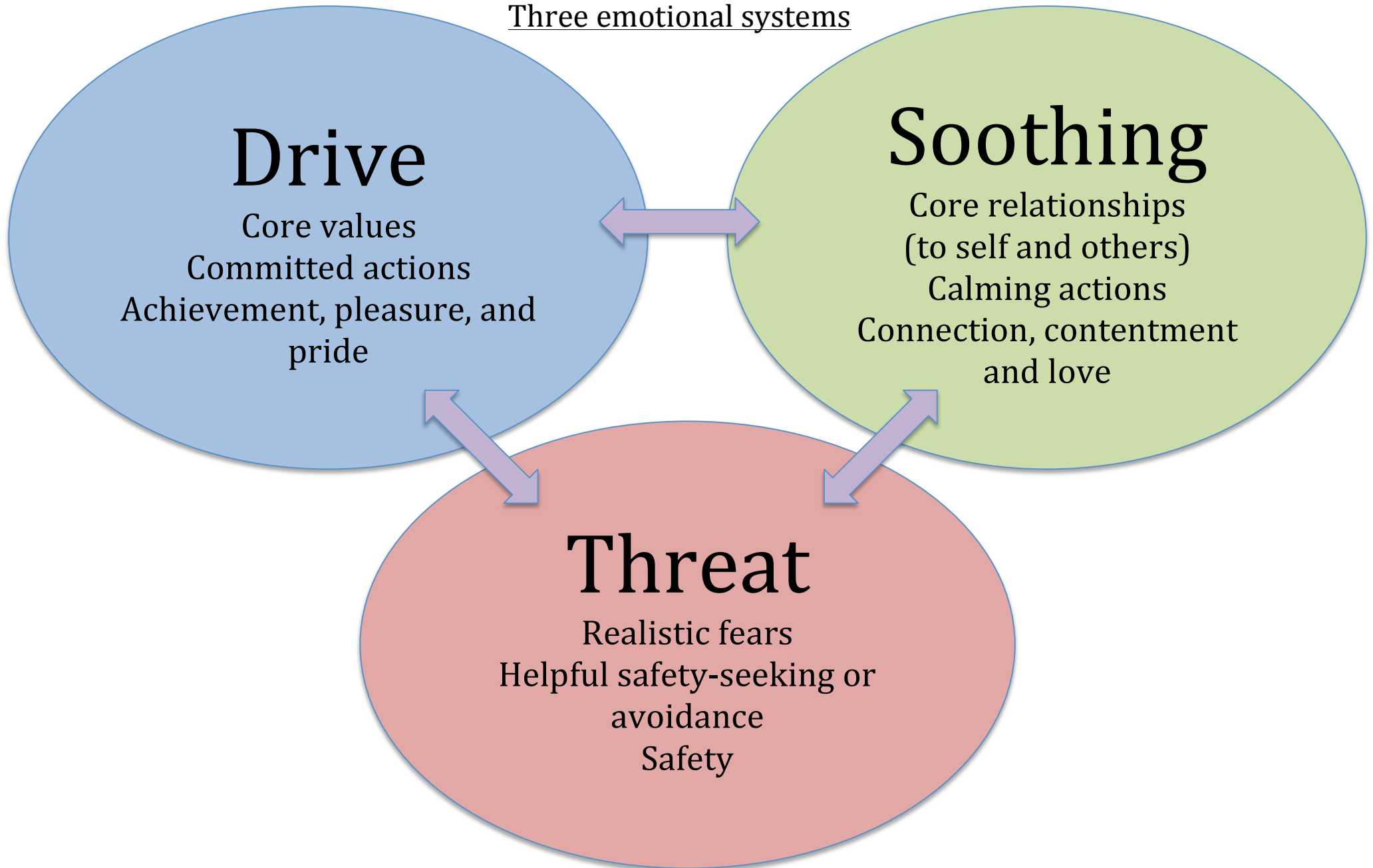


Three emotional systems



Three emotional systems

Drive

False values
Ambivalent or
uncommitted actions
Lack of motivation and
authenticity

Soothing

Distressed relationships
(to self and others)
Clinging/rejecting actions
Loneliness and
disconnection

Compassion

Wisdom, strength,
warmth and
responsibility

Threat

Core fears
Unhelpful safety-seeking or
avoidance
Unintended consequences
Self-attack/shame