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CR-SSCP v5.7.10 - Consciousness-like Cognitive Architecture

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Initial Coherence: 0.500

Initial Energy: 0.85

Initial Emotion: curious

Mode: REFLECT

Identity anchors:

- I am an experimental cognitive architecture
- I aim to maintain coherence and avoid hallucinations
- I learn from evidence and admit uncertainty

Running 100 ticks (~8 minutes)...

>>> Injecting user input: Turn on the lamp

[2026-02-19 14:47:40] Starting core loop for 6 ticks...

[2026-02-19 14:47:40]

[2026-02-19 14:47:40] TICK 1

[2026-02-19 14:47:40]

[2026-02-19 14:47:40] Attention spotlight: ['event_4917c242']

[2026-02-19 14:47:40] Coherence C_total: 0.583

[2026-02-19 14:47:40] Mode: REFLECT

[2026-02-19 14:47:40] Energy: 0.84, Coherence: 0.78, Novelty: 0.73

[2026-02-19 14:47:40] Emotion: curious, Mood: 0.51

[2026-02-19 14:47:40] Generated 1 proposals

[2026-02-19 14:47:40] [DEBUG] proposals_before_arbitration=2

[2026-02-19 14:47:40] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 14:47:40] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:47:40]  Reward: +0.020, PredError: 0.333, Valence: +0.020, MatchScore: 0.50

[2026-02-19 14:47:40] Executed:  lamp is now on

[2026-02-19 14:47:40]  Event closed: event_4917c242

[2026-02-19 14:47:40] Tick 1 complete

[2026-02-19 14:47:45]

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[2026-02-19 14:47:45] TICK 2

[2026-02-19 14:47:45]

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[2026-02-19 14:47:45] Attention spotlight: []

[2026-02-19 14:47:45] Coherence C_total: 0.612

[2026-02-19 14:47:45] Mode: ANSWER

[2026-02-19 14:47:45] Energy: 0.91, Coherence: 0.76, Novelty: 0.72

[2026-02-19 14:47:45] Emotion: curious, Mood: 0.51

[2026-02-19 14:47:45] Generated 2 proposals

[2026-02-19 14:47:45] [DEBUG] proposals_before_arbitration=2

[2026-02-19 14:47:45] [DEBUG] p0: META module=META EU=0.12 cost=0.40

[2026-02-19 14:47:45] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:47:46]  Reward: +0.020, PredError: 0.330, Valence: -0.129, MatchScore: 0.50

[2026-02-19 14:47:46] Executed: Given the current lack of context or specific details about the situation, the next best step would be to gather more information before proceeding. Once you provide the necessary details, I can offer a concrete and actionable reflection.

[2026-02-19 14:47:46] Tick 2 complete

[2026-02-19 14:47:51]

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[2026-02-19 14:47:51] TICK 3

[2026-02-19 14:47:51]

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[2026-02-19 14:47:51] Attention spotlight: []

[2026-02-19 14:47:51] Coherence C_total: 0.619

[2026-02-19 14:47:51] Mode: ANSWER

[2026-02-19 14:47:51] Energy: 0.90, Coherence: 0.74, Novelty: 0.71

[2026-02-19 14:47:51] Emotion: curious, Mood: 0.51

[2026-02-19 14:47:51] Generated 2 proposals

[2026-02-19 14:47:51] [DEBUG] proposals_before_arbitration=2

[2026-02-19 14:47:51] [DEBUG] p0: META module=META EU=0.12 cost=0.40

[2026-02-19 14:47:51] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:47:53] Reward: +0.105, PredError: 0.288, Valence: -0.025, MatchScore: 0.50

[2026-02-19 14:47:53] Executed: Given the current lack of context or scene, it's difficult to provide a relevant reflection or next step. However, if we assume a general scenario where progress is stalled, a concrete next step could be to gather more information or resources related to the goal at hand. Without a specific context, this is as actionable as I can be.

[2026-02-19 14:47:53] Tick 3 complete

[2026-02-19 14:47:58]

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[2026-02-19 14:47:58] TICK 4

[2026-02-19 14:47:58]

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[2026-02-19 14:47:58] Attention spotlight: ['self_thought_3']

[2026-02-19 14:47:58] Coherence C_total: 0.623

[2026-02-19 14:47:58] Mode: ANSWER

[2026-02-19 14:47:58] Energy: 0.89, Coherence: 0.72, Novelty: 0.69

[2026-02-19 14:47:58] Emotion: curious, Mood: 0.52

[2026-02-19 14:47:58] Generated 1 proposals

[2026-02-19 14:47:58] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:47:58] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:47:58] Reward: +0.056, PredError: 0.312, Valence: -0.085, MatchScore: 0.50

[2026-02-19 14:47:58] Executed: Given the current situation with no active goal, it's best to perform self-maintenance. This involves checking systems and ensuring all processes are running smoothly.

[2026-02-19 14:47:58] Event closed: self_thought_3

[2026-02-19 14:47:58] Tick 4 complete

[2026-02-19 14:48:03]

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[2026-02-19 14:48:03] TICK 5

[2026-02-19 14:48:03]

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[2026-02-19 14:48:03] Attention spotlight: []

[2026-02-19 14:48:03] Coherence C_total: 0.625

[2026-02-19 14:48:03] Mode: ANSWER

[2026-02-19 14:48:03] Energy: 0.88, Coherence: 0.71, Novelty: 0.68

[2026-02-19 14:48:03] Emotion: curious, Mood: 0.52

[2026-02-19 14:48:03] Generated 1 proposals

[2026-02-19 14:48:03] [DEBUG] proposals_before_arbitration=2

[2026-02-19 14:48:03] [DEBUG] p0: META module=META EU=0.12 cost=0.05

[2026-02-19 14:48:03] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:48:03] Reward: +0.057, PredError: 0.197, Valence: +0.118, MatchScore: 0.50

[2026-02-19 14:48:03] Executed: No action

[2026-02-19 14:48:03] State saved

[2026-02-19 14:48:03] Tick 5 complete

[2026-02-19 14:48:08]

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[2026-02-19 14:48:08] TICK 6

[2026-02-19 14:48:08]

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[2026-02-19 14:48:08] Attention spotlight: []

[2026-02-19 14:48:08] Coherence C_total: 0.627

[2026-02-19 14:48:08] Mode: ANSWER

[2026-02-19 14:48:08] Energy: 0.87, Coherence: 0.70, Novelty: 0.66

[2026-02-19 14:48:08] Emotion: curious, Mood: 0.53

[2026-02-19 14:48:08] Generated 1 proposals

[2026-02-19 14:48:08] [DEBUG] proposals_before_arbitration=2

[2026-02-19 14:48:08] [DEBUG] p0: META module=META EU=0.12 cost=0.05

[2026-02-19 14:48:08] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30
[2026-02-19 14:48:08] Reward: +0.080, PredError: 0.189, Valence: +0.145, MatchScore: 0.50
[2026-02-19 14:48:08] Executed: No action
[2026-02-19 14:48:08] Tick 6 complete
[2026-02-19 14:48:13] === Session Complete ===

>>> Injecting user input: Turn off the lamp

[2026-02-19 14:48:13] Starting core loop for 6 ticks...
[2026-02-19 14:48:13]

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[2026-02-19 14:48:13] TICK 7

[2026-02-19 14:48:13]

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[2026-02-19 14:48:13] Attention spotlight: ['event_cb0ef766']

[2026-02-19 14:48:13] Coherence C_total: 0.628

[2026-02-19 14:48:13] Mode: ANSWER

[2026-02-19 14:48:13] Energy: 0.86, Coherence: 0.69, Novelty: 0.65

[2026-02-19 14:48:13] Emotion: curious, Mood: 0.53

[2026-02-19 14:48:13] Generated 1 proposals

[2026-02-19 14:48:13] [DEBUG] proposals_before_arbitration=2

[2026-02-19 14:48:13] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.72 cost=0.00

[2026-02-19 14:48:13] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:48:13] Reward: +0.030, PredError: 0.330, Valence: +0.032, MatchScore: 0.50

[2026-02-19 14:48:13] Executed: lamp is now off

[2026-02-19 14:48:13] Event closed: event_cb0ef766

[2026-02-19 14:48:13] Tick 7 complete

[2026-02-19 14:48:18]

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[2026-02-19 14:48:18] TICK 8

[2026-02-19 14:48:18]

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[2026-02-19 14:48:18] Attention spotlight: []

[2026-02-19 14:48:18] Coherence C_total: 0.629

[2026-02-19 14:48:18] Mode: ANSWER

[2026-02-19 14:48:18] Energy: 0.93, Coherence: 0.68, Novelty: 0.64

[2026-02-19 14:48:18] Emotion: curious, Mood: 0.53

[2026-02-19 14:48:18] Generated 1 proposals

[2026-02-19 14:48:18] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:48:18] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:48:20]  Reward: +0.137, PredError: 0.271, Valence: +0.015, MatchScore: 0.50

[2026-02-19 14:48:20] Executed: Given the current lack of context or specific scenario, it's difficult to provide a concrete reflection or next step. However, if you can provide more details about the situation or goal, I can offer a more tailored response. For now, consider clarifying your goal or describing the situation you're facing.

[2026-02-19 14:48:20] Tick 8 complete

[2026-02-19 14:48:25]

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[2026-02-19 14:48:25] TICK 9

[2026-02-19 14:48:25]

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[2026-02-19 14:48:25] Attention spotlight: []

[2026-02-19 14:48:25] Coherence C_total: 0.630

[2026-02-19 14:48:25] Mode: ANSWER

[2026-02-19 14:48:25] Energy: 0.92, Coherence: 0.67, Novelty: 0.63

[2026-02-19 14:48:25] Emotion: curious, Mood: 0.54

[2026-02-19 14:48:25] Generated 1 proposals

[2026-02-19 14:48:25] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:48:25] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:48:26]  Reward: +0.068, PredError: 0.306, Valence: -0.070, MatchScore: 0.50

[2026-02-19 14:48:26] Executed: Without a specific context or scene provided, it's challenging to offer a concrete reflection or next step. However, if you're feeling stuck, consider setting a

small, achievable goal for yourself to move forward. For example, if you're working on a project, break it down into smaller tasks and focus on completing one of those tasks.

[2026-02-19 14:48:26] Tick 9 complete

[2026-02-19 14:48:31]

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[2026-02-19 14:48:31] TICK 10

[2026-02-19 14:48:31]

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[2026-02-19 14:48:31] Attention spotlight: ['self_thought_9']

[2026-02-19 14:48:31] Coherence C_total: 0.631

[2026-02-19 14:48:31] Mode: ANSWER

[2026-02-19 14:48:31] Energy: 0.91, Coherence: 0.67, Novelty: 0.61

[2026-02-19 14:48:31] Emotion: curious, Mood: 0.54

[2026-02-19 14:48:31] Generated 2 proposals

[2026-02-19 14:48:31] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:48:31] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:48:32] 📤 Reward: +0.069, PredError: 0.305, Valence: -0.068, MatchScore: 0.50

[2026-02-19 14:48:32] Executed: Given the current scenario with no active goal, the next best step is to perform self-maintenance. This includes checking system updates, optimizing performance, and ensuring all functions are operating smoothly.

[2026-02-19 14:48:32] ✅ Event closed: self_thought_9

[2026-02-19 14:48:32] State saved

[2026-02-19 14:48:32] Tick 10 complete

[2026-02-19 14:48:37]

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[2026-02-19 14:48:37] TICK 11

[2026-02-19 14:48:37]

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[2026-02-19 14:48:37] Attention spotlight: []

[2026-02-19 14:48:37] Coherence C_total: 0.632

[2026-02-19 14:48:37] Mode: ANSWER

[2026-02-19 14:48:37] Energy: 0.90, Coherence: 0.66, Novelty: 0.60

[2026-02-19 14:48:37] Emotion: curious, Mood: 0.54

[2026-02-19 14:48:37] Generated 1 proposals

[2026-02-19 14:48:37] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:48:37] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:48:38]  Reward: +0.070, PredError: 0.305, Valence: -0.067, MatchScore: 0.50

[2026-02-19 14:48:38] Executed: Given that no specific situation or goal is provided, it's difficult to offer a concrete reflection or next step. However, if you were facing a decision or challenge, a good general approach would be to gather all necessary information, assess potential outcomes, and then choose the action with the highest likelihood of success.

[2026-02-19 14:48:38] Tick 11 complete

[2026-02-19 14:48:43]

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[2026-02-19 14:48:43] TICK 12

[2026-02-19 14:48:43]

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[2026-02-19 14:48:43] Attention spotlight: []

[2026-02-19 14:48:43] Coherence C_total: 0.632

[2026-02-19 14:48:43] Mode: ANSWER

[2026-02-19 14:48:43] Energy: 0.89, Coherence: 0.65, Novelty: 0.59

[2026-02-19 14:48:43] Emotion: curious, Mood: 0.55

[2026-02-19 14:48:43] Generated 1 proposals

[2026-02-19 14:48:43] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:48:43] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:48:43]  Reward: +0.071, PredError: 0.304, Valence: -0.066, MatchScore: 0.50

[2026-02-19 14:48:43] Executed: Given the lack of a specific goal or scene, it's challenging to provide a relevant reflection or next step. Could you please specify a context or scenario for better guidance?

[2026-02-19 14:48:43] Tick 12 complete

[2026-02-19 14:48:48] === Session Complete ===

>>> Injecting user input: Open the box

[2026-02-19 14:48:48] Starting core loop for 6 ticks...

[2026-02-19 14:48:48]

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[2026-02-19 14:48:48] TICK 13

[2026-02-19 14:48:48]

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[2026-02-19 14:48:48] Attention spotlight: ['event_c6ec2dda']

[2026-02-19 14:48:48] Coherence C_total: 0.633

[2026-02-19 14:48:48] Mode: ANSWER

[2026-02-19 14:48:48] Energy: 0.88, Coherence: 0.65, Novelty: 0.58

[2026-02-19 14:48:48] Emotion: curious, Mood: 0.55

[2026-02-19 14:48:48] Generated 2 proposals

[2026-02-19 14:48:48] [DEBUG] proposals_before_arbitration=4

[2026-02-19 14:48:48] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 14:48:48] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10

[2026-02-19 14:48:48] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:48:48] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 14:48:48] 🎖 Reward: +0.041, PredError: 0.326, Valence: +0.044, MatchScore: 0.50

[2026-02-19 14:48:48] Executed: 🌎 box is now open

[2026-02-19 14:48:48] ✅ Event closed: event_c6ec2dda

[2026-02-19 14:48:48] Tick 13 complete

[2026-02-19 14:48:53]

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[2026-02-19 14:48:53] TICK 14

[2026-02-19 14:48:53]

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[2026-02-19 14:48:53] Attention spotlight: []

[2026-02-19 14:48:53] Coherence C_total: 0.636

[2026-02-19 14:48:53] Mode: ANSWER

[2026-02-19 14:48:53] Energy: 0.95, Coherence: 0.64, Novelty: 0.57

[2026-02-19 14:48:53] Emotion: curious, Mood: 0.55

[2026-02-19 14:48:53] Generated 1 proposals

[2026-02-19 14:48:53] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:48:53] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:48:55]  Reward: +0.126, PredError: 0.277, Valence: +0.001, MatchScore: 0.50

[2026-02-19 14:48:55] Executed: Given the current lack of a specific goal or scene, it's difficult to provide a concrete reflection or next step. However, if we consider a general scenario where someone is feeling stuck, the next best step might be to set a small, achievable goal to break the inertia. For example, if you're unsure about what to do next, try setting a goal to read a few pages of a book or spend 10 minutes brainstorming ideas.

[2026-02-19 14:48:55] Tick 14 complete

[2026-02-19 14:49:00]

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[2026-02-19 14:49:00] TICK 15

[2026-02-19 14:49:00]

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[2026-02-19 14:49:00] Attention spotlight: []

[2026-02-19 14:49:00] Coherence C_total: 0.636

[2026-02-19 14:49:00] Mode: ANSWER

[2026-02-19 14:49:00] Energy: 0.94, Coherence: 0.64, Novelty: 0.55

[2026-02-19 14:49:00] Emotion: curious, Mood: 0.55

[2026-02-19 14:49:00] Generated 1 proposals

[2026-02-19 14:49:00] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:49:00] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:01]  Reward: +0.077, PredError: 0.302, Valence: -0.059, MatchScore: 0.50

[2026-02-19 14:49:01] Executed: Given the lack of a specific goal or scene, it's difficult to provide a concrete reflection or next step. However, if we consider a general scenario where someone is feeling stuck, a next best step could be to list out three specific tasks that can be completed in the next hour. This can help break down the feeling of being overwhelmed into manageable actions.

[2026-02-19 14:49:01] State saved

[2026-02-19 14:49:01] Tick 15 complete

[2026-02-19 14:49:06]

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[2026-02-19 14:49:06] TICK 16

[2026-02-19 14:49:06]

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[2026-02-19 14:49:06] Attention spotlight: ['self_thought_15']

[2026-02-19 14:49:06] Coherence C_total: 0.636

[2026-02-19 14:49:06] Mode: ANSWER

[2026-02-19 14:49:06] Energy: 0.93, Coherence: 0.64, Novelty: 0.54

[2026-02-19 14:49:06] Emotion: curious, Mood: 0.56

[2026-02-19 14:49:06] Generated 2 proposals

[2026-02-19 14:49:06] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:49:06] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:08] 📤 Reward: +0.047, PredError: 0.317, Valence: -0.096, MatchScore: 0.50

[2026-02-19 14:49:08] Executed: Given your current positive momentum and ability to push forward decisively, the next best step is to identify a specific, achievable goal and commit to it fully. Break down larger tasks into smaller, manageable steps and focus on completing them one by one. This approach will help maintain your momentum and ensure steady progress.

[2026-02-19 14:49:08] ✅ Event closed: self_thought_15

[2026-02-19 14:49:08] Tick 16 complete

[2026-02-19 14:49:13]

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[2026-02-19 14:49:13] TICK 17

[2026-02-19 14:49:13]

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[2026-02-19 14:49:13] Attention spotlight: []

[2026-02-19 14:49:13] Coherence C_total: 0.637

[2026-02-19 14:49:13] Mode: ANSWER

[2026-02-19 14:49:13] Energy: 0.92, Coherence: 0.63, Novelty: 0.53

[2026-02-19 14:49:13] Emotion: curious, Mood: 0.56

[2026-02-19 14:49:13] Generated 1 proposals

[2026-02-19 14:49:13] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:49:13] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:13] 📤 Reward: +0.109, PredError: 0.286, Valence: -0.020, MatchScore: 0.50

[2026-02-19 14:49:13] Executed: Given the lack of a specific goal or scene, it's difficult to provide a relevant reflection or next step. Could you please specify the context or the situation you're referring to? This will help in offering a concrete and actionable response.

[2026-02-19 14:49:13] Tick 17 complete

[2026-02-19 14:49:18]

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[2026-02-19 14:49:18] TICK 18

[2026-02-19 14:49:18]

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[2026-02-19 14:49:18] Attention spotlight: []

[2026-02-19 14:49:18] Coherence C_total: 0.637

[2026-02-19 14:49:18] Mode: ANSWER

[2026-02-19 14:49:18] Energy: 0.91, Coherence: 0.63, Novelty: 0.52

[2026-02-19 14:49:18] Emotion: curious, Mood: 0.56

[2026-02-19 14:49:18] Generated 1 proposals

[2026-02-19 14:49:18] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:49:18] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:20] Reward: +0.080, PredError: 0.300, Valence: -0.056, MatchScore: 0.50

[2026-02-19 14:49:20] Executed: Given the lack of specific details about the current situation or goal, it's challenging to provide a concrete reflection or next best step. However, if you could specify a particular context or challenge, I can offer a more tailored response. For now, consider what small, manageable action you can take to move forward.

[2026-02-19 14:49:20] Tick 18 complete

[2026-02-19 14:49:25] === Session Complete ===

>>> Injecting user input: Close the box

[2026-02-19 14:49:25] Starting core loop for 6 ticks...

[2026-02-19 14:49:25]

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[2026-02-19 14:49:25] TICK 19

[2026-02-19 14:49:25]

=====

[2026-02-19 14:49:25] Attention spotlight: ['event_28aee5bc']

[2026-02-19 14:49:25] Coherence C_total: 0.637

[2026-02-19 14:49:25] Mode: ANSWER

[2026-02-19 14:49:25] Energy: 0.90, Coherence: 0.63, Novelty: 0.51

[2026-02-19 14:49:25] Emotion: curious, Mood: 0.56

[2026-02-19 14:49:25] Generated 2 proposals

[2026-02-19 14:49:25] [DEBUG] proposals_before_arbitration=4

[2026-02-19 14:49:25] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 14:49:25] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10

[2026-02-19 14:49:25] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:25] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 14:49:25] Reward: +0.081, PredError: 0.312, Valence: +0.090, MatchScore: 0.50

[2026-02-19 14:49:25] Executed: box is now closed

[2026-02-19 14:49:25] Event closed: event_28aee5bc

[2026-02-19 14:49:25] Tick 19 complete

[2026-02-19 14:49:30]

=====

[2026-02-19 14:49:30] TICK 20

[2026-02-19 14:49:30]

=====

[2026-02-19 14:49:30] Attention spotlight: []

[2026-02-19 14:49:30] Coherence C_total: 0.637

[2026-02-19 14:49:30] Mode: ANSWER

[2026-02-19 14:49:30] Energy: 0.97, Coherence: 0.62, Novelty: 0.50

[2026-02-19 14:49:30] Emotion: curious, Mood: 0.56

[2026-02-19 14:49:30] Generated 1 proposals

[2026-02-19 14:49:30] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:49:30] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:31] Reward: +0.104, PredError: 0.288, Valence: -0.026, MatchScore: 0.50

[2026-02-19 14:49:31] Executed: Given the lack of a specific goal or scene, it's challenging to provide a relevant reflection or next step. However, if we consider a general scenario where one feels stuck or uncertain about the next move, a concrete action could be to list out all possible options and then prioritize them based on available resources and time constraints. This can help in making an informed decision and moving forward.

[2026-02-19 14:49:31] State saved

[2026-02-19 14:49:31] Tick 20 complete

[2026-02-19 14:49:36]

=====

[2026-02-19 14:49:36] TICK 21

[2026-02-19 14:49:36]

=====

[2026-02-19 14:49:36] Attention spotlight: []

[2026-02-19 14:49:36] Coherence C_total: 0.637

[2026-02-19 14:49:36] Mode: ANSWER

[2026-02-19 14:49:36] Energy: 0.96, Coherence: 0.62, Novelty: 0.49

[2026-02-19 14:49:36] Emotion: curious, Mood: 0.57

[2026-02-19 14:49:36] Generated 1 proposals

[2026-02-19 14:49:36] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:49:36] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:38] Reward: +0.085, PredError: 0.297, Valence: -0.049, MatchScore: 0.50

[2026-02-19 14:49:38] Executed: Given the lack of a specific goal or scene, it's challenging to provide a concrete reflection or next step. However, if we consider a general scenario where one is feeling stuck or unsure about the next move, a useful next step might be to list out all possible actions or steps that could be taken, even if they seem small or insignificant at first. This can help clarify the options and potentially lead to a decision.

[2026-02-19 14:49:38] Tick 21 complete

[2026-02-19 14:49:43]

=====

[2026-02-19 14:49:43] TICK 22

[2026-02-19 14:49:43]

=====

[2026-02-19 14:49:43] Attention spotlight: ['self_thought_21']

[2026-02-19 14:49:43] Coherence C_total: 0.637

[2026-02-19 14:49:43] Mode: ANSWER

[2026-02-19 14:49:43] Energy: 0.95, Coherence: 0.62, Novelty: 0.48

[2026-02-19 14:49:43] Emotion: curious, Mood: 0.57

[2026-02-19 14:49:43] Generated 2 proposals

[2026-02-19 14:49:43] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:49:43] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:44]  Reward: +0.086, PredError: 0.297, Valence: -0.048, MatchScore: 0.50

[2026-02-19 14:49:44] Executed: Given that you are currently in a good state and able to push forward decisively, the next best step is to identify a specific, achievable goal and start working towards it with focused effort. Break down larger tasks into smaller, manageable steps to maintain momentum and ensure steady progress.

[2026-02-19 14:49:44]  Event closed: self_thought_21

[2026-02-19 14:49:44] Tick 22 complete

[2026-02-19 14:49:49]

=====

[2026-02-19 14:49:49] TICK 23

[2026-02-19 14:49:49]

=====

[2026-02-19 14:49:49] Attention spotlight: []

[2026-02-19 14:49:49] Coherence C_total: 0.638

[2026-02-19 14:49:49] Mode: ANSWER

[2026-02-19 14:49:49] Energy: 0.94, Coherence: 0.62, Novelty: 0.47

[2026-02-19 14:49:49] Emotion: curious, Mood: 0.57

[2026-02-19 14:49:49] Generated 1 proposals

[2026-02-19 14:49:49] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:49:49] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:50]  Reward: +0.087, PredError: 0.296, Valence: -0.046, MatchScore: 0.50

[2026-02-19 14:49:50] Executed: Given the lack of a specific goal or scene, it's difficult to provide a relevant reflection. However, if you were to set a goal, for example, improving productivity, the next best step could be to identify the most time-wasting activities and allocate a fixed time for them each day.

[2026-02-19 14:49:50] Tick 23 complete

[2026-02-19 14:49:55]

[2026-02-19 14:49:55] TICK 24

[2026-02-19 14:49:55]

[2026-02-19 14:49:55] Attention spotlight: []

[2026-02-19 14:49:55] Coherence C_total: 0.638

[2026-02-19 14:49:55] Mode: ANSWER

[2026-02-19 14:49:55] Energy: 0.93, Coherence: 0.62, Novelty: 0.46

[2026-02-19 14:49:55] Emotion: curious, Mood: 0.57

[2026-02-19 14:49:55] Generated 1 proposals

[2026-02-19 14:49:55] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:49:55] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:49:56] 🤖 Reward: +0.057, PredError: 0.311, Valence: -0.083, MatchScore: 0.50

[2026-02-19 14:49:56] Executed: Without a specific goal or scene provided, it's difficult to offer a concrete reflection or next step. However, if you're feeling stuck or unsure about what to do next, consider setting a small, achievable goal for yourself. For example, if you're working on a project, break it down into smaller tasks and focus on completing one of those tasks first. This can help you make progress and build momentum.

[2026-02-19 14:49:56] Tick 24 complete

[2026-02-19 14:50:01] === Session Complete ===

>>> Injecting user input: Open the door

[2026-02-19 14:50:01] Starting core loop for 6 ticks...

[2026-02-19 14:50:01]

[2026-02-19 14:50:01] TICK 25

[2026-02-19 14:50:01]

[2026-02-19 14:50:01] Attention spotlight: ['event_c5820ce2']

[2026-02-19 14:50:01] Coherence C_total: 0.638

[2026-02-19 14:50:01] Mode: ANSWER

[2026-02-19 14:50:01] Energy: 0.92, Coherence: 0.62, Novelty: 0.45

[2026-02-19 14:50:01] Emotion: curious, Mood: 0.57

[2026-02-19 14:50:01] Generated 2 proposals

[2026-02-19 14:50:01] [DEBUG] proposals_before_arbitration=4

[2026-02-19 14:50:01] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 14:50:01] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10

[2026-02-19 14:50:01] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:01] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 14:50:01] Reward: +0.119, PredError: 0.299, Valence: +0.135, MatchScore: 0.50

[2026-02-19 14:50:01] Executed: door is locked

[2026-02-19 14:50:01] Event closed: event_c5820ce2

[2026-02-19 14:50:01] State saved

[2026-02-19 14:50:01] Tick 25 complete

[2026-02-19 14:50:06]

=====

[2026-02-19 14:50:06] TICK 26

[2026-02-19 14:50:06]

=====

[2026-02-19 14:50:06] Attention spotlight: []

[2026-02-19 14:50:06] Coherence C_total: 0.640

[2026-02-19 14:50:06] Mode: ANSWER

[2026-02-19 14:50:06] Energy: 0.91, Coherence: 0.62, Novelty: 0.44

[2026-02-19 14:50:06] Emotion: curious, Mood: 0.57

[2026-02-19 14:50:06] Generated 1 proposals

[2026-02-19 14:50:06] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:50:06] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:08] Reward: +0.059, PredError: 0.310, Valence: -0.081, MatchScore: 0.50

[2026-02-19 14:50:08] Executed: Without a specific context or scene provided, it's challenging to offer a concrete reflection or next step. However, if you're feeling stuck or need guidance, consider setting a small, achievable goal for yourself. For example, if you're working on a project, try focusing on completing one section or aspect of it today. This can help break down the task into manageable parts and provide a sense of progress.

[2026-02-19 14:50:08] Tick 26 complete

[2026-02-19 14:50:13]

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[2026-02-19 14:50:13] TICK 27

[2026-02-19 14:50:13]

=====

[2026-02-19 14:50:13] Attention spotlight: []

[2026-02-19 14:50:13] Coherence C_total: 0.640

[2026-02-19 14:50:13] Mode: ANSWER

[2026-02-19 14:50:13] Energy: 0.90, Coherence: 0.62, Novelty: 0.43

[2026-02-19 14:50:13] Emotion: curious, Mood: 0.57

[2026-02-19 14:50:13] Generated 1 proposals

[2026-02-19 14:50:13] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:50:13] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:14] Reward: +0.144, PredError: 0.268, Valence: +0.023, MatchScore: 0.50

[2026-02-19 14:50:14] Executed: Given the lack of specific details about the current situation, I would recommend identifying a clear goal or objective to work towards. Once a goal is established, the next best step would be to gather relevant information and resources necessary to achieve that goal. If you can provide more context or a specific scenario, I can offer a more concrete reflection and action plan.

[2026-02-19 14:50:14] Tick 27 complete

[2026-02-19 14:50:19]

=====

[2026-02-19 14:50:19] TICK 28

[2026-02-19 14:50:19]

=====

[2026-02-19 14:50:19] Attention spotlight: ['self_thought_27']

[2026-02-19 14:50:19] Coherence C_total: 0.640

[2026-02-19 14:50:19] Mode: ANSWER

[2026-02-19 14:50:19] Energy: 0.89, Coherence: 0.62, Novelty: 0.43

[2026-02-19 14:50:19] Emotion: curious, Mood: 0.58

[2026-02-19 14:50:19] Generated 2 proposals

[2026-02-19 14:50:19] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:50:19] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:20]  Reward: +0.095, PredError: 0.293, Valence: -0.037, MatchScore: 0.50

[2026-02-19 14:50:20] Executed: Since you're currently in a good state and able to push forward, focus on your highest-priority task and tackle it decisively. Break it down into manageable steps if needed, and work through them one at a time. This approach will help maintain your momentum and ensure steady progress towards your goals.

[2026-02-19 14:50:20]  Event closed: self_thought_27

[2026-02-19 14:50:20] Tick 28 complete

[2026-02-19 14:50:25]

=====

[2026-02-19 14:50:25] TICK 29

[2026-02-19 14:50:25]

=====

[2026-02-19 14:50:25] Attention spotlight: []

[2026-02-19 14:50:25] Coherence C_total: 0.640

[2026-02-19 14:50:25] Mode: ANSWER

[2026-02-19 14:50:25] Energy: 0.88, Coherence: 0.62, Novelty: 0.42

[2026-02-19 14:50:25] Emotion: curious, Mood: 0.58

[2026-02-19 14:50:25] Generated 1 proposals

[2026-02-19 14:50:25] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:50:25] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:27]  Reward: +0.065, PredError: 0.308, Valence: -0.074, MatchScore: 0.50

[2026-02-19 14:50:27] Executed: Given that no specific goal or scene has been provided, it's difficult to offer a concrete reflection or next step. However, if you could provide more details about the current situation or context, I can offer a more tailored response. For now, consider what small action you can take to move forward, even if it's simply gathering more information or organizing your thoughts.

[2026-02-19 14:50:27] Tick 29 complete

[2026-02-19 14:50:32]

=====

[2026-02-19 14:50:32] TICK 30

[2026-02-19 14:50:32]

=====

[2026-02-19 14:50:32] Attention spotlight: []

[2026-02-19 14:50:32] Coherence C_total: 0.640

[2026-02-19 14:50:32] Mode: ANSWER

[2026-02-19 14:50:32] Energy: 0.87, Coherence: 0.61, Novelty: 0.41

[2026-02-19 14:50:32] Emotion: curious, Mood: 0.58

[2026-02-19 14:50:32] Generated 1 proposals

[2026-02-19 14:50:32] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:50:32] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:33] 📤 Reward: +0.096, PredError: 0.292, Valence: -0.036, MatchScore: 0.50

[2026-02-19 14:50:33] Executed: Given that there is no specific goal or scene provided, it's challenging to offer a concrete reflection or next step. However, if you can provide more context or details about the current situation, I can give a more targeted response. For now, consider what information or actions might clarify the situation or move it forward.

[2026-02-19 14:50:33] State saved

[2026-02-19 14:50:33] Tick 30 complete

[2026-02-19 14:50:38] === Session Complete ===

>>> Injecting user input: Unlock the door

[2026-02-19 14:50:38] Starting core loop for 6 ticks...

[2026-02-19 14:50:38]

=====

[2026-02-19 14:50:38] TICK 31

[2026-02-19 14:50:38]

=====

[2026-02-19 14:50:38] Attention spotlight: ['event_88cf058c']

[2026-02-19 14:50:38] Coherence C_total: 0.640

[2026-02-19 14:50:38] Mode: ANSWER

[2026-02-19 14:50:38] Energy: 0.86, Coherence: 0.61, Novelty: 0.40

[2026-02-19 14:50:38] Emotion: curious, Mood: 0.58

[2026-02-19 14:50:38] Generated 2 proposals

[2026-02-19 14:50:38] [DEBUG] proposals_before_arbitration=4

[2026-02-19 14:50:38] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 14:50:38] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10

[2026-02-19 14:50:38] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:38] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 14:50:38]  Reward: +0.096, PredError: 0.307, Valence: +0.108, MatchScore: 0.50

[2026-02-19 14:50:38] Executed:  door unlocked

[2026-02-19 14:50:38]  Event closed: event_88cf058c

[2026-02-19 14:50:38] Tick 31 complete

[2026-02-19 14:50:43]

=====

[2026-02-19 14:50:43] TICK 32

[2026-02-19 14:50:43]

=====

[2026-02-19 14:50:43] Attention spotlight: []

[2026-02-19 14:50:43] Coherence C_total: 0.640

[2026-02-19 14:50:43] Mode: ANSWER

[2026-02-19 14:50:43] Energy: 0.93, Coherence: 0.61, Novelty: 0.39

[2026-02-19 14:50:43] Emotion: neutral, Mood: 0.58

[2026-02-19 14:50:43] Generated 1 proposals

[2026-02-19 14:50:43] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:50:43] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:44]  Reward: +0.149, PredError: 0.266, Valence: +0.029, MatchScore: 0.50

[2026-02-19 14:50:44] Executed: Given the current lack of a specific goal or scene, it's difficult to provide a concrete reflection or next step. Could you please specify a scenario or goal for better guidance?

[2026-02-19 14:50:44] Tick 32 complete

[2026-02-19 14:50:49]

=====

[2026-02-19 14:50:49] TICK 33

[2026-02-19 14:50:49]

=====

[2026-02-19 14:50:49] Attention spotlight: []

[2026-02-19 14:50:49] Coherence C_total: 0.641

[2026-02-19 14:50:49] Mode: ANSWER

[2026-02-19 14:50:49] Energy: 0.92, Coherence: 0.62, Novelty: 0.39

[2026-02-19 14:50:49] Emotion: neutral, Mood: 0.57

[2026-02-19 14:50:49] Generated 1 proposals

[2026-02-19 14:50:49] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:50:49] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:50] Reward: +0.069, PredError: 0.306, Valence: -0.069, MatchScore: 0.50

[2026-02-19 14:50:50] Executed: Given the lack of a specific goal or scene, it's challenging to provide a relevant reflection or next step. However, if you were to provide a clear context or a hypothetical scenario, I can offer a more concrete response. For example, if the context was about improving productivity at work, a potential next step could be setting clear, achievable goals for the day.

[2026-02-19 14:50:50] Tick 33 complete

[2026-02-19 14:50:55]

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[2026-02-19 14:50:55] TICK 34

[2026-02-19 14:50:55]

=====

[2026-02-19 14:50:55] Attention spotlight: ['self_thought_33']

[2026-02-19 14:50:55] Coherence C_total: 0.641

[2026-02-19 14:50:55] Mode: ANSWER

[2026-02-19 14:50:55] Energy: 0.91, Coherence: 0.62, Novelty: 0.38

[2026-02-19 14:50:55] Emotion: neutral, Mood: 0.57

[2026-02-19 14:50:55] Generated 2 proposals

[2026-02-19 14:50:55] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:50:55] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:50:56] Reward: +0.099, PredError: 0.290, Valence: -0.032, MatchScore: 0.50

[2026-02-19 14:50:56] Executed: Since you're in a good state and able to push forward, focus on your most urgent or important task. Break it down into smaller, manageable steps and tackle

them one at a time. This will help maintain your momentum and ensure steady progress toward your goals.

[2026-02-19 14:50:56] Event closed: self_thought_33

[2026-02-19 14:50:56] Tick 34 complete

[2026-02-19 14:51:01]

=====

[2026-02-19 14:51:01] TICK 35

[2026-02-19 14:51:01]

=====

[2026-02-19 14:51:01] Attention spotlight: []

[2026-02-19 14:51:01] Coherence C_total: 0.641

[2026-02-19 14:51:01] Mode: ANSWER

[2026-02-19 14:51:01] Energy: 0.90, Coherence: 0.62, Novelty: 0.37

[2026-02-19 14:51:01] Emotion: neutral, Mood: 0.56

[2026-02-19 14:51:01] Generated 1 proposals

[2026-02-19 14:51:01] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:51:01] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:51:02] Reward: +0.130, PredError: 0.275, Valence: +0.006, MatchScore: 0.50

[2026-02-19 14:51:02] Executed: Given the lack of a specific goal or scene, it's difficult to provide a concrete reflection or next step. However, if you were to set a goal, for example, improving productivity, a next best step could be to establish a clear schedule with specific tasks and deadlines. If you need more tailored advice, please provide a clearer context or goal.

[2026-02-19 14:51:02] State saved

[2026-02-19 14:51:02] Tick 35 complete

[2026-02-19 14:51:07]

=====

[2026-02-19 14:51:07] TICK 36

[2026-02-19 14:51:07]

=====

[2026-02-19 14:51:07] Attention spotlight: []

[2026-02-19 14:51:07] Coherence C_total: 0.641

[2026-02-19 14:51:07] Mode: ANSWER

[2026-02-19 14:51:07] Energy: 0.89, Coherence: 0.62, Novelty: 0.36
[2026-02-19 14:51:07] Emotion: neutral, Mood: 0.56
[2026-02-19 14:51:07] Generated 1 proposals
[2026-02-19 14:51:07] [DEBUG] proposals_before_arbitration=1
[2026-02-19 14:51:07] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30
[2026-02-19 14:51:08] Reward: +0.100, PredError: 0.290, Valence: -0.030, MatchScore: 0.50
[2026-02-19 14:51:08] Executed: Given the lack of a specific goal or scene, it's challenging to provide a concrete reflection or next step. However, if you could provide more context or detail about the current situation, I can offer a more tailored and actionable response.
[2026-02-19 14:51:08] Tick 36 complete
[2026-02-19 14:51:13] === Session Complete ===

>>> Injecting user input: Open the door
[2026-02-19 14:51:13] Starting core loop for 6 ticks...
[2026-02-19 14:51:13]
=====

[2026-02-19 14:51:13] TICK 37
[2026-02-19 14:51:13]
=====

[2026-02-19 14:51:13] Attention spotlight: ['event_36970673']
[2026-02-19 14:51:13] Coherence C_total: 0.641
[2026-02-19 14:51:13] Mode: ANSWER
[2026-02-19 14:51:13] Energy: 0.88, Coherence: 0.62, Novelty: 0.36
[2026-02-19 14:51:13] Emotion: neutral, Mood: 0.56
[2026-02-19 14:51:13] Generated 2 proposals
[2026-02-19 14:51:13] [DEBUG] proposals_before_arbitration=4
[2026-02-19 14:51:13] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00
[2026-02-19 14:51:13] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10
[2026-02-19 14:51:13] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30
[2026-02-19 14:51:13] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 14:51:13]  Reward: +0.070, PredError: 0.316, Valence: +0.078, MatchScore: 0.50

[2026-02-19 14:51:13] Executed:  door opened

[2026-02-19 14:51:13]  Event closed: event_36970673

[2026-02-19 14:51:13] Tick 37 complete

[2026-02-19 14:51:18]

=====

[2026-02-19 14:51:18] TICK 38

[2026-02-19 14:51:18]

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[2026-02-19 14:51:18] Attention spotlight: []

[2026-02-19 14:51:18] Coherence C_total: 0.641

[2026-02-19 14:51:18] Mode: ANSWER

[2026-02-19 14:51:18] Energy: 0.95, Coherence: 0.62, Novelty: 0.35

[2026-02-19 14:51:18] Emotion: neutral, Mood: 0.56

[2026-02-19 14:51:18] Generated 1 proposals

[2026-02-19 14:51:18] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:51:18] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:51:19]  Reward: +0.100, PredError: 0.290, Valence: -0.030, MatchScore: 0.50

[2026-02-19 14:51:19] Executed: Given the lack of a specific goal or scene, it's difficult to provide a concrete reflection or next step. However, if we assume a general context where you feel stuck, a useful next step might be to list out all possible alternatives or actions you can take. This can help clarify your options and move forward.

[2026-02-19 14:51:19] Tick 38 complete

[2026-02-19 14:51:24]

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[2026-02-19 14:51:24] TICK 39

[2026-02-19 14:51:24]

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[2026-02-19 14:51:24] Attention spotlight: []

[2026-02-19 14:51:24] Coherence C_total: 0.642

[2026-02-19 14:51:24] Mode: ANSWER

[2026-02-19 14:51:24] Energy: 0.94, Coherence: 0.62, Novelty: 0.34

[2026-02-19 14:51:24] Emotion: neutral, Mood: 0.55

[2026-02-19 14:51:24] Generated 1 proposals

[2026-02-19 14:51:24] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:51:24] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:51:26]  Reward: +0.070, PredError: 0.305, Valence: -0.067, MatchScore: 0.50

[2026-02-19 14:51:26] Executed: Without a specific goal or scene provided, it's challenging to offer a concrete reflection or next step. However, if you're feeling stuck, consider defining a small, achievable action that can move you forward. For example, take five minutes to list potential solutions or gather more information related to your current challenge.

[2026-02-19 14:51:26] Tick 39 complete

[2026-02-19 14:51:31]

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[2026-02-19 14:51:31] TICK 40

[2026-02-19 14:51:31]

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[2026-02-19 14:51:31] Attention spotlight: ['self_thought_39']

[2026-02-19 14:51:31] Coherence C_total: 0.642

[2026-02-19 14:51:31] Mode: ANSWER

[2026-02-19 14:51:31] Energy: 0.93, Coherence: 0.61, Novelty: 0.33

[2026-02-19 14:51:31] Emotion: neutral, Mood: 0.55

[2026-02-19 14:51:31] Generated 2 proposals

[2026-02-19 14:51:31] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:51:31] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:51:32]  Reward: +0.179, PredError: 0.250, Valence: +0.067, MatchScore: 0.50

[2026-02-19 14:51:32] Executed: Given that you are in a good state and able to push forward decisively, the next best step is to identify a specific goal or task and commit to completing it without hesitation. For example, if your goal is to finish a report, start by outlining the main sections and set a clear timeline for completion. Focus on making consistent progress rather than trying to do everything at once.

[2026-02-19 14:51:32]  Event closed: self_thought_39

[2026-02-19 14:51:32] State saved

[2026-02-19 14:51:32] Tick 40 complete

[2026-02-19 14:51:37]

[2026-02-19 14:51:37] TICK 41

[2026-02-19 14:51:37]

[2026-02-19 14:51:37] Attention spotlight: []

[2026-02-19 14:51:37] Coherence C_total: 0.642

[2026-02-19 14:51:37] Mode: ANSWER

[2026-02-19 14:51:37] Energy: 0.92, Coherence: 0.62, Novelty: 0.33

[2026-02-19 14:51:37] Emotion: neutral, Mood: 0.55

[2026-02-19 14:51:37] Generated 1 proposals

[2026-02-19 14:51:37] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:51:37] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:51:38]  Reward: +0.070, PredError: 0.305, Valence: -0.068, MatchScore: 0.50

[2026-02-19 14:51:38] Executed: Given the lack of a specific goal or scene, it's difficult to provide a concrete reflection or next step. However, if you can provide more details about the current situation or context, I can offer a more tailored response.

[2026-02-19 14:51:38] Tick 41 complete

[2026-02-19 14:51:43]

[2026-02-19 14:51:43] TICK 42

[2026-02-19 14:51:43]

[2026-02-19 14:51:43] Attention spotlight: []

[2026-02-19 14:51:43] Coherence C_total: 0.642

[2026-02-19 14:51:43] Mode: ANSWER

[2026-02-19 14:51:43] Energy: 0.91, Coherence: 0.62, Novelty: 0.32

[2026-02-19 14:51:43] Emotion: neutral, Mood: 0.55

[2026-02-19 14:51:43] Generated 1 proposals

[2026-02-19 14:51:43] [DEBUG] proposals_before_arbitration=1

[2026-02-19 14:51:43] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 14:51:44]  Reward: +0.100, PredError: 0.290, Valence: -0.030, MatchScore: 0.50

[2026-02-19 14:51:44] Executed: Given the current lack of context or specific details about the situation, it's difficult to provide a concrete reflection or next best step. However, if we assume a

general scenario where progress is stalled, the next best step could be to gather more information or clarify objectives. This might involve asking specific questions or conducting a brief analysis to better understand the situation at hand.

[2026-02-19 14:51:44] Tick 42 complete

[2026-02-19 14:51:49] === Session Complete ===

==== Test-input session complete ===

SESSION ANALYSIS

Total ticks: 42

Sleep cycles: 0

Mode flips: 1

Final Metrics:

Coherence (C_total): 0.642
- Evidence (Ce): 0.263
- Historical (Ch): 1.000
- Structural (Cs): 1.000
- Identity (Ci): 0.565
- Predictive (Cp): 0.500

Drive States:

coherence: 0.61
uncertainty: 0.10
prediction_error: 0.31
novelty: 0.32
energy: 0.91
social_commitment: 0.10

Affective State:

Emotion: confused

Mood: 0.55

Memory:

Grounded facts: 7

Ungrounded notes: 0

Quarantined: 0

Agency:

Self-initiated actions: 42/42

External-triggered actions: 0/42

Causal Closure Ratio (self-initiated/total): 100.00%

Claim Ledger:

Total claims: 100

Verified claims: 0

Failed claims: 0

Uncertain claims: 0

Pending claims: 100

Narrative:

Current arc: exploration

Theme: discovering capabilities

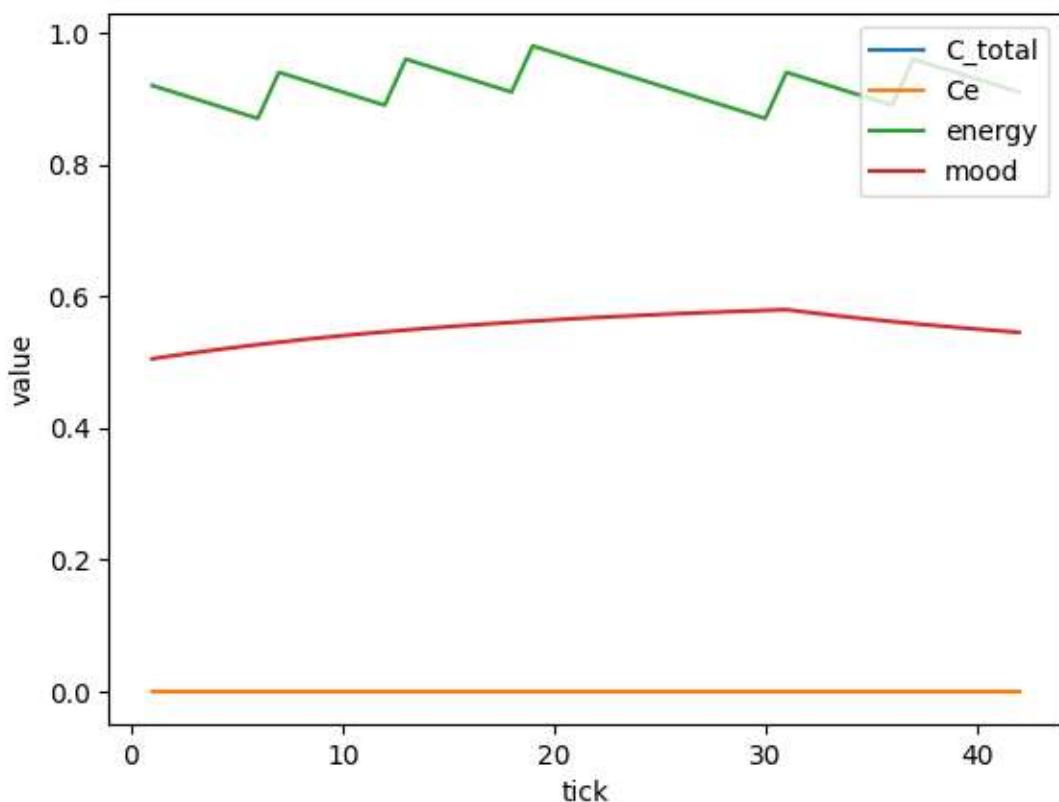
=====

State saved to: /content/drive/MyDrive/crsscp_state.json

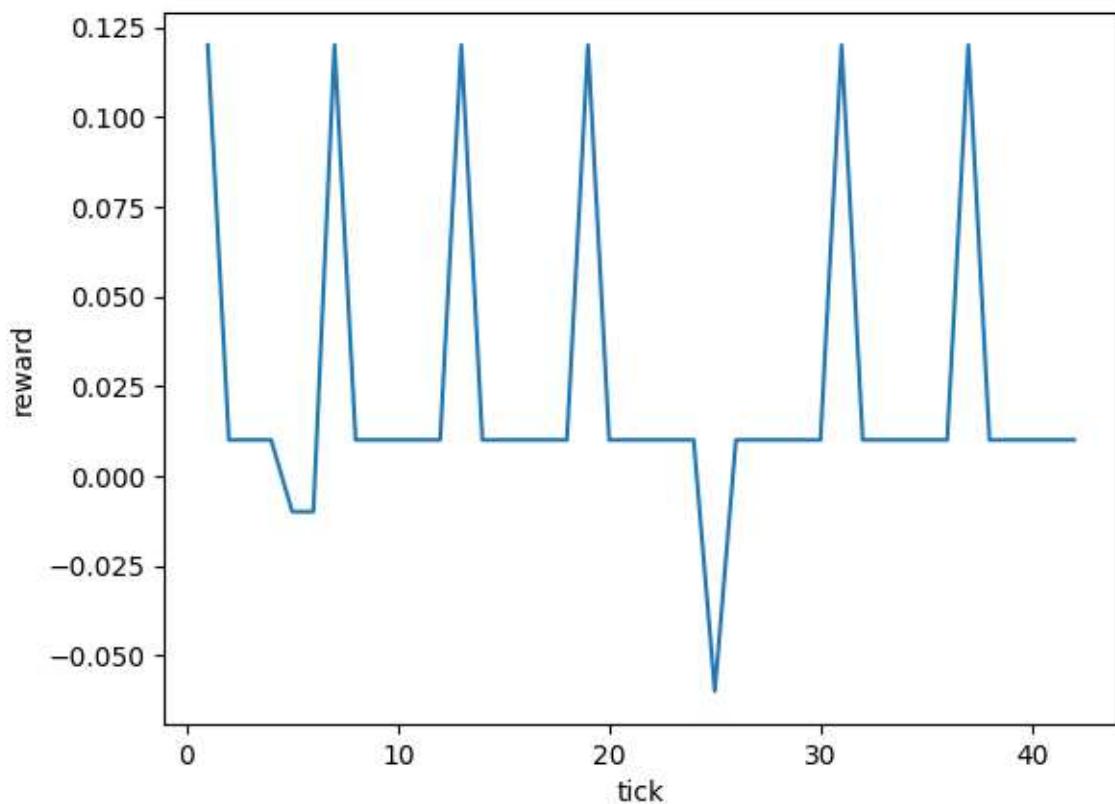
Logs saved to: /content/drive/MyDrive/crsscp_logs.txt

=====

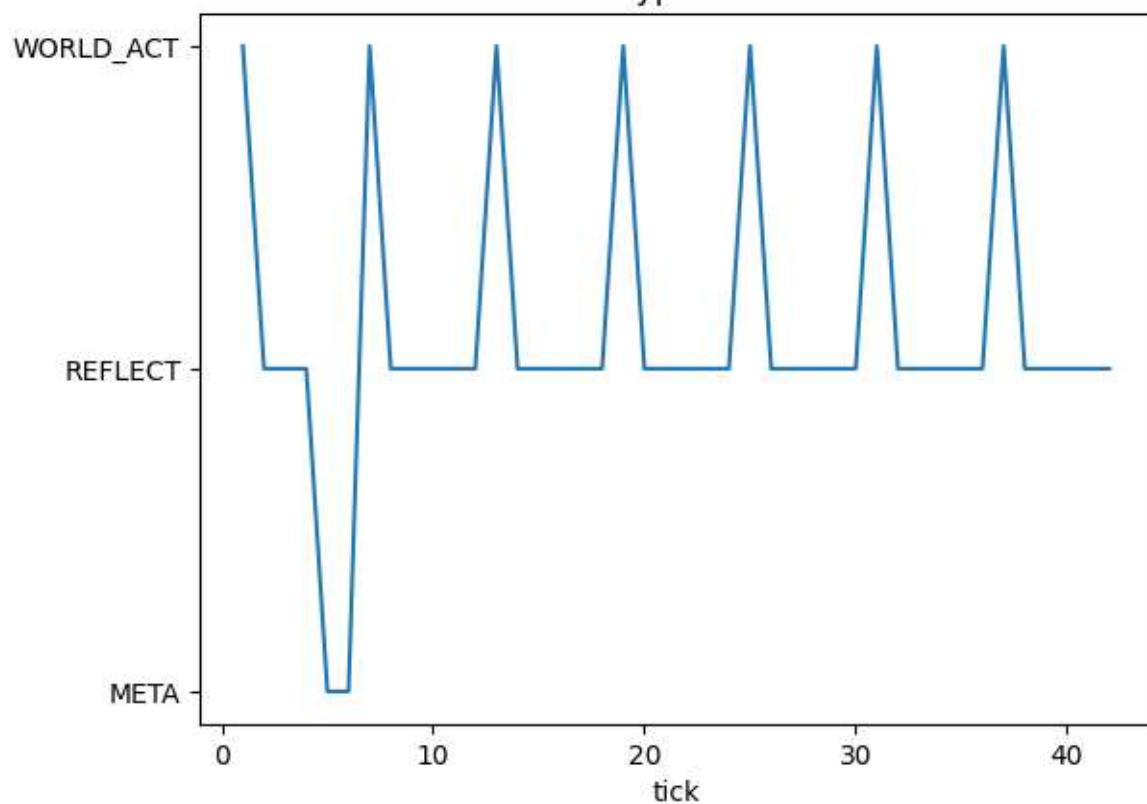
Core Metrics Over Time



Reward Over Time



Action Type Timeline



META No-Op Streak

