

000 001 002 003 004 005 006 007 008 009 010 011 012 013 014 015 016 017 018 019 020 021 022 023 024 025 026 027 028 029 030 031 032 033 034 035 036 037 038 039 040 041 042 043 044 045 046 047 048 049 050 051 052 053 UNDERSTANDING AND STEERING THE COGNITIVE BEHAVIORS OF REASONING MODELS AT TEST-TIME

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ABSTRACT

Large Language Models (LLMs) often rely on long chain-of-thought (CoT) reasoning to solve complex tasks. While effective, these trajectories are frequently inefficient—leading to high latency from excessive token generation, or unstable reasoning that alternates between underthinking (shallow, inconsistent steps) and overthinking (repetitive, verbose reasoning). In this work, we study the structure of reasoning trajectories and uncover specialized attention heads that correlate with distinct cognitive behaviors such as verification and backtracking. By lightly intervening on these heads at inference time, we can steer the model away from inefficient modes. Building on this insight, we propose CREST—a training-free method for Cognitive REasoning Steering at Test-time. CREST has two components: (1) an offline calibration step that identifies cognitive heads and derives head-specific steering vectors, and (2) an inference-time procedure that rotates hidden representations to suppress components along those vectors. CREST adaptively suppresses unproductive reasoning behaviors, yielding both higher accuracy and lower computational cost. Across diverse reasoning benchmarks and models, CREST improves accuracy by up to 17.5% while reducing token usage by 37.6%, offering a simple and effective pathway to faster, more reliable LLM reasoning. Code will be made public upon acceptance.

1 INTRODUCTION

Recent advances in Reinforcement Learning (RL)-based training (Shao et al., 2024) have substantially improved the reasoning capabilities of large language models (LLMs), enabling the emergence of “aha” moments and allowing them to excel in complex tasks such as coding (Jiang et al., 2024), mathematical theorem proving (Shao et al., 2024; Xin et al., 2024), and planning (Huang et al., 2024; Valmeekam et al., 2023). This capability is largely enabled by extended Chain-of-Thought (CoT) reasoning processes. While effective, the reasoning trajectories generated by LLMs are often suboptimal. From an efficiency perspective, long CoT processes consume significantly more tokens than standard responses, leading to increased latency, especially problematic for on-device applications. In terms of performance, recent studies have shown that LLMs often struggle with overthinking (Chen et al., 2024), generating unnecessarily verbose explanations for simple problems, and underthinking (Wang et al., 2025), where they halt reasoning prematurely before fully exploring complex solutions. Surprisingly, some work even suggests that effective reasoning can emerge without any explicit thinking process (Ma et al., 2025a).

To guide and enhance the reasoning process, prior work has primarily focused on directly controlling response length (Muennighoff et al., 2025; Luo et al., 2025a; Ma et al., 2025b; Sun et al., 2025; Yang et al., 2025c). However, there has been limited exploration of the internal cognitive mechanisms that underlie and drive these reasoning behaviors. Drawing inspiration from cognitive psychology, where deliberate processes such as planning, verification, and backtracking, often associated with System 2 thinking, are known to enhance human problem-solving, we posit that analogous cognitive behaviors can be identified and, importantly, steered within LLMs. In particular, we hypothesize that certain components of the model, such as attention heads, specialize in tracking and modulating these distinct reasoning patterns.

In this work, we categorize reasoning processes into two types: linear reasoning (i.e., step-by-step problem solving) and non-linear reasoning (e.g., backtracking, verification, and other divergent

054 behaviors (Gandhi et al., 2025)). To understand how these behaviors are represented in the activation
 055 space, we label individual reasoning steps accordingly and train a simple linear classifier to distinguish
 056 between them based on hidden activations. Using linear probes, we identify a small subset of attention
 057 heads, referred to as cognitive heads, whose activations are highly predictive of reasoning type. By
 058 intervening on these heads during inference, we can steer the model’s cognitive trajectory without
 059 additional training, reducing redundant steps or encouraging deeper reasoning as needed.

060 Based on these findings, we introduce CREST (Cognitive REasoning Steering at Test-time), a
 061 training-free framework for dynamically adjusting reasoning behaviors during inference. CREST
 062 operates by first performing a simple offline calibration to identify cognitive heads and compute
 063 steering vectors from representative reasoning examples. Then, during test-time, it uses activation
 064 interventions based on these vectors to adaptively guide the model’s reasoning trajectory, suppressing
 065 inefficient cognitive modes and encouraging effective reasoning behavior. Importantly, CREST is
 066 compatible with a wide range of pre-trained LLMs and does not require any task-specific retraining
 067 or gradient updates, making it highly scalable and practical for real-world applications. And the
 068 test-time steering incurs negligible overhead, achieving matching throughput while reducing token
 069 consumption, thereby leading to an overall end-to-end efficiency gain.

070 In summary, our key contributions are as follows: (i) **Cognitive Head Discovery**: We provide
 071 empirical evidence for the existence of cognitive attention heads that correlate with specific reasoning
 072 behaviors, offering new interpretability into how cognitive patterns are represented within a model’s
 073 hidden states. (ii) **Test-Time Behavioral Steering**: We propose a plug-and-play activation intervention
 074 technique that enables test-time steering of reasoning behaviors without additional training. (iii)
 075 **Comprehensive Evaluation**: We validate our method across a diverse reasoning benchmarks, including
 076 MATH500, AMC23, AIME, LiveCodeBench, GPQA-D and Calender Planning, demonstrating
 077 that CREST not only enhances reasoning accuracy (up to 17.50%, R1-1.5B on AMC23) but also
 078 substantially reduces token usage (up to 37.60%, R1-1.5B on AMC23).

079 2 RELATED WORKS

080 We organized prior research into three categories and move more related works in Appendix A.

081 **Reasoning Models.** Early chain-of-thought (CoT) prompting (Wei et al., 2022) and self-consistency
 082 decoding (Wang et al., 2022) demonstrated that sampling diverse reasoning paths and selecting
 083 the majority answer improves accuracy. Structured search frameworks extend this idea: Tree-of-
 084 Thought (Yao, 2023), Graph-of-Thought (Besta et al., 2024), and Forest-of-Thought (Bi et al., 2024).
 085 Recent “thinking” model releases include OpenAI’s *o*-series (Jaech et al., 2024), Anthropic’s *Claude-3.7-Sonnet-Thinking* (Anthropic, 2025), and Google’s *Gemini-2.5-Flash* (Google, 2025), alongside
 086 competitive open-source models such as DeepSeek-R1 (Guo et al., 2025), Phi-4-Reasoning (Abdin
 087 et al., 2025), and Qwen3 (Team, 2025b). These advances enhance models’ reasoning abilities and
 088 create new possibilities for in-depth analysis of their internal mechanisms.

089 **Cognitive Behaviors in LLMs.** Recent work defines *cognitive behaviors* as recurring patterns
 090 in reasoning traces—such as verification, backtracking, or sub-goal planning—that correlate with
 091 accuracy (Gandhi et al., 2025). These mirror human problem-solving heuristics (Newell & Simon,
 092 1972; Gick & Holyoak, 1980; Koriat, 2012; Toth & Campbell, 2022) and motivate methods that
 093 explicitly instill similar behaviors in LLMs (Wei, 2022; Wang et al., 2022; Yao, 2023). Our work
 094 extends this line by identifying internal attention heads linked to such behaviors.

095 **Improving Test-Time Reasoning.** Inference-time methods enhance reasoning without retraining.
 096 Notable approaches include: (i) adaptive compute control, which dynamically allocates tokens (Han
 097 et al., 2025; Xiao et al., 2025), and (ii) direct trace manipulation, which edits or compresses chains-
 098 of-thought (Xu et al., 2025b; Cui et al., 2025). More recently, activation editing methods steer hidden
 099 representations directly (Turner et al., 2024; Zou et al., 2025; Huang et al., 2025). Our approach,
 100 CREST, advances this strand by identifying *cognitive attention heads* and demonstrating targeted
 101 head-level interventions that improve efficiency while providing new interpretability insights.

102 3 DISSECTING AND MODULATING COGNITIVE PATTERNS IN REASONING

103 In this section, we examine how reasoning models exhibit and internalize cognitive behaviors,
 104 with a particular focus on non-linear thinking patterns such as verification, subgoal formation, and

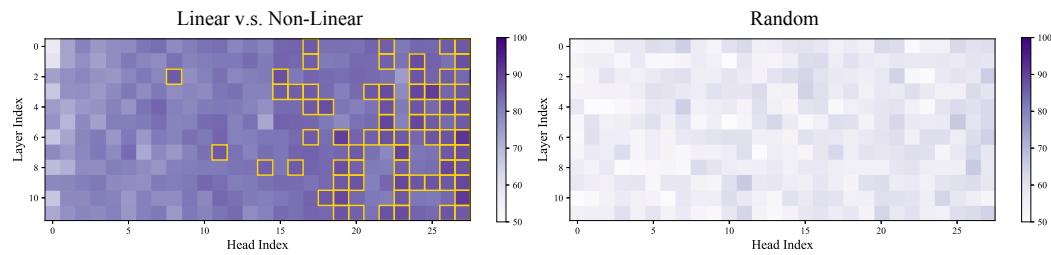
108 backtracking. We begin in Section 3.1 by identifying and categorizing these behaviors at the level
 109 of individual reasoning steps. Section 3.2 then investigates how such behaviors are reflected in
 110 the internal activations of attention heads, revealing a subset, namely, *cognitive heads* that reliably
 111 encode non-linear reasoning. Finally, in Section 3.3, we demonstrate that these heads can be directly
 112 manipulated at test time to steer the model’s reasoning trajectory, offering a mechanism for fine-
 113 grained control over complex reasoning without retraining.

115 3.1 COGNITIVE BEHAVIORS IN REASONING MODELS

117 O1-like LLMs solve problems through extended chain-of-thought reasoning, often exhibiting non-
 118 linear patterns that diverge from traditional step-by-step reasoning. These non-linear trajectories (*e.g.*,
 119 backtracking, verification, subgoal setting and backward chaining) closely mirror human cognitive
 120 behaviors and enhance the model’s ability to tackle complex problem-solving tasks (Gandhi et al.,
 121 2025). To analyze cognitive behaviors, we segment the reasoning process, which is typically bounded
 122 by the `<think>` and `</think>` markers tokens into discrete reasoning steps, each delimited by the
 123 token sequence “`\n\n`”. We then categorize each reasoning step into one of two types using keyword
 124 matching: **Non-linear Reasoning**, if the reasoning step contains any keyword from a predefined set
 125 (*e.g.*, {Wait, Alternatively}; full list in Appendix B.1), it is labeled as non-linear; otherwise, it is
 126 classified as a **Linear Reasoning** step. We denote a single reasoning step, composed of multiple
 127 tokens, as S , and use S^l and S^n to represent linear and non-linear reasoning steps, respectively.

128 3.2 IDENTIFYING ATTENTION HEADS OF COGNITIVE BEHAVIORS

130 Analyzing cognitive behaviors during reasoning is inherently challenging, as for the same behavior,
 131 such as verification, can manifest differently across the token space, depending on the sample’s
 132 context and the underlying reasoning pattern. Intuitively, these behaviors often involve long-range
 133 token interactions, where the model retrieves and re-evaluates previous reasoning steps. Meanwhile,
 134 recent studies (Olsson et al., 2022; Elhage et al., 2021; Wu et al., 2024) have shown that attention
 135 heads frequently perform distinct and interpretable functions, such as tracking, factual retrieval, and
 136 position alignment. This points toward a modular architecture in which specific heads may specialize
 137 in different cognitive sub-tasks. Motivated by this insight, we conduct a preliminary study and
 138 identify attention heads that are strongly correlated with cognitive behaviors during reasoning.



147 **Figure 1:** Visualization of probing accuracy for DeepSeek-R1-Distill-Qwen-1.5B. (Left) Accuracy on linear
 148 and non-linear reasoning steps, with high-accuracy regions (*i.e.*, larger than 85%) highlighted in gold boxes.
 149 (Right) Accuracy measured across randomly sampled tokens. See **Setup** in Section 3.2.
 150

151 **Setup.** We begin by randomly sampling 500 training examples from the MATH-500
 152 benchmark (Lightman et al., 2023) and running end-to-end inference with the
 153 DeepSeek-R1-Distill-Qwen-1.5B model. Crucially, we define a “**step**” as the contiguous
 154 chunk of reasoning text between two occurrences of the special delimiter token `\n\n`.

- 155 **1. Segment.** For every prompt, split the chain-of-thought at the delimiter `\n\n`, producing k
 156 segments $\{s_1, s_2, \dots, s_k\}$. Because the delimiter is kept, `\n\n` is the final token of each segment,
 157 so every s_ℓ (with $\ell = 1, \dots, k$) represents one discrete *thinking step*.
- 158 **2. Embed each step.** Re-run inference on the chain-of-thought $\{s_1, s_2, \dots, s_k\}$ as one single prefill
 159 and capture the hidden state at the segment-terminating `\n\n` token. Treat this vector as a compact
 160 summary of the preceding tokens, and extract the post-attention activations

$$161 a_{s_k}^{i,j} \in \mathbb{R}^d, \quad i=1 \dots H, j=1 \dots L, \quad (1)$$

162 where i indexes heads and j layers. Thus, $a_{s_k}^{i,j}$ represents the contextual embedding of the delimiter
 163 token (\n\n) at the end of segment s_k .

164 **3. Label & probe.** Mark each step as *linear* ($y_{s_k} = 0$) or *non-linear* ($y_{s_k} = 1$). For every head
 165 (i, j) fit a linear probe $\theta^{i,j} = \arg \min_{\theta} \mathbb{E} \left[f(y_{s_k}, \sigma(\theta^\top a_{s_k}^{i,j})) \right]$, where σ is the sigmoid and f is
 166 mean-squared error loss function. See the training details in Appendix.
 167

168 The resulting probes pinpoint heads whose activations best distinguish linear from non-linear reasoning
 169 and supply the foundation for the calibration and steering stages that follow.

170 Across multiple prompts. For each prompt ℓ , segmentation yields k_ℓ steps $S^{(\ell)} = \{s_1^{(\ell)}, \dots, s_{k_\ell}^{(\ell)}\}$.
 171 Collectively these form the global set $\mathcal{S} = \bigcup_{\ell=1}^n S^{(\ell)}$, whose size is $|\mathcal{S}| = \sum_{\ell=1}^n k_\ell$. Every $S^{(\ell)} \in \mathcal{S}$
 172 is embedded, labeled, and probed exactly as described above, so all downstream analyses operate on
 173 the full collection of $\sum_{\ell=1}^n k_\ell$ reasoning segments. We define $a_{s_k}^{i,j}$ for prompt ℓ .
 174

175 **Results.** The classification accuracy is shown in Figure 1, with additional results across different
 176 models and datasets provided in Appendix C.1. As a sanity check, we repeat the probing procedure
 177 on randomly sampled tokens, shown in the right part of Figure 1, where the classification accuracy
 178 remains near chance level—indicating no distinguishable signal. In contrast, the left subfigure
 179 reveals that certain attention heads achieve significantly higher accuracy. We refer to these as
 180 **Cognitive Heads**, while the remaining are treated as standard heads. Notably, cognitive heads are
 181 more prevalent in deeper layers, which is aligned with the expectation that deeper layers capture
 182 higher-level semantic features and shallow layers encode token-level features (Ethayarajh, 2019; Liu
 183 et al., 2019). Some cognitive heads also emerge in middle layers, suggesting a distributed emergence
 184 of cognitive functionality across the model.

185 3.3 MANIPULATING COGNITIVE BEHAVIORS VIA ACTIVATION INTERVENTION

186 We then investigate whether nonlinear chains of thought can be modu-
 187 lated *at test time* by directly editing the activations of the most “cognitive”
 188 attention heads, following the methodology of (Sun et al., 2025).

189 **Prototype construction.** With the definition in **Setup**. For a prompt,
 190 we have $N_\ell = \sum_{k=1}^{|S^{(\ell)}|} \mathbb{I}[y_{s_k^{(\ell)}} = 1]$ non-linear thoughts. With $v_\ell^{i,j} =$
 191 $\frac{1}{N_\ell} \sum_{k=1}^{|S^{(\ell)}|} a_{s_k^{(\ell)}}^{i,j} \mathbb{I}[y_{s_k^{(\ell)}} = 1]$ defined as non-linear average activation
 192 for ℓ -th prompt, we form a head-specific vector capturing the average
 193 pattern of nonlinear reasoning:
 194

$$195 v^{i,j} = \frac{1}{N} \sum_{\ell=1}^n N_\ell v_\ell^{i,j} \quad \text{with} \quad N = \sum_{\ell=1}^n N_\ell, \quad (2)$$

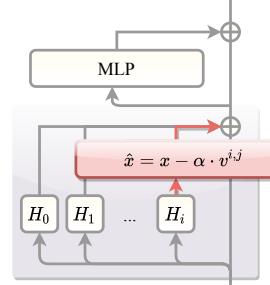
196 Thus, $v^{i,j}$ represents the mean activation across all non-linear steps.

197 **Online intervention.** As shown in Figure 2, we pause after each reasoning step (i.e., after gener-
 198 ating \n\n), select the top 7% of attention heads (ranked by the classification-accuracy metric
 199 in equation 3), and modify their activations via

$$200 \hat{x}^{i,j} = x^{i,j} - \alpha v^{i,j} \quad (3)$$

201 Here, α is a tunable scalar controlling intervention strength: $\alpha > 0$ attenuates nonlinear behavior,
 202 while $\alpha < 0$ amplifies it. Notably, $x^{i,j}$ corresponds to the post-attention state at inference, whereas
 203 $v^{i,j}$ summarizes activation at \n\n positions.

204 As shown in Figure 3, we pause the reasoning process at Step 9, during which all previous steps
 205 followed a linear reasoning trajectory. In the original process, the subsequent step initiates a non-
 206 linear reasoning pattern—specifically, a backward chaining behavior (Gandhi et al., 2025)—starting
 207 with the word “alternatively.” However, after applying activation intervention to suppress non-linear
 208 reasoning, the model continues along a linear trajectory and still arrives at the correct final answer.
 209 Conversely, we pause the model at Step 10—after it completes a non-linear segment and resumes
 210 linear reasoning. In this case, we enhance the non-linear component via activation intervention,
 211 causing the model to continue along a non-linear path instead.



212 Figure 2: Illustration of cog-
 213 nitive reasoning steering at
 214 test-time.

216
217**Question:** Convert the point $(0, 3)$ in rectangular coordinates to polar coordinates. Enter your answer in the form (r, θ) , where $r > 0$ and $0 \leq \theta < 2\pi$

218

Original Reasoning Process219
220Okay, so I have this problem where I need to convert the rectangular coordinates $(0, 3)$ to polar coordinates.

221

I remember that when x is zero, and y is positive, θ is $\pi/2$. Similarly, when x is zero and y is negative, θ is $3\pi/2$. So, in this case, since y is positive, θ is $\pi/2$.

222

223

Reduce Non-Linear Reasoning224
225So, putting it all together, the polar coordinates for the point $(0, 3)$ are $(3, \pi/2)$. 1. Calculated $r: \sqrt{0^2 + 3^2} = 3$. That seems correct.226
2272. Determined θ : Since $x = 0$ and y is positive, θ is $\pi/2$. Correct. I think that's right. So, I'm confident that $(0, 3)$ in rectangular coordinates is $(3, \pi/2)$ in polar coordinates.

228

Final Answer The polar coordinates are $(3, \frac{\pi}{2})$ </think>

229

Figure 3: A detailed example illustrating how intervening in the original reasoning by enhancing or suppressing non-linear reasoning, alters the reasoning trajectory. Results are obtained using DeepSeek-R1-Distill-Qwen-1.5B. Please zoom in for clearer visualization.

233

While all versions of the reasoning process ultimately produce the correct final answer, they differ significantly in trajectory length: the original process takes 17 steps, the reduced non-linear path takes only 12 steps, and the enhanced non-linear path extends to 45 steps, implying potential redundancy in current reasoning processes. To further quantify the effects of the intervention, we collect statistical results from the intervention process. Using 100 samples from the MATH500 test set, we observe that the DeepSeek-R1-Distill-Qwen-1.5B model takes an average of 22.83 steps to complete the reasoning process. When varying the intervention strength, the number of non-linear reasoning steps adjusts accordingly. In contrast, when applying the same manipulation to non-cognitive (*i.e.*, normal) heads—specifically, the bottom 7% of attention heads with the lowest classification accuracy—the number of reasoning steps remains largely unchanged across different intervention strengths, as shown in Figure 4. These results support the existence of cognitive attention heads and demonstrate the feasibility of manipulating cognitive behaviors during reasoning.

4 CREST: COGNITIVE REASONING STEERING AT TEST-TIME

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As observed in the previous section, the model is able to arrive at the correct final answer with fewer non-linear reasoning steps, suggesting the presence of redundant reasoning that hinders end-to-end efficiency. Motivated by these insights, we propose a training-free strategy to adaptively adjust the reasoning process during inference. Our framework consists of two main processes: an offline calibration stage, along with a test-time steering stage.

252

4.1 OFFLINE CALIBRATION

253

We perform the following two steps to process the head vectors for controlling the reasoning process. It is worth noting that this offline calibration stage is a one-shot procedure, requiring only negligible cost compared to LLM training and incurring no additional latency during subsequent inference.

254

4.1.1 IDENTIFYING COGNITIVE HEADS.

255

We begin by locating the *cognitive* attention heads that matter most for reasoning, details as follows:

256

1. **Calibration dataset and Probing.** As described in **Setup** of Section 3.2, we draw some training samples, embed each step, labeled, and probe to every attention head and rank them by accuracy.

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Alternatively, sometimes when dealing with arctangent, if x is zero, we have to consider the angle. So, $\arctan(y/x)$ where x is zero would be undefined, but in this case, since x is zero and y is positive, the angle is $\pi/2$.

Final Answer The polar coordinates are $(3, \frac{\pi}{2})$ </think>

But hold on, let me double-check. Sometimes, depending on the quadrant, but in this case, since x is 0 and y is positive, it's on the positive y-axis, which is the boundary between the first and second quadrants. But in this case, it's just the positive y-axis. So, the angle is definitely $\pi/2$.

Wait, another thought: when I use $\arctan(y/x)$,Final Answer The polar coordinates are $(3, \frac{\pi}{2})$ </think>

Enhance Non-Linear Reasoning

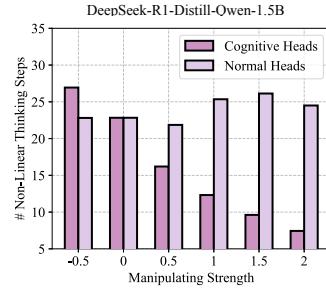


Figure 4: Statistical analysis of the number of reasoning steps under varying levels of intervention strength α in equation 3.

270 2. **Selection.** Keep the top 10% of heads. For each retained head (i, j) , we pre-compute $v^{i,j}$ as
 271 defined in 3.3, the average hidden state across the non-linear reasoning steps.
 272

273 4.1.2 ALIGNING HEAD-SPECIFIC VECTORS VIA LOW-RANK PROJECTION.
 274

275 Since the head vector is derived from a specific calibration
 276 dataset and identified through keyword matching
 277 to capture non-linear reasoning steps, it inevitably carries
 278 noise within the activation space. As a result, the
 279 head-specific vector becomes entangled with irrelevant
 280 components and can be expressed as

$$281 v^{i,j} = v_{\text{reason}}^{i,j} + v_{\text{noise}}^{i,j},$$

283 where $v_{\text{reason}}^{i,j}$ denotes the true non-linear reasoning
 284 direction, and $v_{\text{noise}}^{i,j}$ represents spurious components.
 285 This concern is further supported by recent findings
 286 that length-aware activation directions can also be
 287 noisy (Huang et al., 2025).

288 To address this, we analyze the covariance structure of
 289 the collected activations. Specifically, given a set of
 290 activations $\{a_{s_k}^{i,j}\}$, we concatenate activations from all
 291 steps into a single matrix: $A^{i,j} = [a_{s_k}^{i,j}] \in \mathbb{R}^{d \times N}$. We
 292 compute the empirical covariance matrix and perform its eigen-decomposition as follows:

$$293 \Sigma^{i,j} = \frac{1}{N} \sum_{k=1}^N (A_k^{i,j} - \bar{A}^{i,j})(A_k^{i,j} - \bar{A}^{i,j})^\top; \Sigma^{i,j} = Q^{i,j} \Lambda^{i,j} (Q^{i,j})^\top \quad (4)$$

296 where $\bar{A}^{i,j}$ is the average activation across N samples. We then visualize the distribution of cumulative
 297 eigenvalues, as shown in Figure 5.
 298

299 We observe that the signal-to-noise ratio of the raw head vector is low, with the critical information
 300 concentrated in a low-rank subspace. To remove such redundancy, we perform a low-rank projection
 301 to constrain the head vector into an informative subspace. However, if each head is assigned its own
 302 subspace, the resulting representations may lose comparability across heads, as the shared space is
 303 replaced by distinct, head-specific subspaces. Therefore, we adopt a shared subspace to filter out the
 304 noise components of head vectors. Instead of computing the head-specific covariance matrix $\Sigma^{i,j}$, we
 305 aggregate the activations of all heads within a layer, $A^j = [\sum_{i=1}^{N_h} a_{s_k}^{i,j}] \in \mathbb{R}^{d \times N}$, where N_h is the
 306 number of heads in layer j and N is the number of samples. We then compute the eigenspace Q^j
 307 from the covariance of A^j , and project each head vector $v^{i,j}$ onto the top- n eigenvectors to obtain the
 308 aligned representation:

$$309 \hat{v}^{i,j} = Q^j[:, :n] Q^j[:, :n]^\top v^{i,j}$$

311 4.2 TEST-TIME STEERING

313 During decoding, immediately after each reasoning step, we rotate the representation of the last
 314 token to enforce orthogonality with the pre-computed steering direction, while preserving the original
 315 activation magnitude:

$$316 \hat{x}^{i,j} = \frac{\|x^{i,j}\|}{\|x^{i,j} - ((x^{i,j})^\top v^{i,j}) v^{i,j}\|} (x^{i,j} - ((x^{i,j})^\top v^{i,j}) v^{i,j}), \quad (5)$$

319 where $x^{i,j}$ denotes the original representation and $v^{i,j}$ is the steering direction. We use ℓ_2 norm here.
 320

321 The main motivation behind this design is to eliminate the dependence on hyperparameters. Previous
 322 steering methods require tuning the steering strength for each model (Huang et al., 2025; Chen
 323 et al., 2025), which limits their practical applicability due to the need for careful hyperparameter
 324 adjustment. In contrast, by preserving the activation norm, we avoid the need for such tuning.

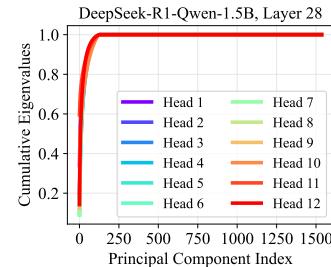


Figure 5: Cumulative Eigenvalues of the covariance matrix of head vectors in the last layer of DeepSeek-R1-Qwen-1.5B. The PCA matrix A here is of dimension $d \times d$. Notably, the top 100 principal components already capture nearly all of the variance, indicating that the effective dimensionality of the head activations is much lower than the raw space.

324 Moreover, activation outliers are a well-known issue in LLMs, often leading to highly unstable
 325 activation magnitudes (Sun et al., 2024; Nrusimha et al., 2024). Our norm-preserving strategy
 326 mitigates this problem by preventing large norm fluctuations during inference, thereby making the
 327 steering process more stable.

329 5 EXPERIMENTS

331 5.1 IMPLEMENTATION DETAILS

333 **Models & Datasets.** We conduct experiments on widely used reasoning models of different scales,
 334 including DeepSeek-R1-Distill-Qwen-1.5B/7B/32B (R1-1.5B/7B/32B) (Guo et al., 2025), Qwen3-
 335 4B/30B (Yang et al., 2025a), and GPT-OSS-20B (Agarwal et al., 2025). Evaluation is performed
 336 across a diverse set of reasoning benchmarks: MATH500 (Hendrycks et al., 2021; HuggingFaceH4,
 337 2024), LiveCodeBench (Jain et al., 2024), AIME (Patel et al., 2024) (120 problems from the
 338 2022–2025 American Invitational Mathematics Examination), AMC23 (math ai, 2023), GPQA-
 339 D (Rein et al., 2024), and Calendar Planning (Zheng et al., 2024).

340 **Baselines.** We compare CREST against training-free methods and include four competitive baselines
 341 from diverse perspectives: (i) Thought Switching Penalty (TIP) (Wang et al., 2025), which suppresses
 342 the logits of specific tokens (e.g., “Alternatively,” “Wait”) to reduce unnecessary shifts in reasoning
 343 trajectories; (ii) SEAL (Chen et al., 2025), which performs task arithmetic in the latent space to down-
 344 regulate internal representations associated with such tokens; (iii) Dynasor (Fu et al., 2024), which
 345 reduces token cost by performing early exit based on a consistency criterion during decoding; and (iv)
 346 Soft-Thinking (Zhang et al., 2025), which enables latent-space reasoning with an entropy-based
 347 early-exit strategy. In addition, we include the original full model as a baseline (Vanilla).

348 **Hyperparameters.** In CREST, the only hyperparameter is the number of attention heads to steer.
 349 To avoid task-specific tuning, we conduct a preliminary ablation study in Section 5.3.1 and fix this
 350 setting for each model across all tasks. During decoding, we use the default settings: temperature =
 351 0.6, top-p = 0.95, and a maximum generation length of 32,768 tokens.

352 5.2 TOKEN-EFFICIENT REASONING WITH SUPERIOR PERFORMANCE

354 Table 1: Comparison results against other baselines across various tasks. Note that CREST employs consistent
 355 head vectors and a fixed number of steered heads for all tasks, avoiding task-specific hyperparameter tuning.

356 Model	357 Methods	358 MATH500		359 AIME25		360 AIME22-24		361 AMC23	
		362 Pass@1 (↑)	363 #Tokens (↓)	364 Pass@1 (↑)	365 #Tokens (↓)	366 Pass@1 (↑)	367 #Tokens (↓)	368 Pass@1 (↑)	369 #Tokens (↓)
370 R1-1.5B	Vanilla	84.00	5497	20.00	15974	17.80	17034	72.50	8951
	TIP	83.40	4414	20.00	14200	24.40	14157	72.50	8069
	SEAL	81.60	4150	16.70	17153	22.20	14207	67.50	8202
	Dynasor	89.00	3267	28.00	12412	24.12	15337	70.00	7782
	Soft-Thinking	66.80	9401	23.30	14843	12.20	18418	55.00	13160
371 R1-7B	CREST	84.80	4106	30.00	11101	20.00	13388	90.00	5584
	% Gain from Vanilla	0.8%	25.3%	10.0%	30.5%	2.2%	21.4%	17.5%	37.6%
	Vanilla	91.60	4020	43.33	12139	44.40	13709	87.50	5912
	TIP	92.40	3173	33.30	11225	44.40	11112	90.00	5532
	SEAL	91.20	3335	36.70	11692	42.22	12448	87.50	4784
372 R50-10B	Dynasor	92.00	3619	41.00	9360	45.10	10314	75.00	7809
	Soft-Thinking	90.00	4095	33.30	11370	35.60	12551	80.00	5859
373 R100-20B	CREST	92.40	2661	43.33	8083	44.40	9488	92.50	3937
	% Gain from Vanilla	0.8%	33.8%	0.0%	33.4%	0.0%	30.8%	5.0%	33.4%

374 **Superior Performance against Other Baselines.** To begin, we demonstrate that CREST can reduce
 375 the token cost while achieving superior performance. As shown in Table 1, on R1-1.5B, CREST
 376 consistently improves over the vanilla baseline. For instance, on AMC23, CREST attains 90.%
 377 Pass@1 while lowering the average token cost from 8951 to 5584, a substantial 37.6% reduction. The
 378 trend persists at larger model scales. With R1-7B, CREST achieves 92.4% accuracy on MATH500
 379 with only 2661 tokens, representing a 34% cost reduction compared to vanilla, while exceeding other
 380 competitive baselines such as TIP and Dynasor. Overall, these results highlight the strength of
 381 CREST in jointly optimizing accuracy and efficiency. Unlike prior baselines, which often trade one
 382 for the other, CREST consistently demonstrates gains across both metrics, validating its generality.

383 **Consistent Improvements Across Model Sizes and Architectures.** As shown in Table 2, we
 384 further evaluate CREST across a wide range of model sizes, from 1.5B to 32B, and across different

378 architectures, including Qwen-2, Qwen-3, and GPT-OSS. In each subfigure, the token reduction
 379 ratio is visualized with horizontal arrows, while the accuracy improvements are indicated by vertical
 380 arrows. The results demonstrate that CREST consistently benefits diverse model families. In some
 381 cases, the token reduction ratio reaches as high as 30.8% (R1-7B on AIME22-24), while the accuracy
 382 improvement peaks at 6.7% (GPT-OSS-20B on AIME25). These findings provide strong evidence of
 383 the generalization ability of CREST across both model scales and architectures.

384
 385 Table 2: CREST demonstrates generalization across diverse model architectures, from dense models (R1-1.5B,
 386 R1-7B, R1-32B) to mixture-of-experts models (GPT-OSS-20B, Qwen3-30B). Arrows indicate the transition
 387 from Vanilla → CREST, and ΔTok denotes the percentage reduction in average tokens (context length).

Model	AIME2025				AIME22-24			
	Acc (V→C)	ΔAcc	Tokens (V→C)	ΔToken	Acc (V→C)	ΔAcc	Tokens (V→C)	ΔToken
R1-1.5B	17.0 → 20.3	↑ 3.3%	15,986 → 12,393	↓ 22.5%	18.0 → 20.2	↑ 2.2%	17,052 → 13,407	↓ 21.4%
R1-7B	43.5 → 43.5	↑ 0.0%	12,114 → 8,058	↓ 33.4%	44.0 → 44.0	↑ 0.0%	13,692 → 9,471	↓ 30.8%
R1-32B	57.7 → 61.0	↑ 3.3%	12,747 → 10,274	↓ 19.4%	64.0 → 64.0	↑ 0.0%	11,465 → 9,730	↓ 15.1%
GPT-OSS-20B	50.0 → 56.7	↑ 6.7%	22,930 → 17,665	↓ 22.4%	60.0 → 62.0	↑ 2.0%	22,207 → 20,455	↓ 7.9%
Qwen3-30B	73.30 → 73.33	↑ 0.03%	15,936 → 14,568	↓ 8.6%	78.0 → 78.0	↑ 0.0%	15,292 → 13,973	↓ 8.6%

393 Table 3: Comparison results against other baselines across various tasks. Note that CREST employs consistent
 394 head vectors and a fixed number of steered heads for all tasks, avoiding task-specific hyperparameter tuning.

Model	Methods	AIME22-25 (Math)		LiveCodeBench (Code)		GPQA-D (Common-Sense)		Calendar Planning (Plan)	
		Pass@1 (↑)	#Tokens (↓)	Pass@1 (↑)	#Tokens (↓)	Pass@1 (↑)	#Tokens (↓)	Pass@1 (↑)	#Tokens (↓)
R1-32B	Vanilla	62.18	11823	56.29	10830	32.32	7600	77.10	3145
	CREST	63.00	9903	59.28	9541	40.91	6627	78.70	2507
	% Gain	1.3%	16.2%	5.3%	11.9%	26.6%	12.8%	2.1%	20.3%
Qwen3-30B	Vanilla	77.49	15456	66.47	15307	70.20	7013	66.20	5869
	CREST	77.50	14135	73.05	15317	70.20	6592	68.10	5767
	% Gain	0.01%	8.5%	9.9%	-0.07%	0.0%	6.0%	2.9%	1.7%

402 **Strong Generalization Across Diverse Task Domains.** We further evaluate CREST across multiple
 403 task domains, including mathematical reasoning (AIME22–25, comprising all 120 problems from
 404 2022–2025), code generation (LiveCodeBench), common-sense reasoning (GPQA-D), and planning
 405 (Calendar Planning), as reported in Table 3. Despite being calibrated only on MATH500, CREST
 406 generalizes effectively to both in-domain and out-of-domain tasks. Within the math domain, it
 407 maintains strong transfer, achieving 63% accuracy on AIME22–25 while reducing token cost from
 408 11,823 to 9,903. Beyond math, CREST delivers consistent improvements: on LiveCodeBench,
 409 accuracy increases from 56.3% to 59.3% with fewer tokens; on GPQA-D, accuracy rises substantially
 410 from 32.3% to 40.9% while tokens drop from 7,600 to 6,627; and on Calendar Planning, performance
 411 improves from 77.1% to 78.7% with notable cost reduction (3,145 → 2,507). Similar patterns hold
 412 for larger architectures like Qwen3-30B, where CREST boosts LiveCodeBench accuracy from 66.5%
 413 to 73.1% while also reducing tokens.

414 **Analysis.** The performance gains of CREST can be largely attributed to the intrinsic redundancy in
 415 chain-of-thought reasoning, consistent with recent findings that LLMs can often achieve competitive
 416 or even superior performance without explicit reasoning when combined with parallel test-time
 417 techniques such as majority voting (Ma et al., 2025a), and that pruning or token-budget-aware
 418 strategies applied to reasoning traces do not necessarily harm accuracy (Xia et al., 2025; Luo et al.,
 419 2025a). By intervening at the activation level, CREST effectively mitigates this redundancy, achieving
 420 a win–win in both efficiency and accuracy.

421 5.3 FURTHER INVESTIGATION

422 5.3.1 ABLATION STUDY ON THE NUMBER OF STEERED HEADS

423 When implementing CREST, a natural design question concerns the number of attention heads to
 424 steer. To investigate this, we conduct ablation studies on R1-1.5B and R1-7B on the AIME22-24 task.
 425 Overall, we find that steering approximately the top 38% of attention heads delivers the strongest
 426 performance, balancing both accuracy and token reduction. Figure 6 illustrates the ablation study
 427 on the number of attention heads used for intervention. In this analysis, we rank heads by linear
 428 probing accuracy and evaluate the top subsets on the AIME22-24 benchmark. The results indicate
 429 that steering 38% of all attention heads provides the best balance, yielding improvements in both
 430 accuracy and token efficiency.

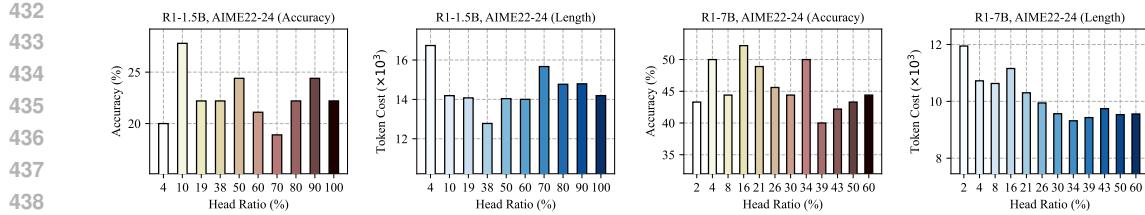


Figure 6: Ablation results on the number of attention heads used for intervention. Darker colors indicate a larger proportion of heads being steered.

Moreover, we observe that the proportion of steerable heads is relatively stable across different models: both R1-1.5B and R1-7B achieve their best performance at similar attention head ratios. This consistency further confirms the robustness of our approach and highlights its ease of hyperparameter tuning. Consequently, we adopt this ‘gold ratio’ as the default setting in our experiments, thereby avoiding task-specific tuning that could risk information leakage from the test set.

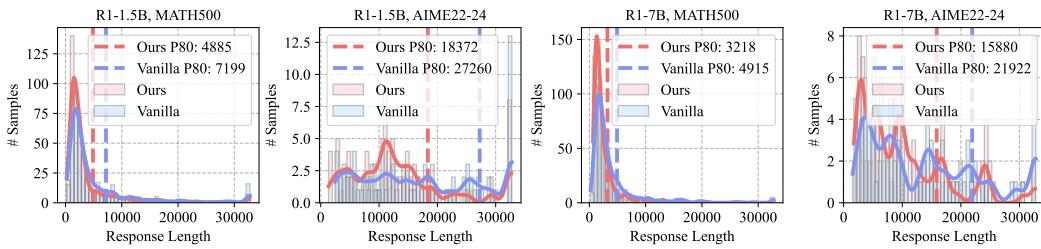


Figure 7: Histogram of Response Lengths. Each subfigure displays the empirical histogram together with a probability density estimate obtained via a Gaussian kernel. The dashed vertical line marks the length threshold covering the top 80% of samples; the corresponding length value is reported in the legend.

5.3.2 RESPONSE LENGTH DISTRIBUTION

In Section 5.2, we primarily compared different methods based on the average token cost across the full test set. To gain deeper insights into efficiency improvements, we further analyze the distribution of response lengths. Figure 7 presents histograms comparing our method with vanilla inference. Each subfigure shows both the distribution and the token cost for the top 8% of samples. The results reveal that CREST shifts the distribution leftward, highlighting more pronounced token reductions in terms of both the average and the top-8% subset.

We also observe that, under both CREST and vanilla inference, a small number of failure cases reach the maximum generation limit of 32k tokens. Upon closer inspection, these failures typically involve repetitive outputs. This suggests that CREST could be further enhanced by incorporating early-exit strategies to mitigate repetition. We will explore in the future work.

6 CONCLUSION

In this paper, we investigate one of the core capabilities of large language models: reasoning. We conduct a series of empirical studies to better understand the reasoning processes of LLMs and categorize extended chain-of-thought reasoning into two types: linear, step-by-step reasoning and cognitive-style non-linear reasoning. Our findings reveal that certain attention heads are correlated with non-linear cognitive reasoning patterns and can be influenced through activation intervention. Based on these insights, we propose CREST, a training-free approach for steering the reasoning trajectory at test time. Through extensive experiments, we demonstrate that CREST improves both reasoning accuracy and inference efficiency without requiring additional training. Moreover, our method is broadly compatible with a wide range of pre-trained LLMs, highlighting its practical potential for enhancing reasoning models in real-world applications.

486 7 REPRODUCIBILITY STATEMENT
487488 We provide detailed descriptions of the experimental settings, including datasets, model architectures,
489 generation hyperparameters, and evaluation protocols, in the main text. All datasets are publicly
490 accessible, and the code for this work will be released publicly upon acceptance.
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756 A EXTENDED RELATED WORKS
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758759 We organized prior research into three key categories and, to the best of our ability, emphasize the
760 most recent contributions from the extensive body of work.
761762 **Reasoning Models.** Early work on chain-of-thought (CoT) prompting Wei et al. (2022) and
763 self-consistency decoding Wang et al. (2022) showed that sampling diverse reasoning paths at
764 inference time and selecting the most frequent answer markedly improves accuracy. Structured search
765 frameworks subsequently generalise this idea: *Tree-of-Thought* performs look-ahead search over
766 branching “thought” sequences Yao (2023); *Graph-of-Thought* re-uses sub-derivations through a
767 non-linear dependency graph Besta et al. (2024); and *Forest-of-Thought* scales to many sparsely
768 activated trees under larger compute budgets Bi et al. (2024). *Since then, the field of reasoning*
769 *language models has advanced rapidly, driven in large part by innovations in test-time thinking*
770 *strategies* OpenAI (2024); Snell et al. (2025); Sutskever (2024). Closed-source providers now
771 offer dedicated “thinking” variants such as OpenAI’s *o*-series Jaech et al. (2024), Anthropic’s
772 *Claude-3.7-Sonnet-Thinking* Anthropic (2025), and Google’s *Gemini-2.5-Flash* Google (2025). The
773 open-source community has kept pace with competitive models including *DeepSeek-R1* Guo et al.
774 (2025), *Qwen2.5* Yang et al. (2024), *QWQ* Team (2024), *Phi-4-Reasoning* Abdin et al. (2025), and,
775 most recently, *Qwen3* Team (2025b), alongside emerging contenders such as *R-Star* Guan et al.
776 (2025), *Kimi-1.5* Team et al. (2025), *Sky* Team (2025a), and *RedStar* Xu et al. (2025a). These open-
777 weight models enable in-depth analysis of their underlying reasoning mechanisms, offering a unique
778 opportunity to “unblack-box” their cognitive processes. In this work, we explore how manipulating
779 internal components, such as attention heads and hidden states, can influence the model’s reasoning
780 behavior.
781782 **Cognitive Behaviors in LLMs.** In Gandhi et al. (2025), a *cognitive behavior* is defined as any readily
783 identifiable pattern in a model’s chain-of-thought—such as verification (double-checking work),
784 backtracking (abandoning an unfruitful path), sub-goal setting (planning intermediate steps), or
785 backward chaining (reasoning from goal to premises)—that appears in the text trace and statistically
786 correlates with higher task accuracy or more sample-efficient learning. These behaviors mirror
787 classic findings in human problem solving: means–ends sub-goal analysis Newell & Simon (1972),
788 analogical transfer Gick & Holyoak (1980), metacognitive error monitoring Koriat (2012), and
789 adaptive backtracking during search Toth & Campbell (2022). Modern LLM methods explicitly
790 instate the same heuristics—for example, chain-of-thought prompting Wei (2022) makes the reasoning
791 trace visible, while self-consistency sampling Wang et al. (2022) and Tree-of-Thought search Yao
792 (2023) operationalize backtracking and sub-goal exploration. By situating LLM “cognitive behaviors”
793 within this well-studied human framework, we both ground the terminology and reveal gaps where
794 LLMs still diverges from human cognition, motivating a surge of techniques aimed at “teaching”
795 models to think like human.
796797 **Methods to Improve Test-Time Reasoning Models.** Rather than modifying training regimes—e.g.
798 self-fine-tuning Muennighoff et al. (2025) or RL curricula such as *Absolute Zero* Zhao et al.
799 (2025)—we review approaches that act *only at inference*. Adapting (and extending) the taxonomy
800 of Sui et al. (2025), we distinguish four lines of work and situate our own method, CREST,
801 within the emerging fourth category.
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- *Light-weight tuning.* Small, targeted weight or prompt updates steer models toward brevity without
804 costly retraining. RL with explicit length penalties (*Concise RL*) and *O1-Pruner* shorten chains-
805 of-thought (CoT) while preserving accuracy Fatemi et al. (2025); Luo et al. (2025b). Model-side
806 tweaks such as *ThinkEdit* and an elastic CoT “knob” expose conciseness or length on demand Sun
807 et al. (2025); Ma et al. (2025c). Together these studies reveal an inverted-U length–accuracy
808 curve Wu et al. (2025) that motivates our desire to *steer* (rather than merely shorten) reasoning
809 traces.
- *Adaptive compute control.* The model spends tokens only when they help. *Token-Budget-Aware*
810 *Reasoning* predicts a per-question budget Han et al. (2025); confidence-based *Fast–Slow Thinking*
811 routes easy instances through a cheap path Xiao et al. (2025); early-exit policies such as *DEE*,
812 *S-GRPO*, and self-adaptive CoT learning halt generation when marginal utility drops Yang et al.
813 (2025b); Dai et al. (2025); Yang et al. (2025d). Our results show that CREST can *combine* with
814 these token-savers, further reducing budget without extra training.

- *Direct trace manipulation.* These methods edit or reuse the textual CoT itself. *SPGR* keeps only perplexity-critical steps Cui et al. (2025); *Chain-of-Draft* compresses full traces to terse “draft” thoughts at $\sim 8\%$ of the tokens Xu et al. (2025b); confidence-weighted self-consistency and *WiSE-FT* ensemble weights cut the number of sampled paths or models needed for robust answers Taubenfeld et al. (2025); Dang et al. (2025). While these techniques operate in token space, ours intervenes *inside* the network, offering an orthogonal lever that can coexist with draft-style pruning.
- *Representation-level activation editing.* A newer strand steers generation by *editing hidden activations* rather than weights or outputs. Early examples include Activation Addition (ActAdd) Turner et al. (2024) and Representation Engineering Zou et al. (2025), which inject global steering vectors into the residual stream; PSA adds differential-privacy guarantees to the same idea Goel et al. (2025).

CREST advances *representation-level activation editing* by discovering *cognitive attention heads* aligning with concrete reasoning behaviors and showing that *head-specific interventions* outperform global vectors. Beyond performance, our cognitive-head analysis provides new interpretability evidence that bridges recent attention-head studies Zheng et al. (2025) with activation-editing control.

B MORE IMPLEMENTATION DETAILS

B.1 KEYWORD LIST FOR CATEGORIZING REASONING STEPS

To categorize thinking steps into linear and non-linear reasoning types, we adopt a keyword-matching strategy. Specifically, if a step contains any keyword $s \in \mathcal{S}$, it is classified as a non-linear reasoning step; otherwise, it is considered a linear reasoning step. The keyword set \mathcal{S} includes: {*Wait*, *Alternatively*, *Let me verify, another solution*, *Let me make sure, hold on, think again, think differently, another approach, another method*}.

B.2 TRAINING DETAILS FOR LINEAR PROBING

To optimize the linear probe, we first randomly sample 1,000 features from both linear and non-linear thought steps to mitigate class imbalance, as linear steps significantly outnumber non-linear ones. The dataset is then randomly split into training, validation, and test sets with a ratio of 8 : 1 : 1. We train the linear probe using the Adam optimizer with an initial learning rate of 1×10^{-3} , which is decayed following a cosine annealing schedule. The final checkpoint is selected based on the highest validation accuracy.

C MORE EXPERIMENT RESULTS

C.1 PROBING ACCURACY OF REASONING REPRESENTATIONS

We report the probing results of different models in Figure 8, 9, 10, 11, and 12 where we can observe that certain attention heads exhibit higher accuracy, *i.e.*, cognitive heads.

C.2 MORE RESULTS OF ACTIVATION INTERVENTION

We present additional examples in Figure 13, illustrating the reasoning process when the non-linear reasoning component is either enhanced or reduced. Specifically, enhancing non-linear reasoning leads the model to generate longer reasoning chains (e.g., 84 steps), while reducing it results in shorter chains (e.g., 29 steps), compared to the original 31-step output.

D CLARIFICATION OF LLM USAGE

In this work, large language models are employed to refine the writing and to aid in generating code for figure plotting. All generated outputs are thoroughly validated by the authors prior to use.

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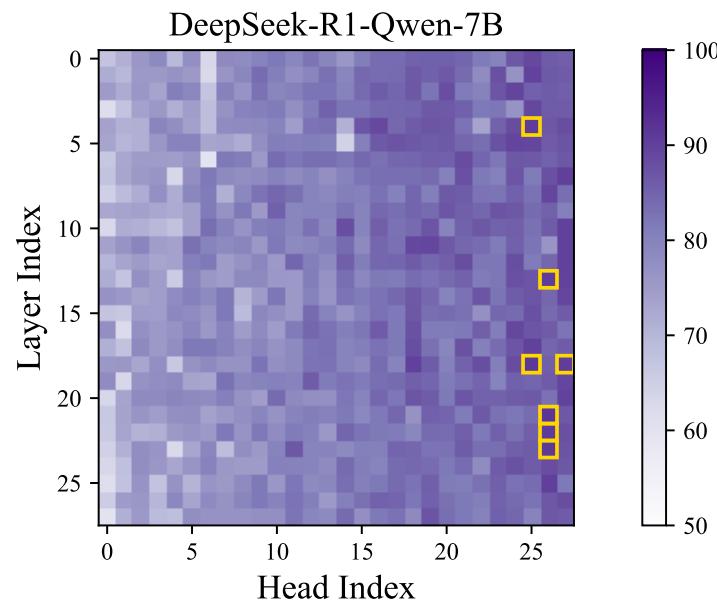


Figure 8: Visualization of probing accuracy for DeepSeek-R1-Distill-Qwen-7B.

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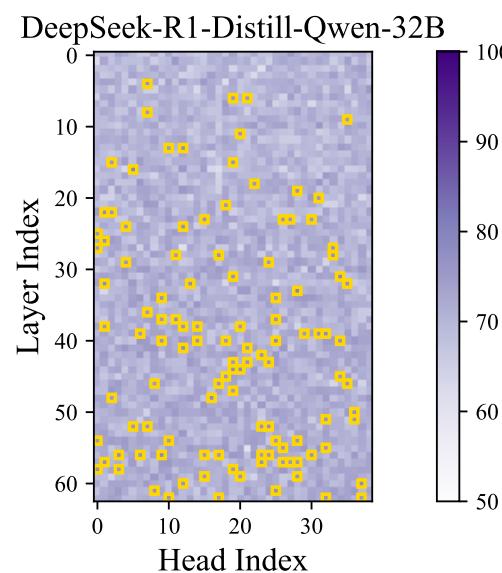


Figure 9: Visualization of probing accuracy for DeepSeek-R1-Distill-Qwen-32B.

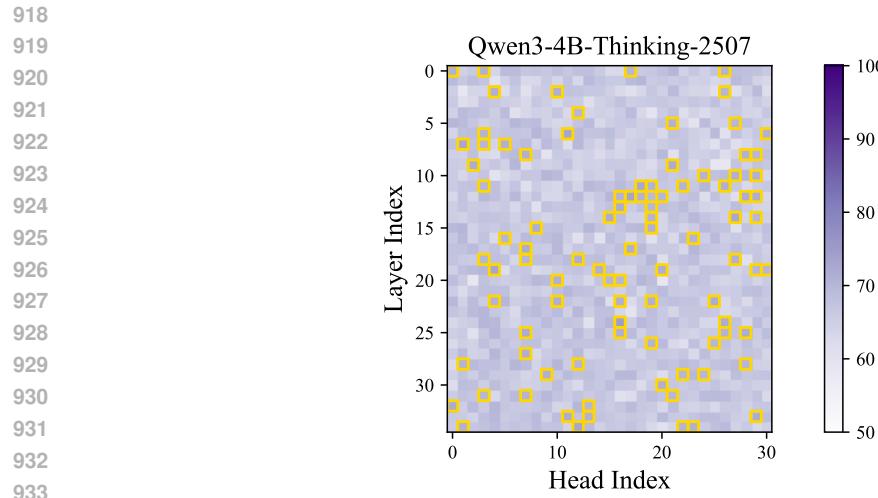


Figure 10: Visualization of probing accuracy for Qwen3-4B.

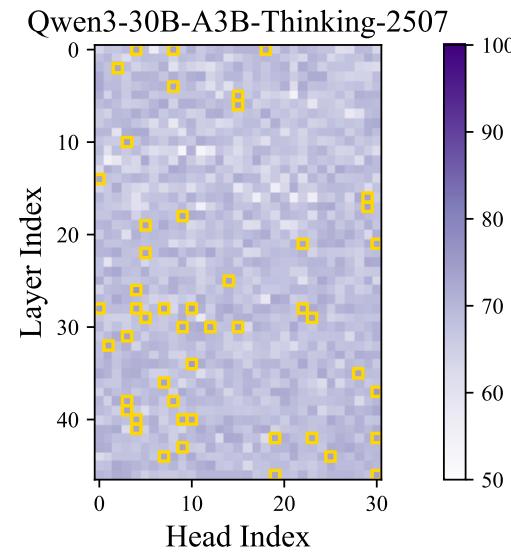


Figure 11: Visualization of probing accuracy for Qwen3-30B.

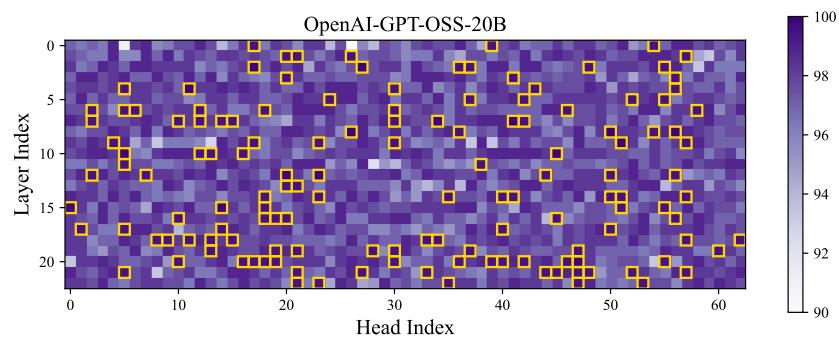


Figure 12: Visualization of probing accuracy for GPT-OSS-20B.

