



HES

HUMAN ELEMENTS SYSTEM

The Periodic Table of Human Self

hestable.com
One-page summary

The Human Elements System (HES) is a structured reference framework for the constituent elements of human psychology: 343 elements across four layers, each documented in a structured passport and graded on the Measurement Maturity Level (MML) scale. HES is not a personality test and not a diagnostic instrument. It is a versioned reference architecture for researchers, practitioners, and educators who need to work with psychological constructs precisely.

343

ELEMENTS

4

LAYERS

46

THEMATIC BLOCKS

5

MML TIERS

THE FOUR LAYERS

Core

HARDWARE

106 elements · 14 blocks

The stable foundation of the system: processing capacities, sensory thresholds, temperamental baselines. Changes slowly; constrains everything above it.

Derived

SOFTWARE

154 elements · 14 blocks

Learned, practiced, installed patterns running on Core hardware. Trainable and replaceable — within the limits the hardware supports.

Quantum

CRASH & SURGE STATES

40 elements · 10 blocks

Temporary mode-shifts in which normal operating parameters change. Not traits: episodes, with entry conditions, dynamics, and exit pathways.

Emotional

WEATHER

43 elements · 8 blocks

Episodic affective programs with identifiable triggers, outputs, and natural resolution patterns. Transient, recurrent, context-sensitive.

MEASUREMENT MATURITY LEVELS (MML)

Every element carries an MML grade — a five-tier rating of how well the construct can currently be measured, from MML-1 (established: validated instruments, replication, normative data) to MML-5 (novel: no presence in the peer-reviewed literature). The framework publishes its own evidential gaps. Distribution across the 343 elements:

91

MML-1
Established

115

MML-2
Adequate

76

MML-3
Emerging

61

MML-4
Pre-measurement

MML-5 (Novel): 0 elements — every HES element is deliberately anchored to existing research traditions, even where its specific formulation is new.

What HES is not

Not a personality test, not a diagnostic system, not a moral verdict. It is a shared vocabulary for the specific mechanisms that make up a human being — one that can be measured, translated across languages, and revised as the science improves.

THE BOOK

HES — Human Elements System: The Periodic Table of Human Self

First edition, 2026 · Paperback · Hardcover · Kindle