

THREE CIRCLES OF EMOTIONAL REGULATION

According to Paul Gilbert's model, people often switch between three different systems to manage their emotions. Each system is associated with different brain regions and different brain chemistry.

DRIVE SYSTEM

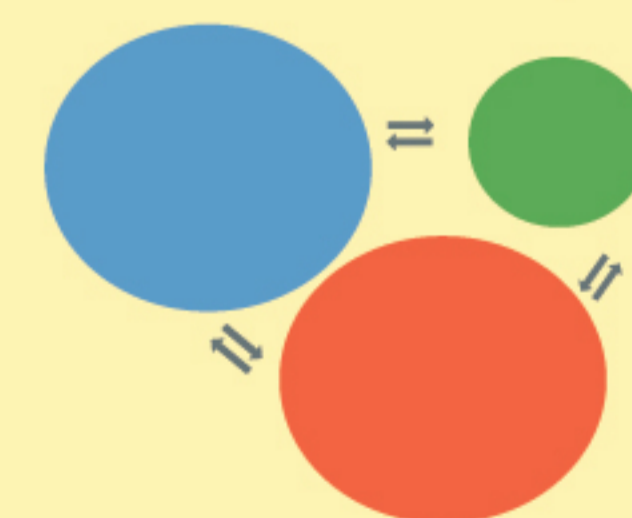


SOOTHING SYSTEM



THREAT SYSTEM

Although we might not realize it, many of us spend the majority of our time in threat and drive, which can lead to imbalanced emotions and distress. It can be important to notice if your soothing system is underdeveloped.



In order to help you get a sense of where you might be out of balance, your practitioner may ask you to imagine how big each of your circles is.

Adapted from Gilbert, P. (2009). *The Compassionate Mind: A New Approach To Life's Challenges*. London: Constable and Robinson.