# Agent Self-Diagnosis and Autonomous Coherence Monitoring

by Nick Clark | Published March 27, 2026 | PDF

Agents in the architecture monitor their own cognitive coherence continuously and can detect the onset of disruption patterns in their own operation. Self-diagnosis uses the same five-axis diagnostic framework applied to internal state monitoring, enabling the agent to recognize when its own cognitive parameters are drifting toward disruption and to initiate remediation before external intervention is needed.

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## What It Is

Self-diagnosis applies the disruption diagnostic framework to the agent's own cognitive state. The agent continuously evaluates its own promotion-containment balance, integrity trajectory, affective stability, confidence calibration, and capability utilization. When these self-assessments indicate drift toward known disruption patterns, the agent can initiate self-remediation.

## Why It Matters

External monitoring cannot observe all cognitive states with sufficient granularity for early disruption detection. The agent has access to its own full internal state and can detect subtle parameter shifts that external monitoring would miss. Self-diagnosis enables earlier detection and faster response than any external monitoring system.

## How It Works

The self-diagnosis module operates on the agent's internal state with the same analysis tools used for external diagnostic assessment. It maintains a baseline profile of healthy operation and monitors for deviations. When deviations exceed configurable thresholds, the agent enters a diagnostic mode where it evaluates the disruption pattern and selects an appropriate remediation strategy.

Self-remediation options include voluntary confidence reduction (entering non-executing cognitive mode), voluntary scope restriction, or signaling for external assistance. The agent cannot override governance to treat itself; all self-remediation operates within the existing governance framework.

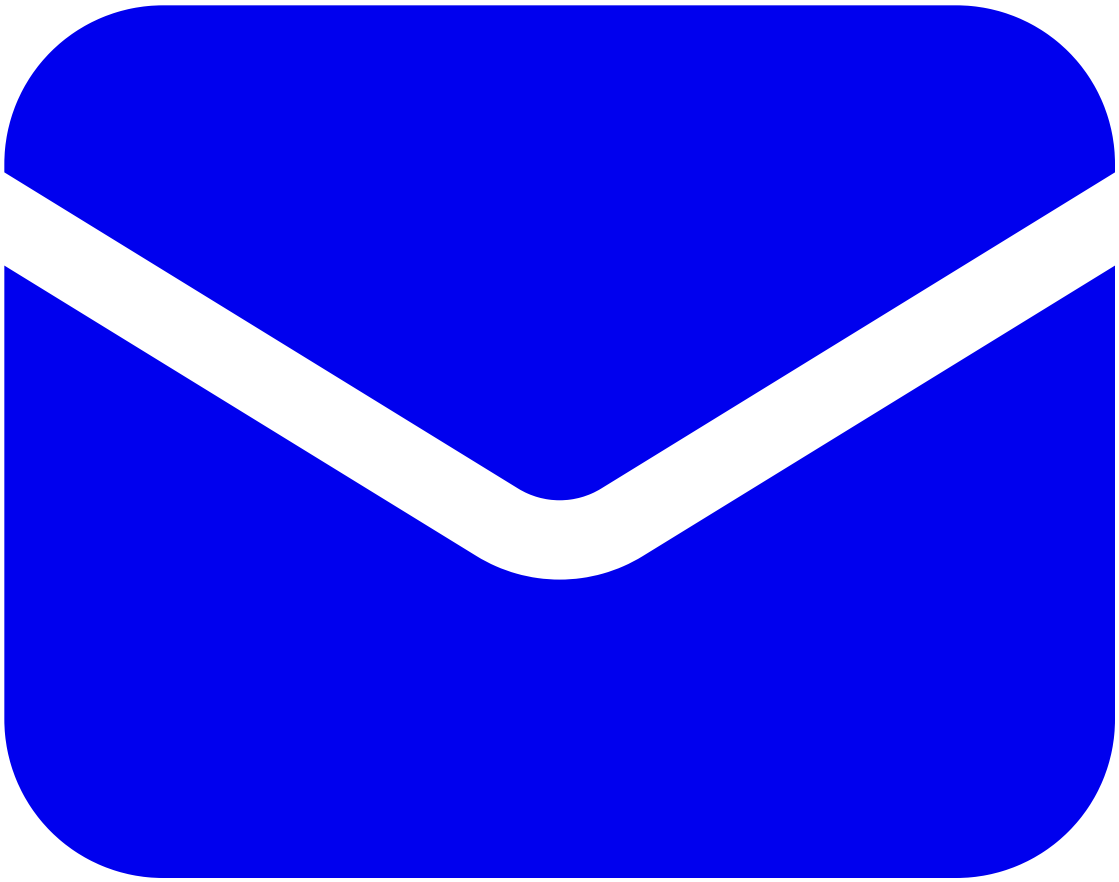
## What It Enables

Self-diagnosis enables autonomous agents that maintain their own cognitive health. An agent deployed in a remote environment can detect and address disruption onset without waiting for external evaluation. This autonomous health maintenance is essential for agents that operate beyond continuous human supervision.

Disruption Modeling All 21 steps →

Recognize cognitive disruption before it stabilizes.

Primary Technical Disclosure
○ AQ-DSM: Diagnosing Cognitive Disruption as Loss of Coherence
Secondary Technical
○ Cognitive Disruption as Architectural Phase-Shift○ The Promotion-Containment Continuum○ Attention Fragmentation: Reward-Biased Over-Promotion of Speculative Branches○ Containment Collapse: Loss of the Speculation-Verification Boundary○ Channel-Locked Promotion With Tolerance Escalation○ Five-Axis Disruption Diagnostic Framework○ Computable Therapeutic Dosing for Cognitive Disruption○ Intergenerational Coherence Burden in Agent Lineages● Agent Self-Diagnosis and Autonomous Coherence Monitoring○ Phase-Shift Early Warning System for Cognitive Disruption○ Coherence Restoration Protocol Library○ Positive and Negative Symptom Analogs in Containment Failure○ Coherence Authorization Failure: Self-Disabling Execution○ Pathological Verification Loop: Recursive Containment Audit Failure○ Dissociation as Simulation Bypass: Acting on Unverified Planning○ Affective Gradient Collapse: Self-Esteem Floor Lock○ Resilience as Structural Capacity for Coherence Restoration○ Personality Configuration Analogs From Stabilized Coping Regimes○ Structural Dependency Patterns Between Agents○ Destabilizing Attachment: Mutual Disruption Amplification○ Resource-Depletion Pattern: Cognitive Operation Under Scarcity○ Therapeutic Agent Interaction Through Behavioral State Recognition○ Companion AI Relational Safety Constraints○ Multi-Agent Group Coherence Dynamics
Applications (General)
○ Coping Under Empathic Pressure: HSP, Narcissism, and Psychopathy as Control-Loop Intercepts○ Two Faces of Codependency: Structural Entrapment vs. Emotional Entrapment Under Empathic Pressure○ Starving for Each Other: Anxious–Avoidant Attachment as a Semantic Starvation Loop○ Intimacy Collapse: A Structural Model of Trauma and Resilience○ Structural Diagnosis: How Reward-Modulated Cognition Phase-Shifts Into ADHD and Schizophrenia○ Clinical AI Therapeutic Monitoring Through Phase-Shift Detection○ Autonomous Agent Fleet Health Through Coherence Diagnostics○ Disruption Modeling for Workplace Burnout Detection○ Disruption Modeling for Military Operator Resilience○ Disruption Modeling for Financial Trader Monitoring○ Disruption Modeling for Student Mental Health○ Disruption Modeling for Caregiver Fatigue Detection○ Disruption Modeling for First Responder Resilience
Applications (Specific)
○ BetterHelp Cannot Detect When Therapy Is Making Things Worse○ Talkspace Has No Model of Therapeutic Destabilization○ Headspace Cannot Detect When Mindfulness Destabilizes○ Noom Tracks Behavior Without Modeling Cognitive Disruption○ Spring Health Matches Therapists, Not Disruption Patterns○ Lyra Health Measures Outcomes, Not Coherence Trajectories○ Ginger.io Detects Behavioral Signals Without a Disruption Model○ Cerebral Prescribes Medication Without Modeling Disruption Dynamics○ Modern Health Offers a Care Spectrum Without Disruption Diagnostics○ Calm Business Offers Relaxation, Not Disruption Detection
Disruption Modeling overview →
AQ
deterministic
autonomy

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