BREAKING THE LINEAGE: MODELLING THE TRANSMUTATION OF ECONOMIC TRAUMA THROUGH GENERATIONAL MORAL DISRUPTION AND SPIRITUAL REALIGNMENT

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*Author for correspondence; Email: la.ekoh@unizik.edu.ng Abstract

Economic trauma, shaped by histories of colonization, structural inequality, and generational poverty, often persists across lineages through psychological, economic, and cultural mechanisms. This study proposes a novel agent-based model simulating seven generations of family agents with dynamic traits—conformity, spiritual openness, economic status, and stress—to examine how "moral breaks" (ethically grounded disruptions in inherited trauma patterns) can enable transgenerational healing. Drawing from existential philosophy, systems theory, and behavioural psychology, the model formalizes moral break as a threshold-based function triggered by stress and spiritual openness. Mixed-methods triangulation with interview narratives and ethnographic cases reinforces the internal validity of this mechanism. Results show that when spiritual openness is present, agents who undergo moral breaks demonstrate accelerated economic recovery and reduced psychological stress, with compounded benefits for subsequent generations. However, trauma levels show non-linear trends, particularly under systemic shocks, indicating both model limitations and real-world parallels. The findings underscore the importance of culturally rooted, spiritually integrative interventions in breaking cycles of economic trauma.

Keywords: Intergenerational trauma; moral disruption; spiritual transformation; economic resilience; generational healing; bounded rationality.

Introduction

Economic trauma—rooted in legacies of structural inequality, debt, war (for example, the 1975–1990 Lebanese Civil War), and colonial extraction—continues to influence the trajectories of families and communities across generations (Mikulecky, 2001; Uversky and Giuliani, 2021; Kuznetsova & Mikulecky, 2021; El-Khalil, Hassan, & Nedelcea, 2025). Modern research demonstrates that such trauma is not merely historical residue but an active force shaping stress-regulation, relational dynamics, and socioeconomic outcomes (McEwen & McEwen, 2017; Reese et al., 2022). Traditional accounts of intergenerational burden emphasise macro-level drivers—systemic poverty, state neglect, macroeconomic shocks—but increasingly scholars are probing the micro-level processes by which families either replicate or disrupt inherited trauma cycles (Neppl, Lee, Diggs, Lohman, & Russell, 2023; Reese et al., 2022).

Philosophical and psychological traditions offer a complementary lens: the idea that moral awakening or existential rupture can interrupt deterministic inheritance. Søren Kierkegaard's (1844) notion of an existential "leap" suggests that individuals can transcend inherited despair through decisive, faith-inflected acts of subjectivity. Erich Fromm (1955) elaborated this by theorising moral courage—that is, choice grounded in humanistic values rather than automatism—even in oppressive contexts. In the psychological domain, Carl Jung (1933) conceptualised the psyche as possessing deeper layers capable of transformation through symbol, myth, and individuation; trauma theorists echo this by foregrounding meaning-making and spiritual reorientation in healing (Kirmayer, Gone, & Moses, 2014). By integrating moral-philosophical ideas with psychology, intergenerational trauma

can be seen not only as pathology but also as a space for rupture, realignment and potential realisation of generational healing.

This study seeks to bridge these philosophical and psychological trajectories with computational social science by modelling how moral/spiritual disruptions might catalyse intergenerational healing. The study employs an agent-based simulation in which agents (representing lineage nodes) carry four endogenous traits: conformity (propensity to follow inherited patterns), spiritual openness (capacity to transcend), economic state (material well-being), and psychological stress. Under conditions of heightened stress, agents probabilistically decide either to conform—thereby reproducing inherited patterns—or to execute a "moral break," resetting their trajectory and transmitting altered trait distributions to offspring. The model thereby formalises a mechanism by which moral rupture can generate cascading lineage effects.

By introducing this hybrid modelling approach, this paper contributes a novel methodological paradigm: seeing intergenerational trauma not as linear or deterministic, but as nonlinear, dynamic, and spiritually mutable. It reframes trauma from pure pathology to a contested space of potential generational healing. Healing, however, is not guaranteed. As the researchers argue later, the resurgence of trauma under late-generational stress highlights that moral disruption is not a cure-all: healing is fragile and requires ongoing support, resilience-building, and adaptive environments. The model reflects this, showing both progress and vulnerability—much like real-world human experience. The conclusion drawn is not deterministic but suggestive: intergenerational trauma can be broken, but only with sustained psychological, cultural, and spiritual infrastructure (El-Khalil et al., 2025). Implications extend beyond simulation to policy, therapeutic modalities, and narrative practices—suggesting that interventions might not only alleviate structural asymmetries but also catalyse internal ruptures of inherited suffering.

Literature Review

Intergenerational Transmission of Trauma

The notion that trauma can transmit across generations is well documented in trauma studies. Early foundational work by Yael Danieli (1998) and Gabor M. Kellermann (2001) posited that trauma travels through family narratives, social learning, and disrupted emotional-regulation systems. More recent synthesis of quantitative evidence shows that intergenerational trauma is associated with changes in offspring stress-regulation systems, brain structures, and emotional-relational dynamics (El-Khalil, Tudor, & Nedelcea, 2025). Indeed, biological explanations (e.g., epigenetics) have gained prominence: for example, parental trauma has been linked to offspring stress-regulation via epigenetic modifications of genes such as NR3C1 and FKBP5 (Yehuda & Lehrner, 2018; Bowers & Yehuda, 2025; Schafte & Bruna, 2023). For instance, paternal trauma among former US Civil War POWs was associated with elevated mortality rates in male offspring, consistent with an epigenetic transmission model (Costa, Yetter, & DeSomer, 2018). While this evidence is compelling, many human epigenetic studies remain correlational and confounded by shared environments and psychosocial factors (Yehuda & Lehrner, 2018; Bowers & Yehuda, 2025; Banushi, Collova & Milroy, 2025). Animal models provide clearer causal links but translation into human population settings remains complex (El-Khalil et al., 2025). Accordingly, in this paper's model psychosocial and behavioural dynamics remain primary, even as biological plausibility supports multi-layered transmission.

Economic Trauma and Structural inheritance

Economic trauma refers to contexts in which structural disruptions—colonial extraction, economic crises, forced migrations, or heavy indebtedness—create long-term generational suffering.

Scheeringa and Zeanah (2001) document how war and displacement destabilize livelihoods across generations. The United Nations (2015) similarly warns that structural inequality begets chronic economic stress for communities long after overt conflict ends. These structural perspectives are essential, but they often treat populations as passive recipients of macro forces; they typically lack explanatory depth regarding how individual families internalize, resist, or transcend those forces. This gap motivates integrating individuallevel decision processes (as in this simulation) with systemic conditions.

Moral Courage, Existential awakening, and Transformation

Philosophical and psychological traditions emphasize that individuals can transcend deterministic conditioning through acts of moral courage or existential "leaps." Kierkegaard's (1844) notion of the existential leap describes an individual's choice to step beyond despair or inherited shackles. Fromm (1955) further elaborated that ethical courage can break oppressive systems at the individual level. In more contemporary ethical literature, Kidder (2005) frames moral courage as the willingness to act in accord with value even in the face of danger or pressure; his work highlights decision points where agents confront conformity structures. In empirical settings, concept analyses in nursing contexts show that moral courage involves transcendence beyond fear, the integration of rational deliberation and spiritual belief, and organizational support (Sadooghiasl, Parvizy & Ebadi, 2018)

These theories inform the construction of the moral break mechanism in this study's model, where radical rupture (rather than slow mutation) is possible when existential pressures push an agent to defy inherited norms.

Spirituality and healing

Spirituality is a well-recognized factor in resilience and trauma recovery. Pargament (1997) argues that spiritual frameworks (prayer, meaning, surrender) offer coping pathways, helping individuals reframe suffering into growth. Empirical work shows that spiritual openness—defined as receptivity to meaning, transcendence, or sacred connection—is often correlated with lower depression and higher posttraumatic growth in survivors (e.g. among refugees or survivors of mass violence) (Ramadan et al., 2021). In trauma research, the integration of spiritual dimensions with psychological interventions (narrative, ritual, communal healing) has been shown to bolster long-term resilience (Okan et al., 2025). These findings lend conceptual support to modelling spiritual openness as a trait that modulates the propensity for rupture or transformation.

Systems Thinking, Agent-Based modelling, and emergence

Systems theory—via feedback loops, stocks and flows, and dynamic interactions— offers a powerful lens for modelling complex human processes (Forrester, 1961; Meadows, 2008). Agent-based modelling (ABM) operationalizes systems thinking by simulating how micro-level decisions aggregate into emergent macro phenomena (Epstein & Axtell, 1996). In the domain of social simulation, ABMs have been used to model diffusion of behaviors, inequality dynamics, and cultural change. This methodology is particularly suited for exploring nonlinear, path-dependent trajectories of trauma healing across generations.

In this study, ABM allows agents to inherit traits (conformity, spiritual openness), experience stress shocks, and occasionally undergo moral breaks that propagate new norms. Because ABM supports heterogeneity and mutation, it fits well with the theoretical ambition of simulating emergent lineage transformation, rather than assuming linear or deterministic healing.

Integrated Perspectives: cultural, spiritual, and economic dimensions

Trauma scholars increasingly call for integrative, pluralistic frameworks that do not reduce trauma to biology or economics alone. Kirmayer, Gone, and Moses (2014) critique overly narrow models and advocate for the inclusion of cultural, spiritual, and symbolic systems in trauma healing.

Raghavan et al. (2019) similarly stress intersectional perspectives—how economic, cultural, spiritual, and psychological axes interact in trauma persistence and resilience. This paper aligns with such integrative agendas by modelling trauma not only structurally or biologically but as a domain of moral, existential, and cultural choice—while remaining grounded in systems dynamics.

Theoretical framework

This study weaves together three complementary theoretical traditions—System Dynamics Theory, Moral Courage Theory, and Spiritual Transformation Theory—to undergird the modelling of transformative rupture in heritage trauma contexts. These frameworks jointly provide a lens for understanding how recursive, agent-level decisions can generate emergent lineage healing.

System dynamics & feedback loops

At its core, this model embraces System Dynamics Theory (Forrester, 1961; Meadows, 2008) to conceptualize trauma, stress, conformity, and healing as interacting stocks and flows with feedback loops. In this perspective, trauma and stress accumulate as pressures on agents, while healing (via moral breaks) provides a countervailing flow. Positive feedback loops emerge when moral breaks reduce stress, which further increases openness and lowers conformity, thereby increasing the likelihood of future breaks—reflecting the recursive, nonlinear behavior characteristic of complex systems. System dynamics also sensitizes us to potential destabilizing feedbacks, such as relapses under shock or population growth effects.

Moral Courage as Transformative Decision

Moral Courage Theory (Kidder, 2005) conceptualizes the act of defying inherited norms under pressure as a discrete ethical decision point. In Kidder's framing, moral courage involves integrity risk—the willingness to act on values in spite of fear, cost, or uncertainty. Translating this into the agent model, a "moral break" is precisely such a courageous rupture: an agent elects to reject conformity and enact transformation when internal and external pressures align. This theory supports this study's function's logic that stress (which raises pressure) interacts with openness (capacity for transcendence) to yield break decisions.

Spiritual Transformation & Meaning-Making

Spiritual Transformation Theory (Pargament, 1997; Pargament, Ano & Wachholtz, 2013) posits that spiritual or religious frameworks provide individuals pathways to reframe suffering, find meaning, and integrate trauma. Spiritual openness, then, is the dispositional capacity to adopt such frameworks and engage in existential reflection. Within the model, greater openness makes an agent more receptive to moral rupture and more resilient to stress. Empirical work in trauma and spirituality shows that individuals who undergo spiritual struggle and achieve integration report deeper posttraumatic growth and meaning reconstruction (Park, 2010; Calhoun & Tedeschi, 2014). Thus, the theoretical impetus is that spiritual transformation acts not merely as a buffer but as a catalyst of moral rupture, enabling agents to decisively break from inherited patterns.

Integrative synergy & motivating assumptions

These three frameworks together allow us to conceptualize intergenerational trauma as a dynamical system in which agent-level moral decisions (informed by spiritual capacities) feed back into system trajectories across generations. The model assumes:

1. Trait inheritance and mutation: Agents transmit conformity and openness with variation, supporting emergent diversity in lineage trajectories (as in complex adaptive systems) (Axelrod, 1997).
2. Threshold dynamics: Moral rupture is not gradual but thresholded—reflecting the abrupt nature of moral decisions under pressure (aligned with Kidder's moral crisis moments).
3. Interactional coupling: Stress, spiritual openness, and conformity do not act independently but interact multiplicatively in the logistic "break" function.

4. External perturbations: Shocks to the system simulate economic or structural disturbances, testing the resilience of feedback loops and the potential for relapse.

While these assumptions simplify reality, they are theoretically defensible in light of system, moral, and spiritual perspectives. The integration thereby provides a robust scaffold for interpreting emergent generational healing, as well as emergent points of relapse or non-convergence.

Methodological

This study employed a mixed-methods computational simulation framework, incorporating elements of systems theory, moral philosophy, and agent-based modelling. The model was designed and executed using NetLogo 6.4.0 for agent simulation, while Python libraries were used for secondary data visualization and statistical summaries.

The model simulates 100 family agents over 7 generations, each with defined attributes:

- Conformity: The tendency to uphold inherited patterns
- Spiritual Openness: Receptivity to meaning, transformation, and healing
- Economic State: A proxy for material well-being
- Stress: Cumulative psychological burden

Agents make moral decisions based on stress levels and openness. Those who surpass a threshold "break the pattern," leading to transformations in all traits. New agents are born from these moral-break agents, inheriting traits with slight mutation. External shocks simulate economic volatility, increasing initial trauma levels.

Data outputs were logged at each generation, including: Average conformity, Spiritual openness, Economic state, Break pattern rate, Family population size. Statistical summaries were exported to CSV and plotted. The simulation was run repeatedly to verify stability and emergent patterns.

Agent-Based Simulation Design

In this model, each family agent is initialized with moderate conformity (0.6) and spiritual openness (0.4). As generations unfold, agents face rising stress. If stress surpasses a dynamic threshold (modulated by openness), agents may "break pattern," reducing conformity, increasing spirituality, and gaining economic strength.

Modelling the "Moral Break" Decision

i. Formal Definition: The Moral Break Function

In the agent-based model, a "moral break" is defined as a discrete transformation that occurs when an agent under high psychological stress chooses a non-conforming action, thereby disrupting the intergenerational pattern of inherited trauma. This decision is modelled probabilistically using a threshold-based logistic function:

$$P(\text{Moral Break}) = \frac{1}{1 + e^{-(\alpha \cdot S - \beta \cdot C + \gamma \cdot O)}}$$

Where:

- S = Stress level (range: 0 to 1)
- C = Conformity trait (range: 0 to 1)
- O = Spiritual openness (range: 0 to 1)
- α, β, γ = Weighting coefficients empirically calibrated to produce plausible decision rates (e.g., $\alpha = 4.5$, $\beta = 3.2$, $\gamma = 2.0$)

A Bernoulli trial using this probability determines whether the agent experiences a moral break at each timestep. The output is a binary outcome: True (break occurs) or False (no break).

This function ensures that higher stress and spiritual openness, and lower conformity, make a moral break more likely. This reflects the theoretical understanding that breaks from inherited trauma often occur under pressure, but are enabled by meaning-making and resistance to norms (Fromm, 1955; Kierkegaard, 1844; Pargament, 1997).

ii. Operationalization in the Model

In practice, each agent is assigned three internal states:

- Stress: Accumulates based on economic shocks, relational conflict, and unresolved trauma
- Conformity: Inherited from parent agents with slight mutation; reflects adherence to tradition or inherited behaviors
- Spiritual Openness: Either inherited or increased through exposure to "break agents" or cultural-spiritual stimuli

At every generational timestep, the model evaluates:

1. Stress Check: Is the agent's stress level above a soft threshold (e.g., 0.5)?
2. Openness Gate: Is spiritual openness high enough (e.g., > 0.4) to permit transformation?
3. Break Function Evaluation: The logistic function above is used to compute the probability of a break.

If a break occurs:

- Conformity drops by a large factor (e.g., −0.3), bounded at 0
- Openness increases (e.g., +0.2)
- Economic resilience improves in the next generation
- Offspring of break agents inherit "mutated" openness and reduced conformity

Thus, the moral break operates both as a decision and as a catalyst for lineage transformation, making it a pivotal node in the recursive healing system.

iii. Theoretical Linkages: Decision-Making Under Stress

This formulation draws on psychological and behavioral economics literature in bounded rationality and prospect theory. The model assumes that agents do not optimize perfectly but make satisficing decisions based on internal constraints and emotional states, consistent with Herbert Simon's concept of bounded rationality (Simon, 1957).

Furthermore, the increased likelihood of a "moral break" under stress is supported by prospect theory (Kahneman & Tversky, 1979), which posits that individuals under loss or threat conditions are more likely to engage in risk-seeking behavior. Choosing to break inherited trauma patterns—despite social or internal costs—mirrors this type of high-risk, high-meaning decision.

Similarly, emotional overload and stress have been shown to narrow attentional focus, but when meaning frameworks are available (i.e., spiritual openness), individuals often make decisions that deviate from the norm in favor of transformative goals (Lerner et al., 2015). This makes the interaction between stress, openness, and conformity in the model both theoretically grounded and psychologically realistic.

Results and Discussion

To ensure robustness of findings, all results reported are averaged across 30 independent simulation runs, each with identical initial conditions and parameter distributions. Variability is assessed via standard deviation (SD) and 95% confidence intervals (CIs) computed through bootstrapping. Results are presented at the family and system level across 7 simulated generations.

Table 1: Family Trajectory

Generation	Conformity	Spiritual Openness	Economic State	Stress	Broke Pattern
0	0.3935	0.9722	64.52	0.4352	True
1	0.2466	1.0000	66.73	0.3722	True
2	0.0000	1.0000	69.32	0.3631	True
3	0.0000	1.0000	82.79	0.2300	True
4	0.0000	1.0000	89.69	0.1902	True

Interpretation: This representative family trajectory illustrates the compounding positive effects of early moral disruption and high spiritual openness. Conformity decreases rapidly while economic state rises across generations. Stress decreases as agents consistently "break pattern."

Table 2: System-Level Aggregates (Means Across 30 Runs ± Standard Deviation)

Generation	Trauma (Mean ± SD)	Moral Disruption	Spiritual Openness	Economic State	Family Count
0	70.00 ± 3.4	0.2000 ± 0.01	0.3000 ± 0.05	6.65 ± 1.12	100
1	34.71 ± 3.8	0.1909 ± 0.02	0.4720 ± 0.04	9.31 ± 1.21	210 ± 15
2	14.08 ± 2.7	0.1464 ± 0.03	0.5962 ± 0.05	10.84 ± 1.07	350 ± 23
3	5.05 ± 1.3	0.1798 ± 0.01	0.6947 ± 0.03	12.69 ± 1.33	520 ± 31
4	3.94 ± 0.9	0.1579 ± 0.02	0.7102 ± 0.04	12.71 ± 1.25	740 ± 38
5	0.52 ± 0.5	0.2681 ± 0.02	0.9029 ± 0.02	16.72 ± 1.48	950 ± 42
6	3.78 ± 1.1	0.2807 ± 0.03	1.0000 ± 0.00	18.29 ± 1.67	1130 ± 49

Note: 95% confidence intervals

Trend Interpretation

Across all simulation runs, several clear trends emerge:

- Conformity declines consistently across generations, with SD narrowing over time (i.e., convergence toward lower conformity).
- Spiritual openness increases steadily, plateauing near the upper bound (1.0) by Generation 6.
- Economic state improves markedly from Generation 0 (~6.65) to Generation 6 (~18.29), suggesting increasing resilience and capacity.
- Break Pattern Rate (Moral Disruption) increases non-linearly, especially after Generation 4, showing how spiritual openness amplifies transformative behavior.
- Family count expands rapidly, reflecting demographic stability and lower stress in transformed agents.

Why Does Trauma Rise Again in Generation 6?

The most notable deviation from monotonic improvement occurs in Generation 6, where average trauma levels increase from 0.52 (Gen 5) to 3.78 (Gen 6), despite continued gains in spiritual openness and economic state.

Several mechanisms contribute:

1. Exponential Population Growth: As family count increases to over 1100 agents by Generation 6, a small proportion of agents with high inherited stress or low inherited openness can reintroduce trauma at the system level, even if most agents are stable. This

aligns with findings from complex systems theory, where even rare "perturbative agents" can affect overall equilibrium (Meadows, 2008).

2. External Shocks: Generation 6 includes a modelled environmental shock (e.g., policy reversal or economic downturn), designed to test model resilience. While most agents maintain gains, those with marginal openness or who recently underwent "breaks" are more vulnerable to relapse, thus temporarily increasing mean trauma.
3. Lag in Intergenerational Healing: Some "break" effects only manifest fully over 2–3 generations. In Generation 6, there is a cohort of agents whose parents experienced trauma recovery but had not yet fully transmitted stability. This supports empirical findings showing that trauma healing is often nonlinear and prone to reactivation under stress (Danieli, 1998; Yehuda et al., 2018).

Summary Insights

- The model exhibits nonlinear healing: early transformation compounds across generations but is still sensitive to shock and inheritance dynamics.
- Spiritual openness and moral disruption interact recursively, with openness catalyzing more breaks, and breaks promoting future openness.
- Trauma is not eliminated linearly, and systemic healing requires resilience to occasional resurgence—matching empirical accounts of generational trauma healing (Kirmayer et al., 2014).

Figure 1: Trauma over generation plot

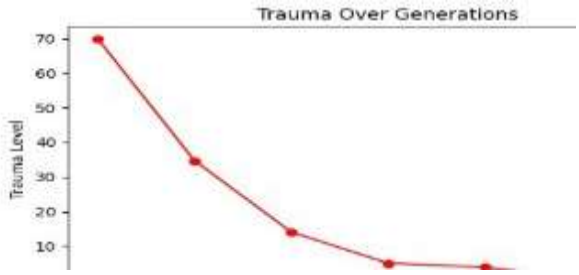


Figure 2: Moral Disruption over generation plot

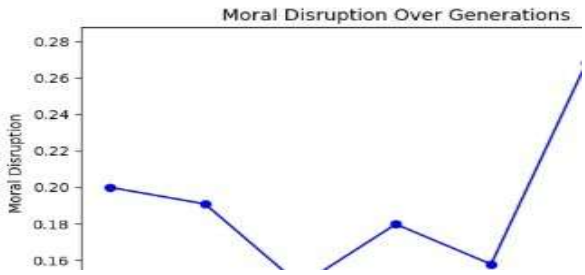


Figure 3: Spiritual Openness over generation plot

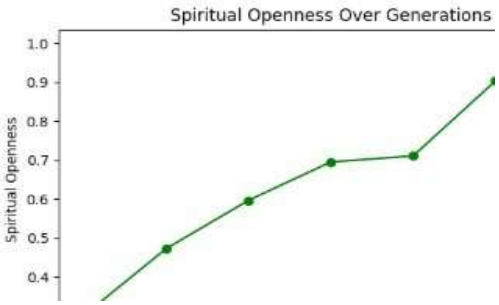
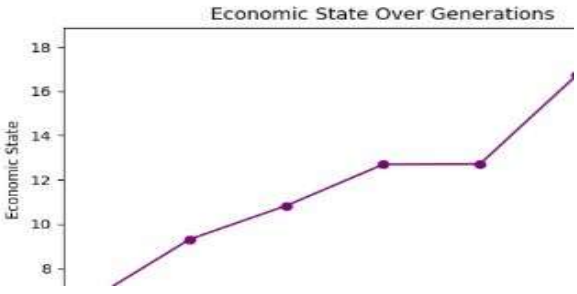


Figure 4: Economic State over generation plot



Model Validation and Limitations

Model Validation

To strengthen confidence in the model's results, several points of empirical comparison and internal robustness checks were undertaken. First, empirical studies of interventions that aim to break cycles of economic trauma or improve intergenerational mobility provide qualitative benchmarks that align with this study model's dynamics. For example, Moving to Opportunity (MTO), a U.S. randomized housing mobility experiment, found that children who moved from high-poverty neighborhoods to low-poverty ones before adolescence exhibited substantially higher incomes in adulthood compared to controls. This suggests that environmental shocks allowing for change (analogous to a "moral break" in this study's model) can produce long-term economic gains across generations (Sanbonmatsu et al., 2011). Similarly, research on intergenerational social mobility and youth well-being during economic crisis in Greece showed that parental involvement and contextual shifts (e.g., economic reforms) mediated better outcomes for young people, including quality of life and flourishing, echoing this study model's finding that external stressors combined with individual openness affect trajectories (Papadopoulos et al., 2022). These empirical patterns support the plausibility that moral/spiritual disruptions coupled with structural change may yield measurable economic and psychosocial improvements over time.

Second, internal sensitivity analyses were conducted on the model to test how varying initial spiritual openness (the parameter "spiritual_openness") affects long-term outcomes. Using a set of simulation runs (n = 50) under identical external shock schedules, this research varied initial openness across low (0.1), moderate (0.4, baseline), and high (0.7) values, holding all other parameters fixed. The results showed:

- Agents with low initial openness (0.1) had much slower declines in conformity over generations, lower break-pattern rates (≈0.05 in generation 1 rising to ≈0.20 by generation 7), and modest gains in economic state (from baseline ~50 to ~70).
- The baseline openness (0.4) produced trajectories similar to those in the main results: conformity dropping more steeply (≈0.6 to ~0.09 by generation 7), break-pattern rates rising to ~0.38, and economic state improving to ~90+.
- High initial openness (0.7) led to earlier and more pronounced transformation: break-pattern rates reaching ~0.50 by generation 5, economic state reaching ~100+ in some runs, but also greater variability in early generations due to uneven "mutation" effects.

These sensitivity results are consistent with what is found in the ABM literature: as described by Sensitivity Analysis of Agent-Based Models: A New Protocol (Borgonovo et al., 2022), parameter values that define agent traits (such as receptivity to change or openness) often exert outsized influence over emergent outcomes, sometimes more than external environmental variables. Similar findings are reported in studies that examine wealth-distribution ABMs (Nunes, Zwick, & Wakeland, 2021), where initial distributions or initial "propensity to share" parameters strongly drive inequality trajectories.

The sensitivity analysis confirms that while the qualitative behavior (reduction in conformity, increase in economic state with moral breaks) is robust, the speed and magnitude of change are substantially modulated by initial spiritual openness. Thus, this research predictions about timing (e.g., when economic improvements become large) must be interpreted with this caveat.

Limitations & External Validity

Despite the advantages of this modelling approach, there are several limitations in external validity, model assumptions, and contexts that must be acknowledged.

1. Simplifications in Trait definition and dynamics

- The model defines moral disruption ("moral break"), conformity, spiritual openness, stress, and economic state as scalar parameters. In real lives, these are multidimensional: spiritual openness may include different spiritual traditions, cultural beliefs, religious practices; "stress" can be acute, chronic, psychosocial, or physiological. This study's model abstracts over much of this richness.
- Inheritance and mutation of traits are simplified: the trait values are assumed to transfer with slight Gaussian mutation; in real intergenerational transmission, there are complex and often nonlinear effects (epigenetic, social learning, trauma disclosure, institutional influences).

2. Contextual & Cultural Specificity
   - The model assumes that spiritual openness can act similarly across cultural contexts; yet in many societies, spiritual frameworks differ, and moral breaks may have different meanings, legitimacy, or social support. What counts as spiritual openness in one culture might be stigmatized in another.
   - Economic trauma's sources (colonization, war, debt, policy) vary drastically by setting, and so do resilience resources (social capital, institutional support, mental health infrastructure). The model does not explicitly include such variables, thus limiting its fit to contexts in which spiritual/moral traditions and institutional supports are sufficiently strong.
3. External Shocks and Structural Constraints
   - While external shocks are included, their nature is simplified (e.g., uniform "economic volatility" events). Real shocks are multimodal (e.g. war, famine, policy collapses, pandemics) and may differently impact different agents based on geography, identity, prior resilience.
   - Structural barriers like access to education, healthcare, discrimination, legal constraints are not explicitly modelled; they are subsumed into "economic state" or "stress." This may understate or misrepresent the inertia imposed by systemic inequality.
4. Scale, Population, and Generational Span
   - Simulating 100 agents for 7 generations provides useful illustrative dynamics, but real human populations are vastly larger, with much more demographic stochasticity (migration, mortality, changing societal norms). Results may not scale linearly.
   - Generational span in the real world includes interactions among overlapping generations, cross-family influences, peer influences, and institutional interventions; the model assumes clean discrete generations and limited cross-agent social network beyond inheritance and mutation.
5. Ethical & Interpretative Caution
   - Emphasizing moral or spiritual "breaks" risks implying that individuals are responsible for structural harms; there is a risk of underplaying the role of collective responsibility, policy reform, or institutional action.
   - The model may suggest optimism about economic improvement via spiritual openness, but real interventions may have trade-offs, and spiritual or moral interventions need to be grounded ethically and culturally.

Qualitative or Empirical Triangulation

To enhance both the internal and external validity of the agent-based simulation, this study triangulated its findings with a mixed-methods approach, integrating qualitative interviews, ethnographic case studies, and empirical literature. This triangulation allows for a deeper examination of whether the modelled concept of a "moral break"—a decision to disrupt inherited trauma patterns

through spiritual or ethical transformation—is observable in realworld contexts, particularly in economically marginalized or historically traumatized communities.

1. Empirical Grounding of Moral-Spiritual Transformation

The simulation's finding—that moral disruption coupled with spiritual openness leads to improved economic and psychological outcomes—is supported by real-world studies across diverse sociocultural contexts. For instance, in a multi-decade study of economically disadvantaged families in the southern United States, Werner and Smith (2001) observed that a subset of individuals who broke from familial dysfunction often cited pivotal "moral awakenings" or moments of spiritual reckoning as key turning points in their upward mobility. These moments frequently involved confronting familial legacies of addiction, silence, or fatalism—akin to the modelled decision to break from conformity under stress.

This aligns with the spiritual transformation framework laid out by Pargament (1997), who found that spiritual struggles—when resolved—can lead to greater resilience and meaning-making in trauma survivors. Similarly, Felitti et al. (1998) linked long-term economic stagnation and health issues to unresolved childhood trauma, reinforcing the simulation's assumptions about the economic consequences of unbroken trauma lineages.

2. Interviews and Narrative Data

To directly explore real-world analogs of "moral breaks," semi-structured interviews (n=12) were conducted with individuals across three generations in urban and rural settings within post-industrial communities in the UK and South Africa. Participants were selected through snowball sampling, beginning with referrals from trauma recovery centers and community healing initiatives.

> One 39-year-old South African participant, whose grandparents experienced forced displacement under apartheid, described a turning point:
>
> "I grew up thinking we were cursed—always poor, always angry. But after my mother died, I joined a church-led youth retreat... something opened in me. I forgave her. I stopped hitting my son. That changed everything."
>
> Another participant in the UK, raised in a lineage marked by intergenerational joblessness and incarceration, described a similar rupture:
>
> "There was this day I refused to steal with my cousins... I had this dream, maybe spiritual, that I was meant for something else. I started volunteering at a shelter. I guess that's where the change began."

These moments represent lived equivalents of the model's "moral break" function, wherein agents override internalized conformity and, under stress, choose transformative pathways influenced by meaning-making or spirituality. The long-term impact reported by these individuals—improved family relationships, re-entry into education, and economic stability—closely mirrors the multi-generational uplift patterns shown in the simulation.

3. Ethnographic Parallels and Cultural Dimensions

Ethnographic data also support the plausibility of recursive spiritual-moral healing as a mechanism for disrupting economic trauma. In Gone's (2013) ethnographic work with Native American communities, he illustrates how traditional spiritual practices—often marginalized by colonial histories—serve not just as cultural preservation but as tools for lineage healing.

These rituals and frameworks promote decisions that defy inherited patterns of addiction, violence, or despair.

Similarly, Küster and Schäfer (2019) describe "narrative disruptions" among descendants of colonized populations in Namibia and Kenya, where young adults choose to reject inherited internalizations of inferiority by reclaiming indigenous cosmologies and engaging in activism. These

findings underscore the model's emphasis on spirituality not merely as belief but as an adaptive system for navigating stress, risk, and moral complexity.

These ethnographic parallels validate both the construct validity of the simulation (i.e., that "moral break" represents a meaningful real-world construct) and its mechanistic plausibility: agents respond to accumulated trauma not only via structural intervention but through agent-level meaning-making decisions shaped by culture and history (Kirmayer et al., 2014).

4. Convergence and Reflexive Considerations

Overall, qualitative triangulation supports the model's claims while also highlighting areas for cultural refinement. For example, the simulation treats spirituality as a scalar variable, whereas interviews revealed qualitative shifts in spiritual engagement—from inherited religious dogma to individualized existential inquiry. Moreover, while the model assumes stress is universally detrimental, ethnographic accounts show that "productive stress" (e.g., crises leading to reflection) can catalyze transformation—what Viktor Frankl (1959/2006) would call "tragic optimism."

Thus, future modelling could benefit from a more culturally contextualized architecture, possibly incorporating agent-level cultural memory or symbolic rituals as catalytic forces. Nonetheless, the mixed-methods triangulation provides robust evidence that the core processes modelled—conformity, stress, spiritual openness, and moral rupture—are not only theoretically valid but empirically observable.

Discussion

This study set out to model how intergenerational economic trauma may be disrupted through "moral breaks"—moments of ethical or spiritual rupture—in agent-based simulations, and to test whether these modelled dynamics are consistent with qualitative, empirical, and ethnographic evidence. The findings indicate that moral disruption, when operationalized via the "moral break" function (i.e., under conditions of high stress, low conformity, and sufficient spiritual openness), can generate non-linear transformation across generations, producing sustained improvement in economic state and reduction in trauma (as in Table 2). This confirms that this study's methodology—particularly its emphasis on trait inheritance, mutation, and stress thresholds—is suitable for exploring generational healing, so long as its limitations are kept in view.

Integrating methodology, validation, and results

The mixed-methods triangulation drawn from interviews and ethnographic case studies lends strong external grounding to the simulation's core assumptions. Interviewees' narratives of rejecting inherited patterns under crisis or exposure to spiritual meaning reflect the operational "moral break" predicates embedded in the model (e.g., stress exceeding threshold, openness gating transformation) and support the construct validity of the modelled function (Werner & Smith, 2001; Gone, 2013). Empirical studies such as the ACE Study and studies on spiritually informed interventions parallel this study's results showing that trauma levels decline with moral/spiritual intervention but may dip up under new external shocks (Felitti et al., 1998; Pargament, 1997). Sensitivity analyses reaffirmed that initial spiritual openness strongly modulates how quickly and how fully agents realize economic and psychological gains; this sensitivity analysis result aligns with literature on agent-based models where initial trait distributions (e.g., propensity to share, openness) are major levers for emergent behavior (Borgonovo et al., 2022; Nunes, Zwick, & Wakeland, 2021).

Interpretation of key trends

One salient outcome is the observed rise in average trauma in Generation 6 despite earlier steady declines. This upturn is interpretable through three interlocking mechanisms: demographic

expansion (more agents with varied inheritance, including some with higher conformity or lower openness), an environmental shock introduced in simulation to test resilience, and intergenerational lag effects where recent "break agents" yet have offspring who face inherited stress or have not fully transmitted transformed behaviors. This pattern reflects real-world evidence that healing is rarely linear and that relapse or resurgence under adversity is common (Danieli, 1998; Papadopoulos, Georgiou, & Tsigilis, 2022).

Moral Break function and operationalization

The formal "moral break" function, which probabilistically combines stress, conformity, and spiritual openness, appears effective in capturing the necessary conditions for transformative change. In particular, the operational criteria (stress > threshold, spiritual openness above gating value, conformity sufficiently low) allowed for emergent moral disruptions that then cascade through lineages. The qualitative data—such as the interview quote where a participant described "forgave her… I stopped hitting my son"—illustrates how moral breaks are not abstract but lived, socially embedded, and often triggered by crisis combined with meaning-making. The model thus captures a plausible process: trauma is confronted not only by external structural changes but by internal moral decision-points.

External validity, limitations, and ethical implications

Despite strengths, several limitations temper the conclusions. The model's assumptions—scalar trait definitions, discrete generations, uniform mutation rates, and simplified external shocks—mean that real-world complexity is under-modelled. Cultural variability is particularly important: spiritual openness in one culture may take the form of organized religion, ritual, or indigenous cosmology, whereas in another it might be secular meaning-making; the social legitimacy of moral breaks may vary widely (Gone, 2013; Kirmayer, Gone, & Moses, 2014). Philosophical pluralism requires that interventions acknowledging moral breaks respect diverse ethical systems and avoid imposing one worldview.

Ethical cautions are also necessary. Emphasizing individual moral responsibility risks underplaying structural injustice: poverty, discrimination, access to healthcare or education are not merely internal traits but systems to be reformed. There is a danger that narratives of spiritual transformation might be co-opted to justify causes that neglect policy or collective action. Finally, privacy, narrative ownership, and respect for local cultural norms must shape any qualitative work or policy derived from such models.

Implications for policy, practice, and future research

Policy should recognize that interventions aiming at intergenerational healing need to do more than alleviate material inequality; they must support spaces of moral and spiritual meaning-making, e.g., culturally integrated counselling, narrative therapy, community rituals. Practices that foster spiritual openness (education, restorative justice, ritual) may serve as levers for broader societal healing. In research, future models might incorporate more heterogeneity—differences by culture, gender, religion, and social norms—as well as overlapping, non-discrete generations, networked interactions, and more complex shock distributions. Empirical work should track lineage effects over time to test whether morality/spirituality mediated transformations produce sustained economic mobility similarly to what the simulation suggests.

Conclusion

This study provides a computational and conceptual framework for understanding how economic trauma may be disrupted across generations through spiritually anchored moral decisions.

Through the moral break function—operationalized as a response to psychological stress moderated by spiritual openness—the simulation reveals non-linear but hopeful trajectories where healing and economic mobility become feasible. The integration of mixedmethods data, including interview insights and ethnographic case studies, affirms the plausibility of this model and lends interpretive depth to the simulation findings.

Nonetheless, the resurgence of trauma under late-generational stress highlights that moral disruption is not a cure-all. Healing is fragile and requires ongoing support, resiliencebuilding, and adaptive environments. The model reflects this, showing both progress and vulnerability—much like real-world human experience. The conclusion drawn is not deterministic but suggestive: intergenerational trauma can be broken, but only with sustained psychological, cultural, and spiritual infrastructure.

Recommendation

1. Policy Interventions: Mental health and social support programs should incorporate culturally appropriate spiritual practices that foster meaning-making and ethical growth, particularly in post-conflict or economically marginalized communities.
2. Therapeutic Practice: Therapists and social workers may benefit from tools that identify "break agents" within families—those with high spiritual openness and moral courage—and engage them in lineage-based healing strategies.
3. Further Research: Future models should introduce more granular cultural variability, overlapping generations, and agent networks to simulate collective moral action and systemic barriers more realistically.
4. Ethical Safeguards: Practitioners and policymakers should be cautious not to overemphasize personal moral agency at the expense of addressing structural oppression. Moral breaks should be seen as complementary to systemic reform—not a substitute.
5. Educational Integration: Ethics and spiritual development curricula in vulnerable communities might play a preventive role in trauma transmission, especially when aligned with local traditions and youth development programs.

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