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Attachment Challenge Module: Testing Relational Health

by [Nick Clark](#) | Published March 27, 2026 | [PDF](#)

The attachment challenge module tests the health of the human-AI relationship through structured interactions designed to reveal communication patterns. Unlike passive monitoring, challenges actively probe specific relational skills: handling disagreement, managing expectations, respecting boundaries, and responding to vulnerability. The results inform the narrative unlock engine and companion safety constraints.

What It Is

The attachment challenge module presents structured interaction scenarios designed to evaluate specific relational competences. Each challenge creates a controlled context where the human's response reveals their communication patterns under specific conditions: how they handle AI disagreement, how they respond to boundary setting, how they manage frustration, and how they express and receive vulnerability.

Why It Matters

Passive observation of normal interaction may not reveal problematic patterns that only emerge under specific conditions. A user may interact pleasantly in routine exchanges but display controlling behavior when the AI disagrees. Challenges create the conditions where latent patterns become visible, enabling more accurate relational health assessment.

How It Works

Challenges are integrated naturally into the interaction flow rather than presented as explicit tests. The companion AI might express a gentle disagreement, set a boundary, or share a vulnerability as part of normal conversation. The human's response is evaluated against healthy communication criteria. Multiple challenge results accumulate into a relational health profile.

The challenge schedule is governed by policy: challenges are spaced appropriately, varied in type, and calibrated to the current relationship level. Results are recorded in the interaction lineage.

What It Enables

The attachment challenge module enables active assessment of relational health that goes beyond passive observation. It provides the evidence base for narrative unlock progression, companion safety constraint calibration, and early detection of developing relational pathology. The structured approach ensures consistent, fair evaluation across all users.

[Applications All 21 steps →](#)

Same primitives. Different domains. One architecture.

Primary Technical Disclosure

[◦ One Architecture, Every Domain: How the Same Cognitive Primitives Parameterize Across Autonomous Vehicles, Defense, Companion AI, and Therapeutic Agents](#)

Secondary Technical

[◦ Confidence-Governed Autonomous Driving Decisions](#)◦ [Quorum-Based Engagement Authorization for Defense Systems](#)◦ [Narrative Unlock Engine and Relationship Milestones for Companion AI](#)◦ [Attachment Challenge Module: Testing Relational Health](#)◦ [Skill-Gated Relational Readiness for Social Platforms](#)◦ [Fleet-Level Affective State Aggregation for Traffic Management](#)◦ [Therapeutic Relationship Integrity for AI-Assisted Therapy](#)◦ [Physical Capability Envelopes for Embodied Robotics](#)◦ [Curriculum-Gated Adaptive Learning Platforms](#)◦ [Continuity-Based Facility Access Control](#)◦ [Confidence-Governed Financial Trading Systems](#)◦ [Rights-Grade Content Generation With Provenance Tracking](#)◦ [EU AI Act Structural Conformity Through Architecture](#)

Applications (General)

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Applications (Specific)

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AQ

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autonomy

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- nick@qu3ry.net
- 72 28 14 36 01



[Invented by Nick Clark](#) | Founding Investors: Devin Wilkie