What Size are Your Circles?

Revisiting Paul Gilbert's model the three systems of emotional relation, consider the relative size of each of your circles and draw them below the model. Are they in balance? If not which system is dominant? Is there anything you can do to make these systems more balanced if they are not?

Emotional Regulation Systems Drive System Soothing System Purpose: To motivate us towards resources Purpose: To manage distress & promote bonding Nuclus accumbens Dopamine Prefrontal cortex Opiates, oxytocin Feelings: Feelings: Wanting, pursuing, achieving Contented, safe, protected, progressing, focused cared-for, trust **Threat System** Purpose: Threat detection & protection "Better safe than sorry" Adrenaline, cortisol Feelings: Anxiety, anger, disgust