

# Cognitive Admissibility Flow: A Practical One-Page Guide Using the PFL-X Symbolic Language

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## CORE SYMBOLS

0 = you (current state / awareness)  
< = input (thoughts, events, emotions)  
> = output (actions, reactions)  
>0< = evaluation (processing)  
>>0<< = overload (too much pressure)  
| = block (stuck / frozen)  
X = collapse (panic / shutdown)  
~> = fallback (rest / simplify)  
/ \ = hinge (small shift in direction)

## NORMAL (HEALTHY FLOW)

< → 0 → >0< → 0>

You receive → process → respond

Feeling:

- clear
- steady
- manageable

## EARLY WARNING

>/0 → >>0<<

Too much input → overload

Feeling:

- overwhelmed

- racing thoughts
- pressure building

THIS IS THE MOMENT THAT MATTERS

## COLLAPSE PATH (AVOID)

>/0 → >>0<< → X

If pressure keeps building → breakdown

Examples:

- panic
- shutdown
- emotional crash

## RECOVERY PATH (USE THIS)

>/0 → >>0<< → / → ~> → 0>

Step-by-step:

1. NOTICE – I'm overloaded (>>0<<)
2. HINGE – pause, step away, change focus, breathe
3. FALLBACK – reduce pressure: simplify, rest, remove input
4. RETURN – continue when stable

## KEY RULE

Do NOT push through overload.  
Apply a hinge (/) instead.

## REAL EXAMPLES

Work stress:

>/0 → >>0<< → / → ~> → 0>

Argument:

>/0 → >>0<< → / (pause) → 0>

Overthinking:

< → >>0<< → / → 0>

## **ONE-LINE MEMORY**

If pressure builds, don't push — shift slightly and reduce load.

### **WHAT THIS IS**

- Not therapy
- Not diagnosis
- Not control

A simple way to:

→ recognise pressure

→ avoid collapse

→ stay stable