



## 2. Course Map

### Overall learning journey

The course moves through five phases:

1. **Orientation and Safety**
2. **Core Reflexive Capacity**
3. **Cognitive Architecture**
4. **Social Scaling of Belief**
5. **Practice, Integrity, and Resilience**

Each phase answers a different learner question:

- *Is this safe for me?*
- *What is Motivational Reflexivity?*
- *How does my mind actually work?*
- *How do these processes scale socially?*
- *How do I live and work with this under pressure?*

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### Phase 1 – Orientation and Safety

#### MR-01 — Self-Care and Emotional Regulation in Motivational Reflexivity

**Purpose:**

Establishes the *ground rules* for engaging with the course safely and sustainably.

**Learner outcome:**

“I understand how to pace myself, and I know I don’t have to push into distress to do this well.”

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### Phase 2 – Core Reflexive Capacity

#### MR-02 — Motivational Reflexivity

**Purpose:**

Introduces the central practice and frames reflexivity as a disciplined skill, not self-critique.



**Learner outcome:**

“I know what motivational reflexivity is and what it is for.”

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**MR-03 — Needs-Driven Belief**

**Purpose:**

Explains *why* reflexivity is necessary by showing how beliefs can serve needs rather than truth.

**Learner outcome:**

“I can see how beliefs can feel compelling without being accurate.”

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**Phase 3 – Cognitive Architecture**

**MR-04 — Belief Formation**

**Purpose:**

Shows how beliefs enter the mind automatically before evaluation.

**Learner outcome:**

“I understand how beliefs get formed in the first place.”

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**MR-05 — Schemata**

**Purpose:**

Introduces subconscious frameworks that organise beliefs and resist change.

**Learner outcome:**

“I see why beliefs persist even when evidence changes.”

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**MR-06 — Cognitive Dissonance**

**Purpose:**

Explains the discomfort signal that arises when beliefs, behaviour, or schemata conflict.

**Learner outcome:**

“I recognise dissonance as information, not failure.”

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**MR-07 — Guarding Against Psychological Defence Mechanisms**



**Purpose:**

Addresses psychological defense mechanisms such as denial, projection, etc.

**Learner outcome:**

“I can spot my use of defense mechanisms before they become normalised.”

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**MR-08 — Effort After Meaning**

**Purpose:**

Shows why people usually resolve dissonance through distortion rather than learning.

**Learner outcome:**

“I can spot when I’m explaining discomfort away instead of examining it.”

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**Phase 4 – Social Scaling of Belief**

**MR-09 — Tropes**

**Purpose:**

Moves from individual schemata to shared patterns of meaning.

**Learner outcome:**

“I understand how ‘common sense’ emerges and why it’s powerful.”

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**MR-10 — Culture**

**Purpose:**

Shows how tropes stabilise into durable social environments that shape behaviour.

**Learner outcome:**

“I can distinguish cultural assumptions from reality itself.”

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**MR-11 — Belief Leverage (Religious and Ideological)**

**Purpose:**

Explains how belief systems are deliberately exploited at scale.

**Learner outcome:**

“I can see how beliefs are used to secure compliance and power.”



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### **MR-12 — The Modified Morphogenetic Cycle**

**Purpose:**

Integrates cognition, culture, agency, and environment into a single dynamic model of social change.

**Learner outcome:**

“I understand how individual reflexivity can propagate into societal change.”

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### **Phase 5 – Practice, Integrity, and Resilience**

#### **MR-13 — Sustained Reflexive Practice**

**Purpose:**

Turns reflexivity into a repeatable, long-term discipline.

**Learner outcome:**

“I know how to keep practising without burning out.”

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#### **MR-14 — Motivational Reflexivity in Career and Ethical Practice**

**Purpose:**

Applies reflexivity to professional roles, incentives, and ethical tension.

**Learner outcome:**

“I can navigate work and responsibility without losing integrity.”

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#### **MR-15 — Guarding Against Manipulation and Belief Drift**

**Purpose:**

Addresses gradual ethical and cognitive erosion over time.

**Learner outcome:**

“I can spot early drift before it becomes normalised.”

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#### **MR-16 — Motivational Reflexivity Under Crisis and Uncertainty**

**Purpose:**

Shows how reflexive capacity degrades under stress — and how to preserve it.



**Learner outcome:**

“I can maintain minimum viable reflexivity when it matters most.”

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**MR-17 —Reflexivity and Systemic Viability**

**Purpose:**

Shows how reflexive awareness extends beyond the self to include the viability of the systems one participates in — and how individual belief and action contribute to either morphostasis or morphogenesis.

**Learner outcome:**

“I understand that my beliefs and actions help sustain or undermine the systems I depend on, and I can participate in them consciously and responsibly.”