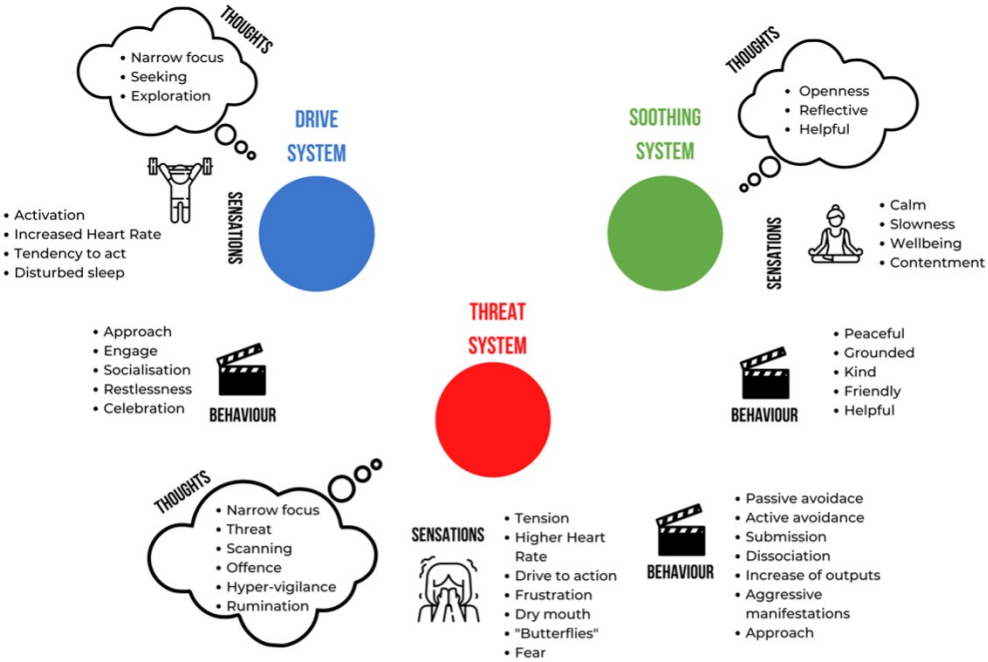
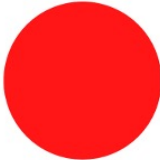




HANDOUT 2.3: THOUGHTS, SENSATIONS, BEHAVIOUR



THOUGHTS, SENSATIONS AND BEHAVIORS

For each system, try listing the sensations, emotions, thoughts, attention pattern and behaviours or action tendencies that you experience.

<p>THREAT SYSTEM</p> 	<p>SENSATIONS/BODILY FEELINGS/EMOTIONS</p> <p>THOUGHTS/ATTENTION PATTERN</p> <p>BEHAVIOURS/ACTION TENDENCIES</p>
<p>DRIVE SYSTEM</p> 	<p>SENSATIONS/BODILY FEELINGS/EMOTIONS</p> <p>THOUGHTS/ATTENTION PATTERN</p> <p>BEHAVIOURS/ACTION TENDENCIES</p>
<p>SOOTHING SYSTEM</p> 	<p>SENSATIONS/BODILY FEELINGS/EMOTIONS</p> <p>THOUGHTS/ATTENTION PATTERN</p> <p>BEHAVIOURS/ACTION TENDENCIES</p>