**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.**