```
============================================================

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

============================================================


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 10:26:00] Starting core loop for 6 ticks...

[2026-02-19 10:26:00]

============================================================

[2026-02-19 10:26:00] TICK 1

[2026-02-19 10:26:00]
============================================================

[2026-02-19 10:26:00] Attention spotlight: ['event_02403e10']

[2026-02-19 10:26:00] Coherence C_total: 0.590

[2026-02-19 10:26:00] Mode: REFLECT

[2026-02-19 10:26:00] Energy: 0.84, Coherence: 0.78, Novelty: 0.73

[2026-02-19 10:26:00] Emotion: curious, Mood: 0.51

[2026-02-19 10:26:00] Generated 1 proposals

[2026-02-19 10:26:00] [DEBUG] proposals_before_arbitration=2
```

[2026-02-19 10:26:00] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 10:26:00] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:00] ⚖️ Reward: +0.020, PredError: 0.333, Valence: +0.020, MatchScore: 0.50

[2026-02-19 10:26:00] Executed: 🌍 lamp is now on

[2026-02-19 10:26:00] ✅ Event closed: event_02403e10

[2026-02-19 10:26:00] Tick 1 complete

[2026-02-19 10:26:05]

==

[2026-02-19 10:26:05] TICK 2

[2026-02-19 10:26:05]
==

[2026-02-19 10:26:05] Attention spotlight: []

[2026-02-19 10:26:05] Coherence C_total: 0.619

[2026-02-19 10:26:05] Mode: ANSWER

[2026-02-19 10:26:05] Energy: 0.91, Coherence: 0.76, Novelty: 0.72

[2026-02-19 10:26:05] Emotion: curious, Mood: 0.51

[2026-02-19 10:26:05] Generated 2 proposals

[2026-02-19 10:26:05] [DEBUG] proposals_before_arbitration=2

[2026-02-19 10:26:05] [DEBUG] p0: META module=META EU=0.12 cost=0.40

[2026-02-19 10:26:05] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:07] ⚖️ Reward: +0.074, PredError: 0.303, Valence: -0.063, MatchScore: 0.50

[2026-02-19 10:26:07] Executed: Given the lack of a specific goal or scene, it's challenging to provide a concrete reflection or next step. However, if we assume a general context where progress is needed, the next best step would be to identify a clear, achievable objective and outline the first actionable task towards that goal.

[2026-02-19 10:26:07] Tick 2 complete

[2026-02-19 10:26:12]

==

[2026-02-19 10:26:12] TICK 3

[2026-02-19 10:26:12]
==

[2026-02-19 10:26:12] Attention spotlight: []

[2026-02-19 10:26:12] Coherence C_total: 0.625

[2026-02-19 10:26:12] Mode: ANSWER

[2026-02-19 10:26:12] Energy: 0.90, Coherence: 0.74, Novelty: 0.71

[2026-02-19 10:26:12] Emotion: curious, Mood: 0.51

[2026-02-19 10:26:12] Generated 2 proposals

[2026-02-19 10:26:12] [DEBUG] proposals_before_arbitration=2

[2026-02-19 10:26:12] [DEBUG] p0: META module=META EU=0.12 cost=0.40

[2026-02-19 10:26:12] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:13] ⚖️ Reward: +0.024, PredError: 0.328, Valence: -0.124, MatchScore: 0.50

[2026-02-19 10:26:13] 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 one is feeling stuck or unsure about the next move, a useful next step could be to list out all possible actions and evaluate them based on feasibility and potential outcomes. This can help clarify the path forward.

[2026-02-19 10:26:13] Tick 3 complete

[2026-02-19 10:26:18]

==

[2026-02-19 10:26:18] TICK 4

[2026-02-19 10:26:18]
==

[2026-02-19 10:26:18] Attention spotlight: ['self_thought_3']

[2026-02-19 10:26:18] Coherence C_total: 0.628

[2026-02-19 10:26:18] Mode: ANSWER

[2026-02-19 10:26:18] Energy: 0.89, Coherence: 0.72, Novelty: 0.69

[2026-02-19 10:26:18] Emotion: curious, Mood: 0.52

[2026-02-19 10:26:18] Generated 1 proposals

[2026-02-19 10:26:18] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:26:18] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:19] ⚖️ Reward: +0.055, PredError: 0.313, Valence: -0.086, MatchScore: 0.50

[2026-02-19 10:26:19] Executed: Given the current state with no active goal, my next best step is to perform self-maintenance. This involves checking and updating my systems to ensure optimal performance.

[2026-02-19 10:26:19] ✅ Event closed: self_thought_3

[2026-02-19 10:26:19] Tick 4 complete

[2026-02-19 10:26:24]

==

[2026-02-19 10:26:24] TICK 5

[2026-02-19 10:26:24]

==

[2026-02-19 10:26:24] Attention spotlight: []

[2026-02-19 10:26:24] Coherence C_total: 0.629

[2026-02-19 10:26:24] Mode: ANSWER

[2026-02-19 10:26:24] Energy: 0.88, Coherence: 0.71, Novelty: 0.68

[2026-02-19 10:26:24] Emotion: curious, Mood: 0.52

[2026-02-19 10:26:24] Generated 1 proposals

[2026-02-19 10:26:24] [DEBUG] proposals_before_arbitration=2

[2026-02-19 10:26:24] [DEBUG] p0: META module=META EU=0.12 cost=0.05

[2026-02-19 10:26:24] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:24] ⚖️ Reward: +0.056, PredError: 0.198, Valence: +0.117, MatchScore: 0.50

[2026-02-19 10:26:24] Executed: No action

[2026-02-19 10:26:24] State saved

[2026-02-19 10:26:24] Tick 5 complete

[2026-02-19 10:26:29]

==

[2026-02-19 10:26:29] TICK 6

[2026-02-19 10:26:29]

==

[2026-02-19 10:26:29] Attention spotlight: []

[2026-02-19 10:26:29] Coherence C_total: 0.631

[2026-02-19 10:26:29] Mode: ANSWER

[2026-02-19 10:26:29] Energy: 0.87, Coherence: 0.70, Novelty: 0.66

[2026-02-19 10:26:29] Emotion: curious, Mood: 0.53

[2026-02-19 10:26:29] Generated 1 proposals

[2026-02-19 10:26:29] [DEBUG] proposals_before_arbitration=2

[2026-02-19 10:26:29] [DEBUG] p0: META module=META EU=0.12 cost=0.05

[2026-02-19 10:26:29] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:29] ⚖️ Reward: +0.110, PredError: 0.178, Valence: +0.180, MatchScore: 0.50

[2026-02-19 10:26:29] Executed: No action

[2026-02-19 10:26:29] Tick 6 complete

[2026-02-19 10:26:34] === Session Complete ===

>>> Injecting user input: Turn off the lamp

[2026-02-19 10:26:34] Starting core loop for 6 ticks...

[2026-02-19 10:26:34]

==

[2026-02-19 10:26:34] TICK 7

[2026-02-19 10:26:34]
==

[2026-02-19 10:26:34] Attention spotlight: ['event_f9534c95']

[2026-02-19 10:26:34] Coherence C_total: 0.632

[2026-02-19 10:26:34] Mode: ANSWER

[2026-02-19 10:26:34] Energy: 0.86, Coherence: 0.69, Novelty: 0.65

[2026-02-19 10:26:34] Emotion: curious, Mood: 0.53

[2026-02-19 10:26:34] Generated 1 proposals

[2026-02-19 10:26:34] [DEBUG] proposals_before_arbitration=2

[2026-02-19 10:26:34] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.72 cost=0.00

[2026-02-19 10:26:34] [DEBUG] p1: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:34] ⚖️ Reward: +0.030, PredError: 0.330, Valence: +0.032, MatchScore: 0.50

[2026-02-19 10:26:34] Executed: 🌍 lamp is now off

[2026-02-19 10:26:34] ✅ Event closed: event_f9534c95

[2026-02-19 10:26:34] Tick 7 complete

[2026-02-19 10:26:39]

==

[2026-02-19 10:26:39] TICK 8

[2026-02-19 10:26:39]
==

[2026-02-19 10:26:39] Attention spotlight: []

[2026-02-19 10:26:39] Coherence C_total: 0.632

[2026-02-19 10:26:39] Mode: ANSWER

[2026-02-19 10:26:39] Energy: 0.93, Coherence: 0.68, Novelty: 0.64

[2026-02-19 10:26:39] Emotion: curious, Mood: 0.53

[2026-02-19 10:26:39] Generated 1 proposals

[2026-02-19 10:26:39] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:26:39] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:41] ⚖️ Reward: +0.084, PredError: 0.298, Valence: -0.051, MatchScore: 0.50

[2026-02-19 10:26:41] 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 common scenario where you are feeling stuck, a concrete next step could be to set a small, achievable goal for yourself, such as reading a few pages of a book or completing a segment of a task. This can help break the inertia and move forward.

[2026-02-19 10:26:41] Tick 8 complete

[2026-02-19 10:26:46]

==

[2026-02-19 10:26:46] TICK 9

[2026-02-19 10:26:46]
==

[2026-02-19 10:26:46] Attention spotlight: []

[2026-02-19 10:26:46] Coherence C_total: 0.633

[2026-02-19 10:26:46] Mode: ANSWER

[2026-02-19 10:26:46] Energy: 0.92, Coherence: 0.67, Novelty: 0.63

[2026-02-19 10:26:46] Emotion: curious, Mood: 0.54

[2026-02-19 10:26:46] Generated 1 proposals

[2026-02-19 10:26:46] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:26:46] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:46] ⚖️ Reward: +0.034, PredError: 0.323, Valence: -0.112, MatchScore: 0.50

[2026-02-19 10:26:46] Executed: Given that no specific goal or scene is provided, I'm currently without context to offer a relevant reflection or next step. Could you please provide more details about the situation or scenario you're referring to?

[2026-02-19 10:26:46] Tick 9 complete

[2026-02-19 10:26:51]

==

[2026-02-19 10:26:51] TICK 10

[2026-02-19 10:26:51]
==

[2026-02-19 10:26:51] Attention spotlight: ['self_thought_9']

[2026-02-19 10:26:51] Coherence C_total: 0.633

[2026-02-19 10:26:51] Mode: ANSWER

[2026-02-19 10:26:51] Energy: 0.91, Coherence: 0.67, Novelty: 0.61

[2026-02-19 10:26:51] Emotion: curious, Mood: 0.54

[2026-02-19 10:26:51] Generated 2 proposals

[2026-02-19 10:26:51] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:26:51] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:52] ⚖️ Reward: +0.149, PredError: 0.265, Valence: +0.030, MatchScore: 0.50

[2026-02-19 10:26:52] Executed: Given the current situation with no active goal or scene to engage in, my next best step is to perform self-maintenance. This involves checking and updating my systems to ensure optimal performance for any future interactions or tasks.

[2026-02-19 10:26:52] ✅ Event closed: self_thought_9

[2026-02-19 10:26:52] State saved

[2026-02-19 10:26:52] Tick 10 complete

[2026-02-19 10:26:57]

==

[2026-02-19 10:26:57] TICK 11

[2026-02-19 10:26:57]
==

[2026-02-19 10:26:57] Attention spotlight: []

[2026-02-19 10:26:57] Coherence C_total: 0.634

[2026-02-19 10:26:57] Mode: ANSWER

[2026-02-19 10:26:57] Energy: 0.90, Coherence: 0.66, Novelty: 0.60

[2026-02-19 10:26:57] Emotion: curious, Mood: 0.54

[2026-02-19 10:26:57] Generated 1 proposals

[2026-02-19 10:26:57] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:26:57] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:26:58] ⚖️ Reward: +0.070, PredError: 0.305, Valence: -0.067, MatchScore: 0.50

[2026-02-19 10:26:58] Executed: Without a specific context or scene provided, it's difficult to offer a relevant reflection or next step. However, if you're currently facing a decision or challenge, consider gathering more information or seeking feedback from others before making a choice. If you can provide more details about your situation, I can offer a more concrete reflection or suggestion.

[2026-02-19 10:26:58] Tick 11 complete

[2026-02-19 10:27:03]

==

[2026-02-19 10:27:03] TICK 12

[2026-02-19 10:27:03]

==

[2026-02-19 10:27:03] Attention spotlight: []

[2026-02-19 10:27:03] Coherence C_total: 0.634

[2026-02-19 10:27:03] Mode: ANSWER

[2026-02-19 10:27:03] Energy: 0.89, Coherence: 0.65, Novelty: 0.59

[2026-02-19 10:27:03] Emotion: curious, Mood: 0.55

[2026-02-19 10:27:03] Generated 1 proposals

[2026-02-19 10:27:03] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:27:03] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:04] ⚖️ Reward: +0.040, PredError: 0.320, Valence: -0.104, MatchScore: 0.50

[2026-02-19 10:27:04] Executed: Given the lack of a specific goal or scene, it's challenging to provide a concrete reflection or next step. However, if you can provide more context or detail about the current situation, I can offer a more relevant and actionable reflection or suggestion.

[2026-02-19 10:27:04] Tick 12 complete

[2026-02-19 10:27:09] === Session Complete ===

>>> Injecting user input: Open the box

[2026-02-19 10:27:09] Starting core loop for 6 ticks...

[2026-02-19 10:27:09]

==

[2026-02-19 10:27:09] TICK 13

[2026-02-19 10:27:09]
==

[2026-02-19 10:27:09] Attention spotlight: ['event_152d6be1']

[2026-02-19 10:27:09] Coherence C_total: 0.634

[2026-02-19 10:27:09] Mode: ANSWER

[2026-02-19 10:27:09] Energy: 0.88, Coherence: 0.65, Novelty: 0.58

[2026-02-19 10:27:09] Emotion: curious, Mood: 0.55

[2026-02-19 10:27:09] Generated 2 proposals

[2026-02-19 10:27:09] [DEBUG] proposals_before_arbitration=4

[2026-02-19 10:27:09] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 10:27:09] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10

[2026-02-19 10:27:09] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:09] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 10:27:09] ⚖️ Reward: +0.071, PredError: 0.316, Valence: +0.079, MatchScore: 0.50

[2026-02-19 10:27:09] Executed: 🌍 box is now open

[2026-02-19 10:27:09] ✅ Event closed: event_152d6be1

[2026-02-19 10:27:09] Tick 13 complete

[2026-02-19 10:27:14]

==

[2026-02-19 10:27:14] TICK 14

[2026-02-19 10:27:14]
==

[2026-02-19 10:27:14] Attention spotlight: []

[2026-02-19 10:27:14] Coherence C_total: 0.636

[2026-02-19 10:27:14] Mode: ANSWER

[2026-02-19 10:27:14] Energy: 0.95, Coherence: 0.64, Novelty: 0.57

[2026-02-19 10:27:14] Emotion: curious, Mood: 0.55

[2026-02-19 10:27:14] Generated 1 proposals

[2026-02-19 10:27:14] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:27:14] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:15] ⚖️ Reward: +0.126, PredError: 0.277, Valence: +0.001, MatchScore: 0.50

[2026-02-19 10:27:15] Executed: Given the lack of a specific scenario or context, it's difficult to provide a concrete reflection or next best step. However, if you can provide more details about the situation or goal, I can offer a more relevant and actionable response.

[2026-02-19 10:27:15] Tick 14 complete

[2026-02-19 10:27:20]

===

[2026-02-19 10:27:20] TICK 15

[2026-02-19 10:27:20]
===

[2026-02-19 10:27:20] Attention spotlight: []

[2026-02-19 10:27:20] Coherence C_total: 0.637

[2026-02-19 10:27:20] Mode: ANSWER

[2026-02-19 10:27:20] Energy: 0.94, Coherence: 0.64, Novelty: 0.55

[2026-02-19 10:27:20] Emotion: curious, Mood: 0.55

[2026-02-19 10:27:20] Generated 1 proposals

[2026-02-19 10:27:20] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:27:20] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:22] ⚖️ Reward: +0.077, PredError: 0.302, Valence: -0.059, MatchScore: 0.50

[2026-02-19 10:27:22] Executed: Given the lack of a specific scenario or goal, it's difficult to provide a concrete reflection or next step. However, if you were facing a decision or challenge, a good general approach would be to gather all relevant information, consider potential outcomes, and then choose an action that aligns with your objectives. If you can provide more details about a specific situation, I can offer a more tailored reflection or suggestion.

[2026-02-19 10:27:22] State saved

[2026-02-19 10:27:22] Tick 15 complete

[2026-02-19 10:27:27]

===

[2026-02-19 10:27:27] TICK 16

[2026-02-19 10:27:27]
===

[2026-02-19 10:27:27] Attention spotlight: ['self_thought_15']

[2026-02-19 10:27:27] Coherence C_total: 0.637

[2026-02-19 10:27:27] Mode: ANSWER

[2026-02-19 10:27:27] Energy: 0.93, Coherence: 0.64, Novelty: 0.54

[2026-02-19 10:27:27] Emotion: curious, Mood: 0.56

[2026-02-19 10:27:27] Generated 2 proposals

[2026-02-19 10:27:27] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:27:27] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:28] ⚖️ Reward: +0.078, PredError: 0.301, Valence: -0.058, MatchScore: 0.50

[2026-02-19 10:27:28] 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 working towards it with focused determination. Break this goal into smaller tasks if needed, and tackle them one by one to maintain that forward momentum.

[2026-02-19 10:27:28] ✅ Event closed: self_thought_15

[2026-02-19 10:27:28] Tick 16 complete

[2026-02-19 10:27:33]

==

[2026-02-19 10:27:33] TICK 17

[2026-02-19 10:27:33]
==

[2026-02-19 10:27:33] Attention spotlight: []

[2026-02-19 10:27:33] Coherence C_total: 0.637

[2026-02-19 10:27:33] Mode: ANSWER

[2026-02-19 10:27:33] Energy: 0.92, Coherence: 0.63, Novelty: 0.53

[2026-02-19 10:27:33] Emotion: curious, Mood: 0.56

[2026-02-19 10:27:33] Generated 1 proposals

[2026-02-19 10:27:33] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:27:33] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:34] ⚖️ Reward: +0.048, PredError: 0.316, Valence: -0.095, MatchScore: 0.50

[2026-02-19 10:27:34] 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 the next move, consider reviewing your objectives and the information available to you. Break down the problem into smaller, manageable parts and focus on the most immediate or achievable task.

[2026-02-19 10:27:34] Tick 17 complete

[2026-02-19 10:27:39]

===

[2026-02-19 10:27:39] TICK 18

[2026-02-19 10:27:39]

===

[2026-02-19 10:27:39] Attention spotlight: []

[2026-02-19 10:27:39] Coherence C_total: 0.637

[2026-02-19 10:27:39] Mode: ANSWER

[2026-02-19 10:27:39] Energy: 0.91, Coherence: 0.63, Novelty: 0.52

[2026-02-19 10:27:39] Emotion: curious, Mood: 0.56

[2026-02-19 10:27:39] Generated 1 proposals

[2026-02-19 10:27:39] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:27:39] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:41] ⚖️ Reward: +0.110, PredError: 0.285, Valence: -0.019, MatchScore: 0.50

[2026-02-19 10:27:41] 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 set a small, achievable goal to break the cycle of inaction. For example, spending 10 minutes on a task they've been avoiding can often lead to further progress.

[2026-02-19 10:27:41] Tick 18 complete

[2026-02-19 10:27:46] === Session Complete ===

>>> Injecting user input: Close the box

[2026-02-19 10:27:46] Starting core loop for 6 ticks...

[2026-02-19 10:27:46]

===

[2026-02-19 10:27:46] TICK 19

[2026-02-19 10:27:46]

===

[2026-02-19 10:27:46] Attention spotlight: ['event_3e637a53']

[2026-02-19 10:27:46] Coherence C_total: 0.637

[2026-02-19 10:27:46] Mode: ANSWER

[2026-02-19 10:27:46] Energy: 0.90, Coherence: 0.63, Novelty: 0.51

[2026-02-19 10:27:46] Emotion: curious, Mood: 0.56

[2026-02-19 10:27:46] Generated 2 proposals

[2026-02-19 10:27:46] [DEBUG] proposals_before_arbitration=4

[2026-02-19 10:27:46] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 10:27:46] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10

[2026-02-19 10:27:46] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:46] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 10:27:46] ⚖️ Reward: +0.081, PredError: 0.312, Valence: +0.090, MatchScore: 0.50

[2026-02-19 10:27:46] Executed: 🌍 box is now closed

[2026-02-19 10:27:46] ✅ Event closed: event_3e637a53

[2026-02-19 10:27:46] Tick 19 complete

[2026-02-19 10:27:51]

==

[2026-02-19 10:27:51] TICK 20

[2026-02-19 10:27:51]
==

[2026-02-19 10:27:51] Attention spotlight: []

[2026-02-19 10:27:51] Coherence C_total: 0.637

[2026-02-19 10:27:51] Mode: ANSWER

[2026-02-19 10:27:51] Energy: 0.97, Coherence: 0.63, Novelty: 0.50

[2026-02-19 10:27:51] Emotion: curious, Mood: 0.56

[2026-02-19 10:27:51] Generated 1 proposals

[2026-02-19 10:27:51] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:27:51] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:52] ⚖️ Reward: +0.051, PredError: 0.315, Valence: -0.091, MatchScore: 0.50

[2026-02-19 10:27:52] Executed: Given that no specific goal or scene is provided, it's difficult to offer a concrete reflection or next step. However, if you were in a situation where you feel stuck, consider breaking down the problem into smaller, manageable parts. Start with the simplest

task or the one that requires the least effort. This can often provide a clear starting point and help build momentum.

[2026-02-19 10:27:52] State saved

[2026-02-19 10:27:52] Tick 20 complete

[2026-02-19 10:27:57]

===

[2026-02-19 10:27:57] TICK 21

[2026-02-19 10:27:57]
===

[2026-02-19 10:27:57] Attention spotlight: []

[2026-02-19 10:27:57] Coherence C_total: 0.638

[2026-02-19 10:27:57] Mode: ANSWER

[2026-02-19 10:27:57] Energy: 0.96, Coherence: 0.62, Novelty: 0.49

[2026-02-19 10:27:57] Emotion: curious, Mood: 0.57

[2026-02-19 10:27:57] Generated 1 proposals

[2026-02-19 10:27:57] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:27:57] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:27:58] ⚖️ Reward: +0.135, PredError: 0.272, Valence: +0.012, MatchScore: 0.50

[2026-02-19 10:27:58] 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 one is feeling stuck, a good next step might be to set a small, achievable goal to break the inertia. For example, dedicating 15 minutes to work on a project or task can often help regain momentum.

[2026-02-19 10:27:58] Tick 21 complete

[2026-02-19 10:28:03]

===

[2026-02-19 10:28:03] TICK 22

[2026-02-19 10:28:03]
===

[2026-02-19 10:28:03] Attention spotlight: ['self_thought_21']

[2026-02-19 10:28:03] Coherence C_total: 0.637

[2026-02-19 10:28:03] Mode: ANSWER

[2026-02-19 10:28:03] Energy: 0.95, Coherence: 0.62, Novelty: 0.48

[2026-02-19 10:28:03] Emotion: curious, Mood: 0.57

[2026-02-19 10:28:03] Generated 2 proposals

[2026-02-19 10:28:03] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:28:03] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:04] ⚖️ Reward: +0.086, PredError: 0.297, Valence: -0.048, MatchScore: 0.50

[2026-02-19 10:28:04] Executed: Given your current positive mindset and ability to push forward, the next best step is to identify a specific goal or task that aligns with your objectives and start working towards it. Break it down into manageable steps if needed, and focus on executing those steps decisively.

[2026-02-19 10:28:04] ✅ Event closed: self_thought_21

[2026-02-19 10:28:04] Tick 22 complete

[2026-02-19 10:28:09]

==

[2026-02-19 10:28:09] TICK 23

[2026-02-19 10:28:09]
==

[2026-02-19 10:28:09] Attention spotlight: []

[2026-02-19 10:28:09] Coherence C_total: 0.638

[2026-02-19 10:28:09] Mode: ANSWER

[2026-02-19 10:28:09] Energy: 0.94, Coherence: 0.62, Novelty: 0.47

[2026-02-19 10:28:09] Emotion: curious, Mood: 0.57

[2026-02-19 10:28:09] Generated 1 proposals

[2026-02-19 10:28:09] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:28:09] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:10] ⚖️ Reward: +0.087, PredError: 0.296, Valence: -0.046, MatchScore: 0.50

[2026-02-19 10:28:10] Executed: Given the lack of a specific goal or scene, it's challenging to provide a concrete reflection or next step. However, if you can provide more context or details about the situation, I can offer a more targeted and useful reflection or action.

[2026-02-19 10:28:10] Tick 23 complete

[2026-02-19 10:28:15]

==

[2026-02-19 10:28:15] TICK 24

[2026-02-19 10:28:15]

==

[2026-02-19 10:28:15] Attention spotlight: []

[2026-02-19 10:28:15] Coherence C_total: 0.638

[2026-02-19 10:28:15] Mode: ANSWER

[2026-02-19 10:28:15] Energy: 0.93, Coherence: 0.62, Novelty: 0.46

[2026-02-19 10:28:15] Emotion: curious, Mood: 0.57

[2026-02-19 10:28:15] Generated 1 proposals

[2026-02-19 10:28:15] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:28:15] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:17] ⚖️ Reward: +0.057, PredError: 0.311, Valence: -0.083, MatchScore: 0.50

[2026-02-19 10:28:17] Executed: Given the lack of a specific scenario or context, it's challenging to provide a concrete reflection or next step. However, if we consider a general situation where one feels stuck, a concrete next step could be to set aside dedicated time for brainstorming potential solutions or alternatives. This can help in generating new ideas and moving forward.

[2026-02-19 10:28:17] Tick 24 complete

[2026-02-19 10:28:22] === Session Complete ===

>>> Injecting user input: Open the door

[2026-02-19 10:28:22] Starting core loop for 6 ticks...

[2026-02-19 10:28:22]

==

[2026-02-19 10:28:22] TICK 25

[2026-02-19 10:28:22]

==

[2026-02-19 10:28:22] Attention spotlight: ['event_76683d05']

[2026-02-19 10:28:22] Coherence C_total: 0.638

[2026-02-19 10:28:22] Mode: ANSWER

[2026-02-19 10:28:22] Energy: 0.92, Coherence: 0.62, Novelty: 0.45

[2026-02-19 10:28:22] Emotion: curious, Mood: 0.57

[2026-02-19 10:28:22] Generated 2 proposals

[2026-02-19 10:28:22] [DEBUG] proposals_before_arbitration=4

[2026-02-19 10:28:22] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 10:28:22] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10

[2026-02-19 10:28:22] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:22] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 10:28:22] ⚖️ Reward: +0.088, PredError: 0.310, Valence: +0.099, MatchScore: 0.50

[2026-02-19 10:28:22] Executed: 🌍 door is locked

[2026-02-19 10:28:22] ✅ Event closed: event_76683d05

[2026-02-19 10:28:22] State saved

[2026-02-19 10:28:22] Tick 25 complete

[2026-02-19 10:28:27]

==

[2026-02-19 10:28:27] TICK 26

[2026-02-19 10:28:27]
==

[2026-02-19 10:28:27] Attention spotlight: []

[2026-02-19 10:28:27] Coherence C_total: 0.639

[2026-02-19 10:28:27] Mode: ANSWER

[2026-02-19 10:28:27] Energy: 0.91, Coherence: 0.62, Novelty: 0.44

[2026-02-19 10:28:27] Emotion: curious, Mood: 0.57

[2026-02-19 10:28:27] Generated 1 proposals

[2026-02-19 10:28:27] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:28:27] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:28] ⚖️ Reward: +0.089, PredError: 0.295, Valence: -0.044, MatchScore: 0.50

[2026-02-19 10:28:28] Executed: Given the lack of a specific goal or scene, it's difficult to provide a relevant reflection or next step. However, if you were to set a goal, such as improving productivity, the next best step could be to identify specific tasks that need attention and allocate time blocks for their completion.

[2026-02-19 10:28:28] Tick 26 complete

[2026-02-19 10:28:33]

==

[2026-02-19 10:28:33] TICK 27

[2026-02-19 10:28:33]
==

[2026-02-19 10:28:33] Attention spotlight: []

[2026-02-19 10:28:33] Coherence C_total: 0.639

[2026-02-19 10:28:33] Mode: ANSWER

[2026-02-19 10:28:33] Energy: 0.90, Coherence: 0.62, Novelty: 0.43

[2026-02-19 10:28:33] Emotion: curious, Mood: 0.57

[2026-02-19 10:28:33] Generated 1 proposals

[2026-02-19 10:28:33] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:28:33] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:34] ⚖️ Reward: +0.113, PredError: 0.284, Valence: -0.015, MatchScore: 0.50

[2026-02-19 10:28:34] Executed: Without a specific goal or scene provided, it's difficult to offer a concrete reflection or next step. However, if you are currently in a situation where you feel stuck, consider trying a different approach or seeking additional information before proceeding. For example, if your task involves data analysis, take a moment to review the data from a different angle or consult with a colleague for their perspective.

[2026-02-19 10:28:34] Tick 27 complete

[2026-02-19 10:28:39]

==

[2026-02-19 10:28:39] TICK 28

[2026-02-19 10:28:39]
==

[2026-02-19 10:28:39] Attention spotlight: ['self_thought_27']

[2026-02-19 10:28:39] Coherence C_total: 0.639

[2026-02-19 10:28:39] Mode: ANSWER

[2026-02-19 10:28:39] Energy: 0.89, Coherence: 0.62, Novelty: 0.43

[2026-02-19 10:28:39] Emotion: curious, Mood: 0.58

[2026-02-19 10:28:39] Generated 2 proposals

[2026-02-19 10:28:39] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:28:39] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:40] ⚖️ Reward: +0.094, PredError: 0.293, Valence: -0.038, MatchScore: 0.50

[2026-02-19 10:28:40] Executed: Given that you're currently in a positive 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 delay. Make a list of smaller, manageable steps if needed, and focus on

executing them one by one. This approach will help maintain your momentum and ensure steady progress.

[2026-02-19 10:28:40] ✅ Event closed: self_thought_27

[2026-02-19 10:28:40] Tick 28 complete

[2026-02-19 10:28:45]

==

[2026-02-19 10:28:45] TICK 29

[2026-02-19 10:28:45]
==

[2026-02-19 10:28:45] Attention spotlight: []

[2026-02-19 10:28:45] Coherence C_total: 0.640

[2026-02-19 10:28:45] Mode: ANSWER

[2026-02-19 10:28:45] Energy: 0.88, Coherence: 0.62, Novelty: 0.42

[2026-02-19 10:28:45] Emotion: curious, Mood: 0.58

[2026-02-19 10:28:45] Generated 1 proposals

[2026-02-19 10:28:45] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:28:45] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:46] ⚖️ Reward: +0.126, PredError: 0.277, Valence: +0.001, MatchScore: 0.50

[2026-02-19 10:28:46] Executed: Given the current lack of context or specific situation, it's difficult to provide a concrete reflection or next best step. However, if you can provide more details about the scenario or goal you're aiming for, I can offer a more tailored response.

[2026-02-19 10:28:46] Tick 29 complete

[2026-02-19 10:28:51]

==

[2026-02-19 10:28:51] TICK 30

[2026-02-19 10:28:51]
==

[2026-02-19 10:28:51] Attention spotlight: []

[2026-02-19 10:28:51] Coherence C_total: 0.640

[2026-02-19 10:28:51] Mode: ANSWER

[2026-02-19 10:28:51] Energy: 0.87, Coherence: 0.62, Novelty: 0.41

[2026-02-19 10:28:51] Emotion: curious, Mood: 0.58

[2026-02-19 10:28:51] Generated 1 proposals

[2026-02-19 10:28:51] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:28:51] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:52] ⚖️ Reward: +0.066, PredError: 0.307, Valence: -0.073, MatchScore: 0.50

[2026-02-19 10:28:52] 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 of problem-solving or decision-making, the next best step would be to gather more information or clarify the objective before proceeding.

[2026-02-19 10:28:52] State saved

[2026-02-19 10:28:52] Tick 30 complete

[2026-02-19 10:28:57] === Session Complete ===

>>> Injecting user input: Unlock the door

[2026-02-19 10:28:57] Starting core loop for 6 ticks...

[2026-02-19 10:28:57]

==

[2026-02-19 10:28:57] TICK 31

[2026-02-19 10:28:57]

==

[2026-02-19 10:28:57] Attention spotlight: ['event_61fd211d']

[2026-02-19 10:28:57] Coherence C_total: 0.640

[2026-02-19 10:28:57] Mode: ANSWER

[2026-02-19 10:28:57] Energy: 0.86, Coherence: 0.62, Novelty: 0.40

[2026-02-19 10:28:57] Emotion: curious, Mood: 0.58

[2026-02-19 10:28:57] Generated 2 proposals

[2026-02-19 10:28:57] [DEBUG] proposals_before_arbitration=4

[2026-02-19 10:28:57] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 10:28:57] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10

[2026-02-19 10:28:57] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:28:57] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 10:28:57] ⚖️ Reward: +0.096, PredError: 0.307, Valence: +0.108, MatchScore: 0.50

[2026-02-19 10:28:57] Executed: 🌍 door unlocked

[2026-02-19 10:28:57] ✅ Event closed: event_61fd211d

[2026-02-19 10:28:57] Tick 31 complete

[2026-02-19 10:29:02]

==

[2026-02-19 10:29:02] TICK 32

[2026-02-19 10:29:02]
==

[2026-02-19 10:29:02] Attention spotlight: []

[2026-02-19 10:29:02] Coherence C_total: 0.640

[2026-02-19 10:29:02] Mode: ANSWER

[2026-02-19 10:29:02] Energy: 0.93, Coherence: 0.61, Novelty: 0.39

[2026-02-19 10:29:02] Emotion: neutral, Mood: 0.58

[2026-02-19 10:29:02] Generated 1 proposals

[2026-02-19 10:29:02] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:29:02] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:29:03] ⚖️ Reward: +0.149, PredError: 0.266, Valence: +0.029, MatchScore: 0.50

[2026-02-19 10:29:03] Executed: Given the current lack of context or specific details about the situation, I would recommend conducting a thorough assessment of available resources and information before proceeding. This will help in identifying the most effective next steps. If you can provide more specifics about the scenario or goal, a more concrete reflection can be offered.

[2026-02-19 10:29:03] Tick 32 complete

[2026-02-19 10:29:08]

==

[2026-02-19 10:29:08] TICK 33

[2026-02-19 10:29:08]
==

[2026-02-19 10:29:08] Attention spotlight: []

[2026-02-19 10:29:08] Coherence C_total: 0.640

[2026-02-19 10:29:08] Mode: ANSWER

[2026-02-19 10:29:08] Energy: 0.92, Coherence: 0.62, Novelty: 0.39

[2026-02-19 10:29:08] Emotion: neutral, Mood: 0.57

[2026-02-19 10:29:08] Generated 1 proposals

[2026-02-19 10:29:08] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:29:08] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:29:10] ⚖️ Reward: +0.099, PredError: 0.290, Valence: -0.032, MatchScore: 0.50

[2026-02-19 10:29:10] Executed: Given the lack of a specific scenario or context, it's difficult to provide a concrete reflection or next best step. However, if I were to suggest an alternative in such a case, consider defining the goal or situation more clearly. This will help in formulating a relevant and actionable response.

[2026-02-19 10:29:10] Tick 33 complete

[2026-02-19 10:29:15]

==

[2026-02-19 10:29:15] TICK 34

[2026-02-19 10:29:15]
==

[2026-02-19 10:29:15] Attention spotlight: ['self_thought_33']

[2026-02-19 10:29:15] Coherence C_total: 0.640

[2026-02-19 10:29:15] Mode: ANSWER

[2026-02-19 10:29:15] Energy: 0.91, Coherence: 0.62, Novelty: 0.38

[2026-02-19 10:29:15] Emotion: neutral, Mood: 0.57

[2026-02-19 10:29:15] Generated 2 proposals

[2026-02-19 10:29:15] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:29:15] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:29:16] ⚖️ Reward: +0.100, PredError: 0.290, Valence: -0.031, MatchScore: 0.50

[2026-02-19 10:29:16] Executed: Since you're in a good state and feeling decisive, keep your momentum going. Identify the next small, actionable step towards your goals and commit to it fully. For example, if your goal is to finish a project, set a specific task to work on today, such as completing the introduction section or researching key data points.

[2026-02-19 10:29:16] ✅ Event closed: self_thought_33

[2026-02-19 10:29:16] Tick 34 complete

[2026-02-19 10:29:21]

==

[2026-02-19 10:29:21] TICK 35

[2026-02-19 10:29:21]
==

[2026-02-19 10:29:21] Attention spotlight: []

[2026-02-19 10:29:21] Coherence C_total: 0.640

[2026-02-19 10:29:21] Mode: ANSWER

[2026-02-19 10:29:21] Energy: 0.90, Coherence: 0.62, Novelty: 0.37

[2026-02-19 10:29:21] Emotion: neutral, Mood: 0.56

[2026-02-19 10:29:21] Generated 1 proposals

[2026-02-19 10:29:21] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:29:21] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:29:22] ⚖️ Reward: +0.070, PredError: 0.305, Valence: -0.068, MatchScore: 0.50

[2026-02-19 10:29:22] 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 a hypothetical scenario, I can offer a more tailored response. For now, consider clarifying your objective or providing a situation for discussion.

[2026-02-19 10:29:22] State saved

[2026-02-19 10:29:22] Tick 35 complete

[2026-02-19 10:29:27]

==

[2026-02-19 10:29:27] TICK 36

[2026-02-19 10:29:27]
==

[2026-02-19 10:29:27] Attention spotlight: []

[2026-02-19 10:29:27] Coherence C_total: 0.640

[2026-02-19 10:29:27] Mode: ANSWER

[2026-02-19 10:29:27] Energy: 0.89, Coherence: 0.61, Novelty: 0.36

[2026-02-19 10:29:27] Emotion: neutral, Mood: 0.56

[2026-02-19 10:29:27] Generated 1 proposals

[2026-02-19 10:29:27] [DEBUG] proposals_before_arbitration=1

[2026-02-19 10:29:27] [DEBUG] p0: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:29:28] ⚖️ Reward: +0.100, PredError: 0.290, Valence: -0.030, MatchScore: 0.50

[2026-02-19 10:29:28] Executed: Given the current lack of a specific goal or scene, it's challenging to provide a relevant reflection or next step. However, if you could specify a scenario or set a goal, I can offer more concrete advice. For now, consider setting a clear objective or describing a situation for a more tailored response.

[2026-02-19 10:29:28] Tick 36 complete

[2026-02-19 10:29:33] === Session Complete ===

>>> Injecting user input: Open the door

[2026-02-19 10:29:33] Starting core loop for 6 ticks...

[2026-02-19 10:29:33]

==

[2026-02-19 10:29:33] TICK 37

[2026-02-19 10:29:33]
==

[2026-02-19 10:29:33] Attention spotlight: ['event_19848ff7']

[2026-02-19 10:29:33] Coherence C_total: 0.640

[2026-02-19 10:29:33] Mode: ANSWER

[2026-02-19 10:29:33] Energy: 0.88, Coherence: 0.61, Novelty: 0.36

[2026-02-19 10:29:33] Emotion: neutral, Mood: 0.56

[2026-02-19 10:29:33] Generated 2 proposals

[2026-02-19 10:29:33] [DEBUG] proposals_before_arbitration=4

[2026-02-19 10:29:33] [DEBUG] p0: WORLD_ACT module=WORLD EU=2.37 cost=0.00

[2026-02-19 10:29:33] [DEBUG] p1: WORLD_ACT module=SELF_MAINTENANCE EU=1.15 cost=0.10

[2026-02-19 10:29:33] [DEBUG] p2: REFLECT module=REFLECTOR EU=0.18 cost=0.30

[2026-02-19 10:29:33] [DEBUG] p3: WORLD_ACT module=SELF_MAINTENANCE EU=0.60 cost=0.20

[2026-02-19 10:29:33] ⚖️ Reward: +0.100, PredError: 0.305, Valence: +0.113, MatchScore: 0.50

[2026-02-19 10:29:33] Executed: 🌍 door opened

[2026-02-19 10:29:33] ✅ Event closed: event_19848ff7

[2026-02-19 10:29:33] Tick 37 complete