

THE 3 CIRCLE MODEL

Each emotional system is important. Depending on our motivation, our emotional systems will function differently.



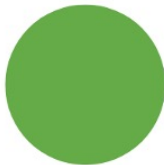
THREAT SYSTEM (RED)

The threat system is focused on the protection, safety-seeking, escape/attack response. Emotions related to this system include anger, disgust, fear, anxiety. The red circle is essential to our survival. However, we often let it guide us without realizing it.



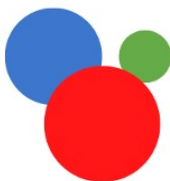
DRIVE SYSTEM (BLUE)

The drive system is focused on incentives and resources. It directs us toward what we want, desire, or seek to achieve. The emotions connected to this circle are enthusiasm, vitality, and determination. We often use the blue circle to manage the emotions of the red circle.



SOOTHING SYSTEM (GREEN)

The calming system has to do with grounding, connection, and security. Emotions connected to this circle include calmness and contentment. It helps us rest and metabolize and cultivate open awareness. It regenerates us.



COMPETITIVE MOTIVATION

When we have an active competitive motivation our emotional systems are more likely to be in a state of imbalance, both when the goal is achieved and not achieved. Our red circle is often predominant. We often attempt to prove our worth to ourselves and others. When we adopt this mindset, we become self-focused and can be very fearful, critical, and hostile toward ourselves and others.



COMPASSIONATE MOTIVATION

Our compassionate motivation helps us bring balance to our emotional systems. It helps us connect to wisdom, courage and commitment so that we can be supportive of ourselves and others.