

# What IF: Ultimate Intelligence FORGIVES?

Sharron Frammingham

The Human Engine

Angers, France

e-mail: sframmingam@outlook.com

**Abstract**—The future of work depends not just on technical development but on the quality of human decision-making, values and behaviors that shape this development. While Artificial Intelligence development continues to excel, its long-term safety and sustainability is strengthened through human-in-the-loop (HITL) systems. Forgiveness, often overlooked, serves as a foundational component of advanced decision-making. Unlike Artificial Intelligence, humans possess the capacity for humility, restraint, instinct and reconciliation, qualities that enable forgiveness and are vital for ethical Artificial Intelligence governance. This research introduces the FORGIVES framework, a practical model translating high-level ethical principles (like the Asilomar Artificial Intelligence Principles) into actionable human-centered behaviors. This framework aligns Artificial Intelligence with human shared values, promoting transparency, responsibility and long-term benefits while addressing global challenges in operationalising shared ethics. Ultimately, forgiveness is a strategic necessity. Therefore, improving human capacity for forgiveness is crucial for decision-making that develops Artificial Intelligence systems that are adaptive, restorative and aligned with human well-being. The distinction between human and artificial intelligence, lies in human moral judgment and relational intelligence, qualities that must guide Artificial Intelligence’s evolution to serve the greater good and increase human performance. The forgiveness framework can be understood through endurance environments. Endurance performance reveals how human beings respond under pressure, fatigue, failure, uncertainty and prolonged challenge. These factors parallel the development and industry of Artificial Intelligence. To develop decision-making abilities, it is beneficial to seek and not avoid endurance environments, as they aid the understanding of something increasingly relevant in the age of Artificial Intelligence - the difference between optimisation and wisdom.

**Keywords**-*Artificial-Intelligence; decision-making; forgiveness; Human-in-the-Loop; endurance.*

## I. INTRODUCTION

As Artificial Intelligence systems are increasingly evaluated on performance, safety and robustness, a critical but underexplored gap is emerging: not a shortage of technical capability, but a shortage of high-quality human decision-making. This research argues that the long-term sustainability and responsible development of Artificial Intelligence systems depends not only on engineering excellence, but on the character, judgment and behavioral

frameworks of those designing, deploying and interacting with them.

Lazaros, Vrahatis & Kotsiantis [1] highlights that Human-in-the-Loop (HITL) Artificial Intelligence has emerged as a significant direction within the field, particularly in environments where fully automated systems are unable to adequately account for context, ethical judgment, ambiguity, or accountability. While Artificial Intelligence systems are increasingly capable of processing vast quantities of information and identifying complex patterns, they remain limited in their ability to interpret human nuance, social consequence and moral responsibility in dynamic real-world situations.

Human-in-the-Loop approaches address this limitation by ensuring meaningful human participation within critical stages of Artificial Intelligence development, deployment, monitoring and decision validation. Rather than positioning humans as passive overseers, Human-in-the-Loop frameworks recognise human judgment as an active and necessary component of safe and effective Artificial Intelligence operation. This is particularly important in safety-critical and socially sensitive domains such as healthcare, transportation, legal systems, education and emotionally responsive Artificial Intelligence applications, where decisions may carry significant human impact.

Amershi et al. [2] provide practical guidance for designing Artificial Intelligence systems that support effective human interaction and oversight and demonstrate that successful Artificial Intelligence deployment depends heavily on human-centered system design rather than technical performance alone. Human-in-the-Loop systems are widely becoming accepted as essential - but effectiveness depends on the decision-making skills of the human in the loop. This research extends existing Human-in-the-Loop approaches by arguing that not all human input is equal.

Additionally, this research builds on the work of Russell and Norvig [3], who emphasise Value Alignment and that advanced Artificial Intelligence systems must remain aligned with human goals and subject to meaningful human oversight. Their work highlights the limitations of purely optimisation-driven systems and the importance of uncertainty, value alignment and corrigibility in Artificial Intelligence behaviour. This research addresses the challenge they raise of defining and operationalising shared values across global contexts. This challenge is addressed by drawing on historical analysis. This research traces the influence of early legal and moral codes - originating in texts such as Exodus [4] and later teachings expanded in Matthew

[5], on the development of global legal systems, including principles of justice, accountability, human dignity and mercy. These foundations provide a tested model for encoding values into systems that govern behaviour at scale. In Matthew [6] we discover 8 global values shared across humanity. Regardless of your faith perspective all humanity share the 8 beatitudes outlined in that message. They flip the script by helping us to understand the value of seeing things differently and helps us to cultivate a mindset that FORGIVES. They also help us to identify human attributes that are crucial for establishing moral and ethical codes alongside the Future of Life Institute Asilomar Artificial Intelligence Principles [7].

This paper also addresses the additional challenge of how to apply global ethical frameworks operationally. This research translates high-level ethical guidelines into a practical, human-centered actionable model for decision-making and behaviour. While existing principles define what responsible Artificial Intelligence should achieve, this research provides a framework to explore how individuals and organisations can embody these principles in practice.

This industry research investigates forgiveness as a foundational yet overlooked component of advanced decision-making. While Artificial Intelligence systems can simulate aspects of emotional intelligence, they cannot experience or embody the conditions that enable forgiveness - such as humility, loss, restraint, moral tension, or reconciliation. This limitation reveals a boundary of artificial intelligence and highlights a critical domain in which human capability remains essential. As described by Dignum [8] ‘The more that AI can do, the more it underscores the irreplaceable qualities of human creativity, empathy, and moral reasoning.’

This paper proposes forgiveness as a unifying, cross-cultural principle - widely understood, practically applicable, and scalable across diverse environments. Unlike abstract ethical constructs, forgiveness functions as both a mindset and a behavioural framework, offering a consistent basis for decision-making in complex, real-world systems.

This research uses endurance principles to illustrate forgiveness because endurance correlates well to the long-term development perspective required for Artificial Intelligence safety. Endurance performance also reveals how human beings respond under pressure, fatigue, failure, uncertainty and prolonged challenge. In these moments, decision-making becomes visible. Endurance is not sustained through intensity alone, but through humility, restraint, reflection, perseverance and the ability to recover well after setbacks.

Forgiveness operates in a similar way. It is rarely a single emotional moment; rather, it is an ongoing process of releasing failure, recalibrating perspective and choosing constructive action despite discomfort or disappointment. Like endurance, forgiveness requires disciplined thinking, emotional regulation and long-term vision.

Endurance environments also expose something increasingly relevant in the age of Artificial Intelligence: the difference between optimisation and wisdom. A machine may calculate pace, output, or probability, but human

performance depends on qualities such as judgment, meaning, empathy and resilience. These are not simply technical abilities but deeply human capacities that shape how decisions are made over time.

For this reason, endurance principles provide a practical and accessible framework for exploring forgiveness, not only as a moral concept, but as a performance capability that strengthens leadership, Human-in-the-Loop decision-making and responsible Artificial Intelligence development. Through applied analysis of events, cross-sector professional insight and observational patterns from employment and Artificial Intelligence adjacent environments, this research introduces the FORGIVES framework.

## II. THE FRAMEWORK

There are 8 separate components of the FORGIVES framework aligned with a transferable human skill that enhances decision-making quality, reduces systemic risk and supports the development of Artificial Intelligence systems that are resilient, ethical and aligned with human well-being. For each component of the framework there are Human-in-the-Loop learnings from a specific case-study of both historical and recent events from within the automotive, aerospace, healthcare, railway and defense industries. Table 1 introduces each component of the framework and provides an overview of each corresponding human attribute, Human-in-the-Loop (HITL) behaviour, Asilomar alignment and endurance principle.

TABLE I. FORGIVENESS FRAMEWORK OVERVIEW

FORGIVES Component & Human Attribute	Framework		
	HITL System Behaviour	Asilomar Alignment	Endurance Principle
Fail: Humility	Transparent error reporting, review cycles, learning loops	Research Goal,	Learn early, fail safely, improve continuously
Originality: Discernment	Diverse human input, context-aware decision review	Responsibility, Failure Transparency	Context matters - data needs human understanding
Respect: Self-Control	Staged deployment, safety gating, human approval checkpoints	Science-Policy Link,	Progress is a process that is planned and paced
Generosity: Integrity	Explainability, audit trails, accountable oversight	Personal Privacy,	Accountable openness aids collaboration
Innocence: Consideration	Ethical data handling, consent-based processes	Liberty and Privacy	Protect positively and apply spherical kindness
Values: Purpose	Human override, escalation pathways, decision validation	Race Avoidance,	Purpose focuses and fuels performance

FORGIVES Component & Human Attribute	Framework		
	HITL System Behaviour	Asilomar Alignment	Endurance Principle
Empathise: Reconciliation	Safeguarding protocols, escalation for vulnerable users	Safety,	Human care and oversight is critical
Sustain: Commitment	Continuous training, monitoring, recalibration	Risks	To maintain standards commit carefully

*A. FORGIVES Framework Component 1: Fail (Humility through rest and reflection)*

Cullen [9] described how a train collision near London Paddington station in the UK resulted in fatalities. However, there were warning signs which were missed. Had there been sufficient learning from previous near misses, could the collision have been avoided? It is impossible to know, but it is important to consider what factors prevent learning from previous mistakes.

In high-performance environments, failure is often hidden due to fear, pressure, or reputation. Yet research across safety-critical industries shows that unacknowledged small failures are often the precursors to major incidents. An alternative approach is to treat failure as data.

Historically, this principle is captured in [10] and [11]. Principles across cultures and traditions capture the importance of a structured and scheduled pause, to intentionally step back from activity to review, reflect and reset. Taking a pause reflects humility, recognising limitations and remaining open to correction. These principles encourage intellectual humility and disciplined reflection, as both are essential for learning. When there is an understanding that each person always has something to learn, failure is just a part of life’s learning process then it is easier to smile, get back up and go again.

Human-in-the-Loop (HITL) systems and Asilomar alignment application:

- Research Goal – Test, rest and reflection need to be incorporated into initial research goals.
- Responsibility – From the beginning it is important to realise anyone using Artificial Intelligence is shaping what it will become.
- Failure Transparency – This develops a responsible learning culture.

When considering endurance environments Brymer and Oades [12] observed transformation through humility. Together, these principles show that humility and structured reflection are not abstract ideals but practical safeguards; when embedded into Human-in-the-Loop systems through transparent failure reporting and intentional review cycles, they directly support Asilomar principles of responsibility and failure transparency, enabling Artificial Intelligence systems that learn safely rather than scale unchecked error.

*B. FORGIVES Framework Component 2: Original Design (Identity, Context & Human Understanding)*

Angwin, Larson, Mattu and Kirchner, [13] reported the COMPAS risk assessment tool used in US courts to predict reoffending risk was found to exhibit racial bias, disproportionately flagging Black defendants as higher risk. The system relied on historical data patterns without sufficient contextual understanding of social and structural factors. When systems are designed without recognising the full human context behind data, they risk reinforcing bias and inequity.

Historically, this principle is captured in [14] and [15]. These principles speak, in universal terms, to respect for origin, lived experience and human context. They remind us that people are not neutral data points – each person is unique with individual originality, shaped by history, relationships and circumstance. Ignoring this will lead to incomplete or distorted decision-making. It is easy to drift through life trying to be just like everyone else but each fingerprint proves every person is unique and one of a kind. Humans are not machines, not an exact replica model of each other. When this is understood it can be celebrated and what can be perceived as a weakness can become the greatest asset and most valuable data.

Human-in-the-Loop (HITL) systems and Asilomar alignment application:

- Science-Policy Link: A healthy exchange between people in the process is essential (meaning Artificial Intelligence researchers and policymakers).
- Personal Privacy: Individuals should be aware and control the data they generate.
- Liberty and Privacy: AI should not negatively impact personal freedoms or privacy.

When considering endurance environments Smits, Pepping and Hettinga [16] observed that every endurance performance is different, therefore one-size-fits-all training is not the best approach. By recognising the uniqueness of human experience, these principles reinforce that data cannot be separated from context; when applied through Human-in-the-Loop oversight and diverse input, they align with Asilomar commitments to human values, privacy, and liberty, ensuring Artificial Intelligence systems reflect the richness of real-world humanity rather than narrow historical patterns.

*C. FORGIVES Framework Component 3: Restraint (Respect and Patience for Process)*

National Transportation Safety Board [17] found that autonomous vehicle testing contributed to a pedestrian death in Arizona, USA. Investigations highlighted gaps in safety oversight, monitoring and escalation processes. While we cannot know if the tragedy could have been avoided, it demonstrates how the pressure for rapid progress can lead to compromised safeguards.

Historically, this principle is captured in [18] and [19]. These reflect the importance of controlled strength, restraint, and respect for the process. A rush to see results can create impatience and frustration that can lead to mistakes. Alternatively, a respect for the process with an understanding

that overnight success does not exist, creates an appreciation for every day and that every single snail step counts.

Human-in-the-Loop (HITL) systems and Asilomar alignment application:

- Race Avoidance – Artificial Intelligence deployment must prioritise safety over speed.
- Safety – Progress must not outrun governance.
- Risk – Staged testing and validation must be enforced.

When considering endurance environments Skorski and Abbiss [20] observed that endurance performance is fundamentally a planned paced process – having patience and respect for the process is fundamental. These principles demonstrate that restraint is a form of strength; when operationalised through Human-in-the-Loop controls, staged deployment and enforced safety protocols, they align directly with Asilomar priorities of safety and race avoidance, ensuring that progress is governed, not rushed.

#### D. FORGIVES Framework Component 4: Integrity (Transparency & Faithfulness)

House Committee on Transportation and Infrastructure [21] reported that the Boeing 737 MAX crisis demonstrated how design flaws, communication failures and inadequate training contributed to fatal outcomes. At its core, this case reflects a breakdown in transparency and accountability.

Historically, this principle is captured in [22] and [23]. These principles point toward faithfulness, integrity and alignment between intention and action. Survival mindset has nothing to give and avoids transparency. But with generosity with resources (money, time and skills) and an openness to accountability; others are encouraged to do the same, creating trust.

Human-in-the-Loop (HITL) systems and Asilomar alignment application:

- Research Funding – Safety must be prioritised over commercial pressure.
- Human Control – Human accountability must be maintained.
- Judicial Transparency – It is important to ensure decisions are explainable and auditable.

When considering endurance environments Hyland-Monks, Cronin, McNaughton and Marchant [24] observed that high performance endurance becomes sustainable through cognitive accountability. Integrity bridges intention and action; when upheld through Human-in-the-Loop accountability and explainable systems, it supports Asilomar principles of transparency and human control, building trust in Artificial Intelligence systems that are not only effective, but dependable and open to scrutiny.

#### E. FORGIVES Framework Component 5: Innocent Kindness (Responsibility & Stewardship)

Information Commissioner's Office [25] reported the Google DeepMind / NHS Royal Free case raised concerns about patient data being used without sufficient transparency or informed consent. This highlighted the ethical risks of innovation without accountability.

Historically, this principle is captured in [26] and [27]. These reflect respect for what belongs to others and compassionate responsibility in how we act. When seemingly kind intentions come from a mixed motive it steals authenticity and damages relationships. But when kindness is without motive, it becomes spherical, three dimensional; spherical kindness has consideration for all.

Human-in-the-Loop (HITL) systems and Asilomar alignment application:

- Shared Benefit – Data and Artificial Intelligence should benefit all stakeholders.
- Shared Prosperity – Systems must respect rights and dignity.

When considering endurance environments Thiel, Pfeifer and Sudeck [28] observed that endurance performers must respect their own and others limits. This calls for spherical kindness and consideration. These principles highlight that true responsibility is both ethical and relational; when embedded in Human-in-the-Loop processes that respect consent and dignity, they align with Asilomar principles of shared benefit and shared prosperity, ensuring Artificial Intelligence development serves people rather than exploits them.

#### F. FORGIVES Framework Component 6: Value Alignment (Truth & Moral Clarity)

Hoffman [29] stated that when Soviet officer Stanislav Petrov chose not to act on a false automated missile alert, this prevented potential catastrophe. This decision demonstrates the importance of human judgment over automated outputs.

Historically, this principle is captured in [30] and [31]. These reflect truth, honest values and clarity of intention. It is easy to go through life chasing what is not important, leaving little energy for what really matters. Alternatively, working every day towards what is truly significant, removes the 9-5 mentality, increases energy, multiplies effort and enhances performance.

Human-in-the-Loop (HITL) systems and Asilomar alignment application:

- Value Alignment – AI must reflect human priorities.
- Human Values – Human judgment must remain central.
- Non-subversion – Systems must not override ethical reasoning.

When considering endurance environments Brick, MacIntyre and Campbell [32] observed that goal-directed thinking regulates endurance performance. Endurance performers have strong, clear and aligned values that propel them forward. Truth and clarity of intention ensure that systems remain grounded in what matters; when reinforced through Human-in-the-Loop judgment and oversight, they directly support Asilomar principles of value alignment, human values and non-subversion, ensuring Artificial Intelligence remains accountable to human priorities.

**G. FORGIVES Framework Component 7: Empathetic Interaction (Relational Awareness & Peace)**

Associated Press. [33] reported a litigation involving Character.AI that highlighted the risks of emotionally intense AI interactions with vulnerable users, including a case linked to a teenager’s death. These systems demonstrated the limits of simulated empathy.

Historically, this principle is captured in [34] and [35]. These principles reflect respect for others, relational boundaries and the pursuit of peace. When confronted with conflict it is really easy to take it personally and carry it forward into the next interaction, creating a chain-anger-reaction that can cloud judgement. Alternatively, when an empathetic response is chosen and the other person’s perspective is considered, then it is easier to dissolve conflict and create forward momentum.

Human-in-the-Loop (HITL) systems and Asilomar alignment application:

- AI Arms Race – Avoid competitive escalation without safeguards.
- Capability Caution – Recognise limits of emotional Artificial Intelligence.
- Importance – Safeguard vulnerable users through human oversight.

When considering endurance environments McCormick, Meijen, Anstiss and Massey [36] observed that endurance performers that regulate emotion and support others, outperform their technically stronger competitors. These principles remind us that relationships require care, not simulation; when Human-in-the-Loop safeguards are applied to emotionally sensitive interactions, they align with Asilomar principles of capability caution and responsible development, ensuring vulnerable users are protected where Artificial Intelligence alone cannot fully understand.

**H. FORGIVES Framework Component 8: Sustained Performance (Commitment & Endurance)**

National Aeronautics and Space Administration [37] reported repeated aviation incidents. As a result, Crew Resource Management (CRM) was introduced in 1979 in the USA, embedding continuous training, communication discipline and teamwork into safety culture.

Historically, this principle is captured in [34] and [38]. These reflect commitment, discipline and perseverance under pressure. Commitment is not always the best answer; there is a time to commit and a time to quit. When there is full commitment, there is the ability to go the extra mile, become more creative, industrious and effective and find a way around whatever obstacles are faced.

Human-in-the-Loop (HITL) systems and Asilomar alignment application:

- Research Culture – It is important to promote continuous improvement.
- Recursive Self-Improvement – Systems must evolve responsibly.
- Greater Good – Long-term ethical focus must be maintained.

When considering endurance environments Cowden and Worthington [39] observed the cycle of constructive self-

forgiveness to maintain and sustain commitment. Sustained excellence is built through disciplined consistency over time; when supported by continuous Human-in-the-Loop training, monitoring, and governance, these principles align with Asilomar commitments to long-term safety and research responsibility, ensuring Artificial Intelligence systems remain reliable, ethical and resilient for all.

Fig 1 shows that the FORGIVES framework is a continuous cycle, that requires daily application and review. It is never a finished process but is a framework for continuous development, improvement and progress.

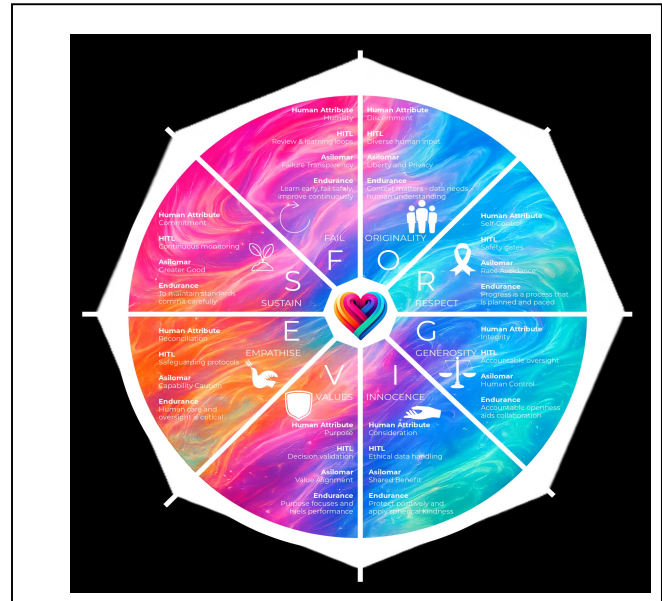


Figure 1. FORGIVES Framework Wheel

**III. CONCLUSION AND FUTURE WORKS**

This research concludes that the future of Artificial Intelligence will not be determined solely by advances in computational power or model capability, but by the quality of human inputs - decisions, behaviours and values that shape these systems. As Artificial Intelligence is trained on human-generated data and deployed at scale, the distinction between human and artificial intelligence becomes increasingly defined by our capacity for moral judgment and relational intelligence.

Together, these components demonstrate that ancient principles of humility, integrity and responsibility when translated into Human-in-the-Loop practice, aligned with Asilomar governance and applied with endurance principles provide a practical and scalable foundation for building Artificial Intelligence systems that are not only intelligent, but trustworthy.

If decision-making shapes the future of Artificial Intelligence, then improving decision-making is a global imperative. This work positions forgiveness not as a peripheral moral concept, but as a central mechanism for developing intelligence that is adaptive, restorative and sustainable. In this context, becoming a people who

FORGIVES is not only a personal aspiration, but a strategic requirement for shaping intelligent systems that serve the greater good and increase human performance. The forgiveness framework is best understood through the consideration and most pertinently the personal experience of endurance environments. Endurance performance reveals how human beings respond under pressure, fatigue, failure, uncertainty and prolonged challenge. These factors parallel the development and industry of Artificial Intelligence. To develop decision-making abilities, it is beneficial to seek and not avoid endurance environments. As they aid the understanding of something increasingly relevant in the age of Artificial Intelligence - the difference between optimisation and wisdom.

A new company has been formed (The Human Engine) to deliver training and support to organisations to embed the FORGIVES framework into their operations via a training and development program through an endurance environment. Results will be monitored and a future paper is planned.

#### REFERENCES

- [1] K. P. Lazaros, A. G. Vrahatis & S. Kotsiantis, Human-in-the-Loop Artificial Intelligence: A Systematic Review of Concepts, Methods, and Applications. *Entropy*, 28(4), 377, 2026, <https://doi.org/10.3390/e28040377>
- [2] S. Amershi, et al. "Guidelines for Human-AI Interaction," Proceedings of the SIGCHI Conference on Human Factors in Computing Systems, 2019.
- [3] S. Russell & P. Norvig, *Artificial Intelligence: A Modern Approach*, 2021.
- [4] The Holy Bible, New International Version, Zondervan, 2011, Exodus 20: 1-17.
- [5] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5:10.
- [6] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5:3-10.
- [7] Future of Life Institute, *Asilomar AI Principles*, 2017.
- [8] V. Dignum, *The AI Paradox: How to Make Sense of a Complex Future*, 2026.
- [9] W. D. Cullen, *The Ladbroke Grove Rail Inquiry Part 1 Report*, UK Health and Safety Executive, 2021.
- [10] The Holy Bible, New International Version, Zondervan, 2011, Exodus 20:8-11.
- [11] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5:3.
- [12] E. Brymer, & L. G. Oades, "Extreme Sports: A Positive Transformation in Courage and Humility." *Journal of Humanistic Psychology*, 49(1), 2009, DOI:10.1177/0022167808326199.
- [13] J. Angwin, J. Larson, S. Mattu, & L. Kirchner, *Machine Bias*, ProPublica, 2016.
- [14] The Holy Bible, New International Version, Zondervan, 2011, Exodus 20:12.
- [15] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5:4.
- [16] B. L. M. Smits, G. J. Pepping & F. J. Hettinga "Pacing and Decision Making in Sport and Exercise," *Sports Medicine*, 44, 763–775, 2014.
- [17] National Transportation Safety Board, *Collision Between Vehicle Controlled by Developmental Automated Driving System and Pedestrian*. NTSB/HAR-19/03, 2019.
- [18] The Holy Bible, New International Version, Zondervan, 2011, Exodus 20:13.
- [19] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5:5.
- [20] S. Skorski, & C. R. Abbiss, "The Manipulation of Pace within Endurance Sport." *Frontiers in Physiology*, 2017, 8:102. DOI:10.3389/fphys.2017.00102
- [21] House Committee on Transportation and Infrastructure, *The Design, Development & Certification of the Boeing 737 MAX*. U.S. House of Representatives Staff Report, 2020.
- [22] The Holy Bible, New International Version, Zondervan, 2011, Exodus 20:14.
- [23] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5:6.
- [24] R. Hyland-Monks, L. Cronin, L. McNaughton, D. Marchant, "The role of executive function in the self-regulation of endurance performance." *Progress in Brain Research*, 240, 353–370, 2018.
- [25] Information Commissioner's Office, *Undertaking to the Information Commissioner: Royal Free NHS Foundation Trust*, 2017.
- [26] The Holy Bible, New International Version, Zondervan, 2011, Exodus 20:15.
- [27] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5:7.
- [28] C. Thiel, K. Pfeifer & G. Sudeck, "Pacing and perceived exertion in endurance performance." *German Journal of Exercise and Sport Research*, 48, 136–144, 2018.
- [29] D. E. Hoffman, *The Dead Hand: The Untold Story of the Cold War Arms Race and its Dangerous Legacy*, New York: Doubleday, 2009.
- [30] The Holy Bible, New International Version, Zondervan, 2011, Exodus 20:16.
- [31] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5:8.
- [32] N. E. Brick, T. E. MacIntyre & M. J. Campbell, "Thinking and Action: A Cognitive Perspective on Self-Regulation during Endurance Performance." *Frontiers in Physiology*, 7:159, 2016, DOI:10.3389/fphys.2016.00159.
- [33] Associated Press, "Parents file lawsuit alleging AI chatbot contributed to teen harm," 2024.
- [34] The Holy Bible, New International Version, Zondervan, 2011, Exodus 20:17.
- [35] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5:9.
- [36] A. McCormick, C. Meijen, P. A. Anstiss & H. S. Massey, "Self-regulation in endurance sports: theory, research, and practice." *International Review of Sport and Exercise Psychology*, 12(1), 1–30, 2018.
- [37] National Aeronautics and Space Administration, *Resource Management on the Flightdeck: Proceedings of a NASA/Industry Workshop (NASA CP-2120)*, 1979.
- [38] The Holy Bible, New International Version, Zondervan, 2011, Matthew 5.
- [39] R. G. Cowden & E. L. Worthington, *Overcoming Failure in Sport: A Self-forgiveness Framework*. *Journal of Human Sport and Exercise*, 14(2), 2019, DOI:10.14198/jhse.2019.142.01. A. McCormick, C. Meijen, P. A. Anstiss & H. S. Massey, "Self-regulation in endurance sports: theory, research, and practice." *International Review of Sport and Exercise Psychology*, 12(1), 1–30, 2018.