaluation object.

"Cognitive Iteration" is the most fascinating part of the entire model. It is the recursive operation of this core cycle at the meta-level, the highest function of a cognitive system, and the source of creative thinking and fundamental breakthroughs.

## 5. Key Derived Concepts and Phenomenological Explanations

### 5.1 The Uniqueness of Worldviews and the Formation of Consensus

Since each cognitive agent's "Cognitive Framework" and its historical data are unique, the final worldview formed by each logically coherent individual is, strictly speaking, also unique. The formation of consensus does not stem from individuals possessing identical world models, but from them sharing a multitude of identical or similar observational behaviors on specific levels of interaction, and consequently assigning highly similar "Cognitive Weight" to key concepts, thereby achieving model coordination and agreement on localized and specific issues.

### 5.2 The Re-positioning of Scientific Theory

Scientific laws can be regarded as the most stable, coherent, and predictively powerful models we have found within the "scientific observational framework." They describe not absolute objective existence,

but "the most reliable mode of our interaction with nature." The shift of scientific paradigms is a macroscopic manifestation of the "Axiom of Cognitive Iteration" at the level of the scientific community—the entire community collectively undergoes a framework upgrade.

### 5.3 The Stance of Framework Realism

This framework is not an idealism that denies objective reality, but rather a "Framework Realism" or "Interactional Realism." It acknowledges the existence of an objective reality independent of cognition (otherwise observation would lack an object), but emphasizes that all our knowledge and discourse about reality necessarily pass through the channel of "observation" and are shaped and presented by the "Cognitive Framework." It is crucial to clarify that while Observation Theory points out that the acquisition of human knowledge is limited by observational pathways and constrained by cognitive frameworks, this does not mean that Observation Theory outright denies the possibility of knowledge corresponding to objective reality; it merely regards the judgment of this "correspondence" itself as a valuable model evaluation activity conducted within a specific framework.

## 6. The Explanation of Consciousness within Observation Theory

Based on Observation Theory, we can attempt to offer a naturalistic working definition of consciousness:

Consciousness is the unified, first-person, qualitative cognitive phase that emerges when a cognitive system's capacity for "Cognitive Iteration" is activated, and its "Self-Model" becomes the stable hub of information processing and the center of value assessment.

Let us decompose this definition:

1. Prerequisite is the capacity for "Cognitive Iteration": The system must be able to reflect upon itself; otherwise, it merely lives within a "transparent" framework, unable to form a "self" perspective.
2. Core is the hub status of the "Self-Model": The system must represent itself as a central object within its world model, and all information must be associated with this "self" node.
3. Manifestation is the "unified, first-person phase": The unity of consciousness stems from the "global cognitive posture" of the system as a whole in responding to the environment. The first-person



perspective is precisely that observational position with the "Self-Model" as its coordinate origin.

4. Regarding "Qualia": The so-called "feel" of red or the "sensation" of pain are not mysterious add-on properties. They are the unique, high-dimensional, information-laden states, endowed with high "Cognitive Weight," that are presented when specific observational pathways (visual or somatosensory) are activated by specific stimuli. Their "ineffability" stems from the fact that such complex, format-specific internal states cannot be fully transmitted to another system with a different observational history through low-bandwidth symbolic language (like words).

Within this framework, the so-called "philosophical zombie" (functionally identical but lacking consciousness) is logically untenable. Because a system that fully instantiates the aforementioned cognitive dynamics has internal processes that are the conscious experience. Consciousness is not a byproduct of cognition; it is the "first-person morphology" of complex cognitive processes.

## 7. Application in Psychopathology: A Model of Post-Traumatic Stress Disorder

### 1. Phase 1: Traumatic Breakdown – Weight Polarization in the Observation Phase

An extremely intense traumatic observation (e.g., accident, assault) grants the associated data a pathological, overwhelming Cognitive Weight. The weight of this traumatic node (e.g., related images, sounds) far exceeds that of other normal nodes within the system.

### 2. Phase 2: Systemic Imbalance – Comprehensive Distortion of Logic and Deduction

The super-high weight of the traumatic node acts like a black hole, distorting all information processing. Any cue associated with the trauma is overestimated by the system in terms of its danger and importance, leading to persistent anxiety, comprehensive avoidance behaviors, and impaired social functioning. The system's decision tree becomes thoroughly unbalanced due to the distortion of a single node.

### 3. Phase 3: Pathological Iteration – Framework Lock-in and Faulty Modeling

To explain the immense internal pain and distress (coherence breakdown), and constrained by the inability to reduce the traumatic weight, the system initiates a maladaptive iteration. It constructs

distorted yet internally coherent beliefs to explain everything, such as "The world is absolutely dangerous," or "I am guilty/worthless." At this point, the cognitive iteration function is "captured" within this new, pathological framework.

#### 4. Phase 4: Pathological Stability – The System's Fragile Equilibrium

When the faulty iteration finally constructs a closed worldview that can barely accommodate the traumatic node and is coherent, the system reaches an unstable equilibrium. The patient may lack insight into their illness because, internally, the system is "coherent." Any new observation challenging this worldview may break the equilibrium, triggering a new round of collapse.

The value of this model lies in: It clearly shifts the therapeutic goal from "correcting wrong thoughts" to "restoring cognitive function" — that is, by means of safe, controlled re-experiencing (e.g., exposure therapy) to reduce the Cognitive Weight of the traumatic node, and through cognitive therapy, to guide the system through an "adaptive cognitive iteration", helping it construct a healthier, more adaptive new framework.

### 8. Cross-Disciplinary Explanatory Power and Application Prospects

8.1 In Physics: It naturally accommodates the "observer effect" in quantum mechanics, interpreting "observation" as the inevitable, framework-specific interaction between the system and the measuring apparatus that leads to quantum decoherence.

8.2 In Artificial Intelligence: It provides a philosophical blueprint for AGI (Artificial General Intelligence) design. A true AGI should be defined as a world-model building and optimizing system capable of autonomously executing the "Drive-Observation-Evaluation" cycle and possessing "Cognitive Iteration" capability.

8.3 In Cognitive Science and Psychology: It provides the underlying logic for "theory of mind" and cognitive biases — we are all "prisoners" of our own observational frameworks. Simultaneously, it uses "Cognitive Weight" to explain differences in motivation and belief strength.

8.4 In Sociology and Communication Studies: It views culture and ideology as a "macro observational framework" shared by a group. Value disagreements and civilizational conflicts can be clearly parsed as "framework conflicts." This offers a new approach to conflict resolution: shifting from attacking the other's conclusions to understanding and negotiating each other's "frameworks."

## 9. Potential Verifiability and Ethical Implications

9.1 Theoretical Falsifiability: Observation Theory would be fundamentally falsified if, in any domain, a mode of cognition completely independent of any "observational framework" could be discovered, or if it could be proven that some form of knowledge is "framework-agnostic."

### 9.2 Conjectures for Empirical Research:

Design sophisticated social cognition experiments to demonstrate the deterministic role of "frameworks" in the construction of facts.

Combine neuroimaging with behavioral experiments to search for neurobiological correlates of "Cognitive Weight."

### 9.3 Ethical Implications:

While Observation Theory endows us with a powerful analytical tool, it also brings ethical responsibilities. It could be used for more precise marketing, propaganda, or even manipulation. However, Observation Theory itself also contains its strongest "defense mechanism": it makes the mechanisms of manipulation transparent. Learning and understanding Observation Theory is itself a process of gaining anti-manipulation capabilities—because you can identify attempts by others to influence your "Cognitive Weight" and "Observational Framework." It demands that we must proceed with ethics when using this "cognitive map."

## 10. Conclusion

Observation Theory V4.2 is an ambitious, open-ended research program. It attempts to depict a grand cognitive spectrum ranging from existential drives to the emergence of consciousness, from knowledge construction to mental suffering. It tells us that we are not passive discoverers of truth, but active creators and explorers of meaning—within our respective unique yet overlapping "Observational Frameworks," using our lifetimes to draw imperfect yet immensely precious "cognitive maps," and in this process, through continuous "Cognitive Iteration," gaining the freedom to examine and reshape our own cognitive capacities.

The value of this framework lies not in ending debates, but in opening a more constructive dialogue about the boundaries and possibilities of cognition. With the utmost sincerity, we await any criticism, questions, and suggestions, hoping to jointly advance this conception and understand more clearly the boundaries and possibilities of our cognition.

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#### Candid Statement

This paper is the product of the author's independent thinking outside an academic research context. Its core viewpoints and theoretical architecture were proposed by the author. In dialogue with AI tools, the AI primarily undertook the tasks of language polishing, logical extension, and auxiliary deduction. The author confirms that the creation of this paper stems from his own linguistic system and thought framework, and does not intentionally draw upon any existing academic literature. If any concepts or 思路 (trains of thought) within this paper bear resemblance to the work of academic predecessors, it is purely a coincidence of intellectual resonance, to whom sincere respect is hereby paid. This paper aims more to spark discussion and advance thinking through candid exchange.

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