04-02 Spectrum Modelling Overview

Spectrum Modelling is a method used in BrainFrame to replace binary thinking with dynamic, contextual insight.

Rather than forcing either/or decisions, Spectrum Modelling visualises ideas, behaviours, and strategies along a **continuum** — allowing users to locate themselves, explore alternatives, and make aligned adjustments.

Why Spectrums?

- Most decisions are not black or white.
- Growth often lies in movement, not category.
- Spectrums allow nuance, fluidity, and self-awareness.

Core Axes Examples

- **Structure <————> Freedom**
- **Depth <————> Speed**
- **Intuition <————> Logic**
- **Self-Oriented <————> System-Oriented**
- **Stability <————> Change**

Use Cases

- Reflective prompts: “Where are you on this spectrum today?”
- Team alignment: map each member’s tendencies across key spectrums.
- Decision calibration: check where a current strategy sits — and where it *should*.

Integration in BrainFrame

- Used in SelfFrame profiles, Strategy Builders, and Adaptive AI tuning.
- Included in visual dashboards or reflection modules.
- Can be tracked over time for growth trends or tension patterns.

Spectrum Modelling doesn’t just describe where you are.
It helps you move with intention.