

The Logoteleology Sleeper Effect™

Why a Science of Human Flourishing Must Also Examine Hidden Obstacles to Flourishing

A Position Paper

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Abstract

Meaningful Purpose Psychology (Logoteleology) is a *science of human flourishing through healthier meanings*. Its primary concern is helping individuals, teams, organizations, and societies cultivate healthier meanings that support Love, Peace, Happiness and Well-being, Engagement, and Prosperity. At the same time, the field devotes considerable attention to dysmeaning, meaning distortion, meaning validation, and the Logoteleology Sleeper Effect™. This emphasis raises an important question: If flourishing is the goal, why focus on hidden dysfunction?

This paper argues that the study of latent obstacles to flourishing is not contrary to a flourishing-centered psychology but essential to it. Numerous psychological traditions have recognized that unseen assumptions, unconscious dynamics, maladaptive schemas, defensive processes, hidden scripts, and covert organizational dynamics may remain dormant while continuing to influence behavior and outcomes. The Logoteleology Sleeper Effect™ extends these observations by focusing specifically on dormant dysmeanings that remain latent beneath apparently healthy functioning. The paper proposes that sustainable flourishing requires both the cultivation of healthier meanings and the identification of latent dysmeanings that may undermine flourishing if left unexamined.

Introduction

A common misconception in psychology is that flourishing and dysfunction represent competing areas of study. Some approaches emphasize pathology, dysfunction, and suffering. Others emphasize strengths, well-being, flourishing, and human potential. Meaningful Purpose Psychology seeks to integrate both perspectives.

The field is fundamentally concerned with flourishing. However, it recognizes that flourishing may be impaired by latent obstacles that remain hidden beneath the surface of individuals, relationships, organizations, and societies.

The existence of such obstacles is not a uniquely Logoteleological proposition.

It has been observed throughout the history of psychology.

The Historical Recognition of Hidden Processes

Numerous psychological traditions have acknowledged that human functioning is influenced by processes that remain partially or wholly outside awareness.

Psychodynamic Perspectives

Psychodynamic theorists proposed that unconscious conflicts, repressed material, and defense mechanisms may continue influencing behavior long after their origins have been forgotten (Freud, 1915/1957). From this perspective, individuals may appear functional while unresolved dynamics continue operating beneath awareness.

Adlerian Psychology

Adler (1956) proposed that individuals often operate through private logic—deeply held assumptions about self, others, and life that may not accurately reflect reality. These assumptions may guide behavior for years without conscious examination.

Transactional Analysis

Transactional Analysis introduced concepts such as life scripts, ulterior transactions, psychological games, and rackets (Berne, 1964). Individuals may consciously communicate one message while unconsciously operating according to another. These hidden dynamics frequently influence relationships and organizations.

Cognitive Psychology

Cognitive theorists have long studied schemas, cognitive distortions, implicit assumptions, and biases (Beck, 1979). Individuals often interpret reality through cognitive structures that remain largely unexamined.

Organizational Development and Covert Processes

Robert Marshak (2006) argued that organizational behavior is often influenced by covert processes, hidden assumptions, unspoken dynamics, and informal meaning systems. What remains unsaid may significantly influence organizational outcomes.

Positive Psychology 2.0

More recently, Wong (2023) has argued that flourishing requires confronting suffering, adversity, and existential realities rather than ignoring them. Human thriving requires integrating both positive and negative aspects of experience.

From Recognition to Intervention

The existence of hidden psychological processes is not a new discovery. As discussed above, psychodynamic theorists, Adlerian psychologists, transactional analysts, cognitive theorists, organizational development practitioners, and existential-positive psychologists have all recognized that unseen forces may influence human behavior.

David G. Myers observed:

"It is sobering to think that you and I can know a social process that distorts our thinking and still be vulnerable to it." (Myers, 2005)

This observation highlights an important distinction. Recognizing that hidden processes exist is not the same as knowing how to identify, validate, and address them systematically.

For more than a century, psychology and related disciplines have documented unconscious dynamics, private logic, life scripts, schemas, biases, defensive processes, and covert organizational dynamics. Yet individuals, organizations, and societies continue to struggle with many of the same recurring problems.

The question, therefore, is not merely whether such forces exist.

The question is:

How can they be identified, evaluated, and addressed in a practical and systematic manner?

Meaningful Purpose Psychology was developed specifically to address this challenge. Through methods such as Meaning Analysis, Meaning Validation, Meaning Lucidity™, the AVR Process (Awareness, Analysis, Validation, and Realignment), and other proprietary methodologies, the field seeks to make latent dysmeanings more visible, more assessable, and more correctable.

The distinctive contribution of Logoteology is not merely the recognition of hidden obstacles. Its contribution is the development of a systematic framework for examining and regenerating meanings that may be limiting human flourishing.

The Logoteology Sleeper Effect™

Meaningful Purpose Psychology agrees that hidden processes matter. However, it proposes a more specific focus.

The Logoteleology Sleeper Effect™ refers to the tendency of *dysmeanings* to remain dormant beneath apparently healthy, successful, or functional behavior while continuing to influence individuals, relationships, organizations, or other meaning systems.

Dysmeaning is a logoteleological concept in which meanings lack the correct information (ignorant), contain incomplete information (partial truth), or contain incorrect evidence (corrupt). Hence, the owner of the *dysmeaning* operates in failure mode.

Meaning Quality and *Dysmeaning*

Meaningful Purpose Psychology holds that not all meanings are of equal quality. Just as information, decisions, and systems may vary in quality, meanings may also be evaluated according to objective standards.

Logoteleology assesses meaning quality through four primary dimensions:

Intelligence – Is the meaning true, accurate, and consistent with reality?

Health – Does the meaning promote human flourishing for self and others?

Harmony – Is the meaning internally coherent and aligned with other meanings held by the individual or system?

Awareness – Has the meaning been consciously examined, or is it operating automatically and outside awareness?

From this perspective, *dysmeanings* represent meanings whose quality has been compromised. They may lack intelligence, health, harmony, awareness, or some combination thereof.

The Logoteleology Sleeper Effect™ proposes that such low-quality meanings may remain latent for extended periods before becoming visible through their consequences. In other words, these *dysmeanings* may remain inactive for long periods before being activated by changing circumstances, stressors, opportunities, environmental shifts, leadership transitions, or other triggering conditions.

Unlike broader concepts of unconscious dynamics, the Logoteleology Sleeper Effect™ focuses specifically on latent meanings that impair flourishing. The central concern is not merely hidden processes. The central concern is hidden *dysmeanings*.

***Dysmeaning* and Flourishing**

Another way in which Meaningful Purpose Psychology defines *dysmeaning* is as a low-quality meaning that impairs flourishing.

Dysmeanings may involve:

- Faulty assumptions
- Distorted interpretations
- Unhealthy values
- Defensive attitudes
- Self-defeating aims
- Harmful narratives

Importantly, *dysmeanings* often appear normal, rational, or necessary to those who hold them. As a result, individuals and systems may function successfully for years while carrying latent *dysmeanings* that remain unexamined.

Why Study Obstacles to Flourishing?

Critics might ask:

"If flourishing is the goal, why spend so much time examining *dysmeaning*?"

The answer is straightforward. ***Because flourishing can be undermined by hidden obstacles.*** A gardener does not cultivate a healthy garden merely by planting flowers. The gardener must also identify and remove weeds. Focusing exclusively on weeds produces no garden. Ignoring weeds eventually destroys the garden.

Similarly, Meaningful Purpose Psychology – through its proprietary methods -- seeks both to cultivate flourishing and reduce the influence of *dysmeaning*. These are complementary rather than competing objectives.

The Allergy Analogy

Consider a person who experiences seasonal allergies.

Several responses are possible:

- Avoid exposure.
- Manage symptoms.
- Use medication.
- Address the underlying cause.

Each approach has value. However, treating symptoms alone does not necessarily eliminate the allergy. Meaningful Purpose Psychology adopts a similar perspective regarding flourishing. The field supports interventions that reduce suffering and improve functioning. At the same time, it seeks to understand and address the meanings that may be contributing to recurring difficulties.

The goal is not merely symptom management. The goal is healthier functioning through healthier meanings.

Flourishing and Prevention

The Logoteleology Sleeper Effect™ introduces an important preventive dimension. Individuals and organizations often wait until dysfunction becomes visible before responding. However, latent *dysmeanings* may already be operating long before visible problems emerge.

Examining meanings proactively may help identify vulnerabilities before they develop into significant obstacles to flourishing.

This perspective aligns with preventive approaches found in medicine, public health, leadership development, and organizational effectiveness.

Understanding Versus Competence

Understanding the Logoteleology Sleeper Effect™ does not automatically confer the ability to identify or effectively address latent *dysmeanings*. Awareness of a concept and competence in its application are not the same thing.

Just as understanding basic medical principles does not automatically qualify an individual to practice medicine, familiarity with the concepts of Meaningful Purpose Psychology does not by itself develop proficiency in meaning analysis, meaning validation, or meaning regeneration.

The identification and correction of latent *dysmeanings* requires specialized knowledge, disciplined practice, ethical judgment, and methodological competence. For this reason, Meaningful Purpose Psychology provides professional education and certification for those who wish to apply these methods rigorously and responsibly.

The purpose of such training is not exclusivity. Rather, it is to help practitioners develop the competencies necessary to promote Meaning Lucidity™, Meaning Regeneration™, and sustainable human flourishing.

A Both-And Perspective

Meaningful Purpose Psychology rejects the notion that helping people flourish requires ignoring what may hinder flourishing. Likewise, it rejects the notion that examining dysfunction should become the primary purpose of psychology.

The field proposes a both-and perspective:

- Cultivate healthier meanings.
- Strengthen Meaning Lucidity™.
- Promote Love, Peace, Happiness and Well-being, Engagement, and Prosperity.
- Examine *dysmeaning*.
- Address latent obstacles.
- Support Meaning Regeneration™ when necessary.

The goal is neither pessimism nor naïve optimism. The goal is sustainable flourishing.

Conclusion

The Logoteleology Sleeper Effect™ is not a departure from the flourishing mission of Meaningful Purpose Psychology. It is one of the reasons that the mission remains necessary.

Psychological history provides extensive evidence that hidden assumptions, latent dynamics, unexamined beliefs, and covert processes influence human behavior. Meaningful Purpose Psychology extends this tradition by focusing specifically on dormant *dysmeanings* that may impair flourishing.

A flourishing-centered psychology must do more than celebrate strengths. It must also recognize and address obstacles that prevent strengths from fully expressing themselves.

Just as a gardener cultivates healthy growth while removing weeds, Meaningful Purpose Psychology seeks to cultivate healthier meanings while reducing the influence of *dysmeaning*.

The destination remains flourishing. The study of *dysmeaning* exists because flourishing deserves protection.

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