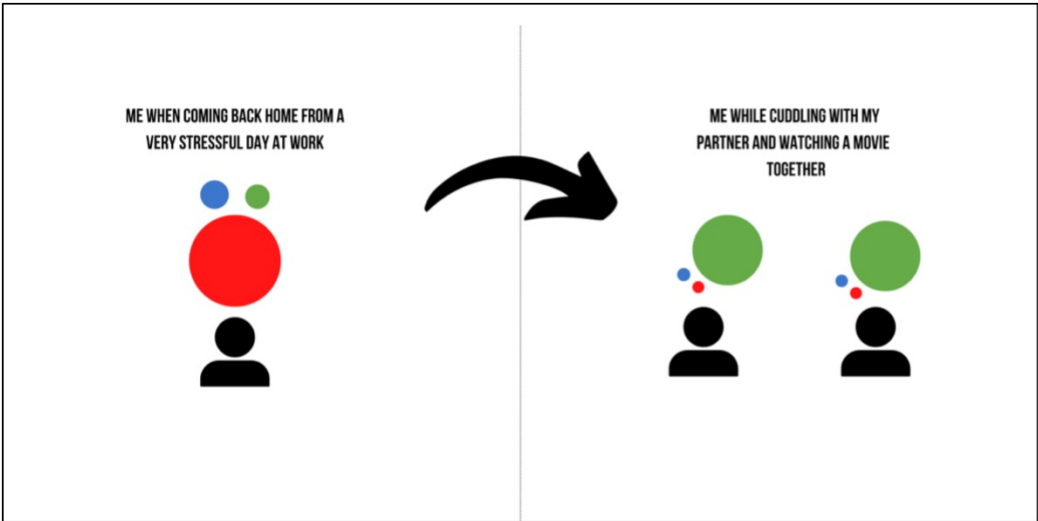
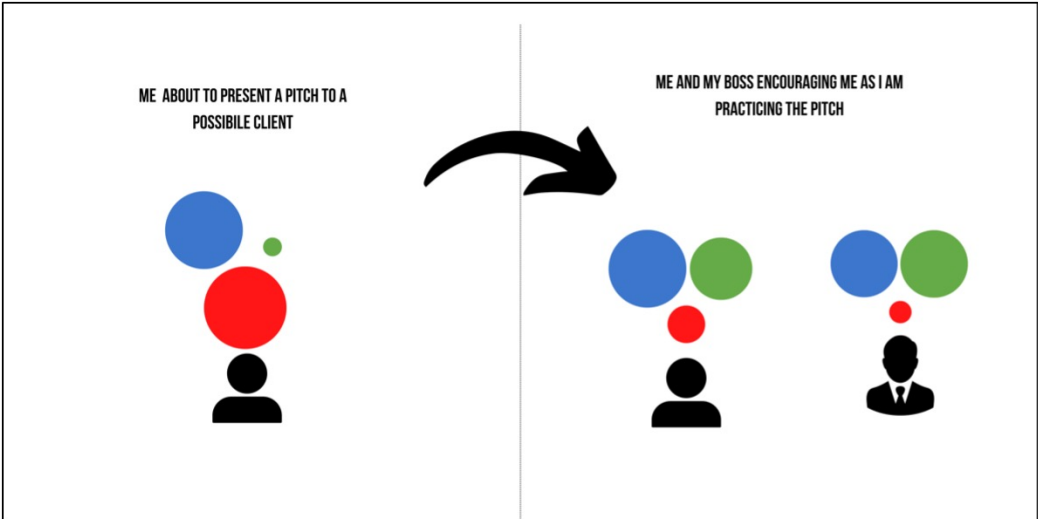
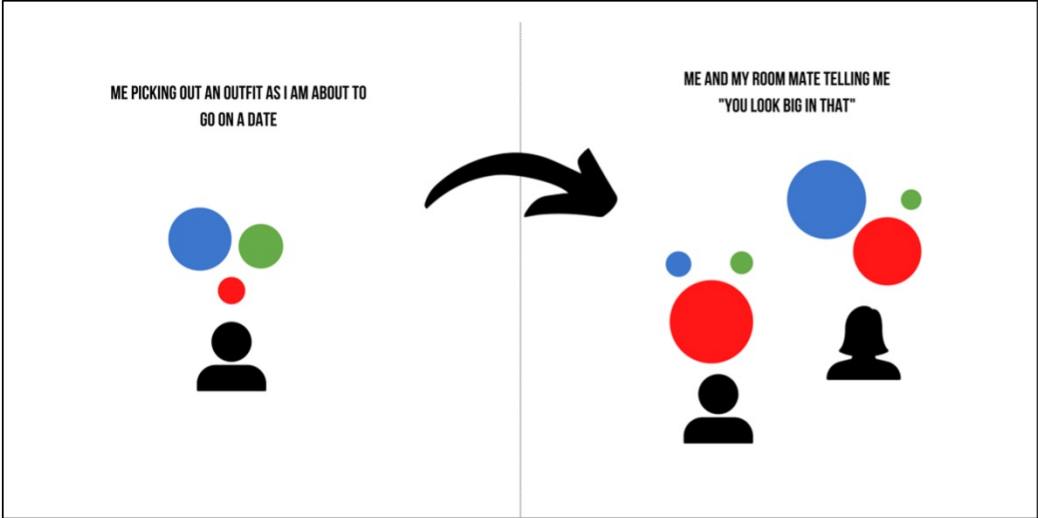


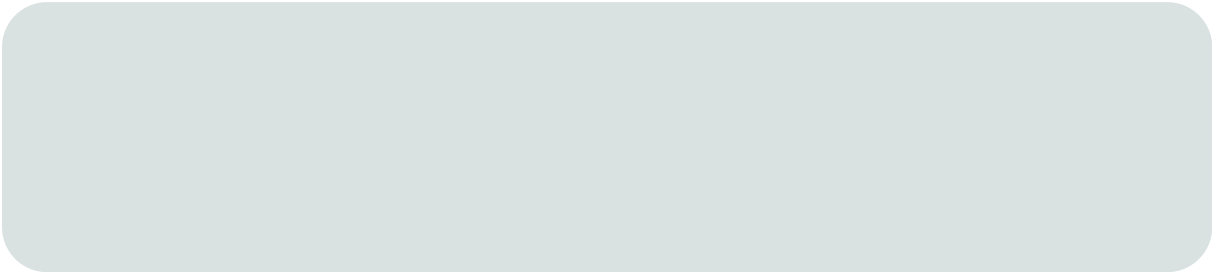
HANDOUT 2.5: THE THREE CIRCLES IN ACTION

Consider the following three-circle dynamics, then reflect on your own experience.

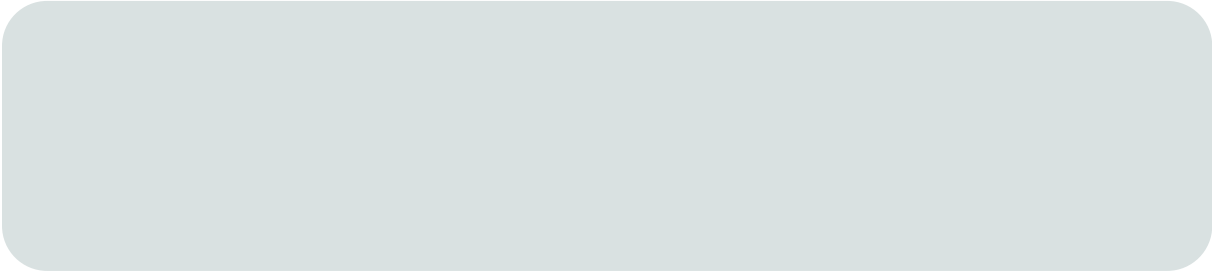


Bring to mind a discussion you recently had; take a few moments to paint the scene, considering what you see, the sounds and smells that are there. Get in touch with the physical sensations you feel about being in that situation again, in front of that person or people.

Now take up the 3-circle diagram again; which circles have been activated in this situation?



What would you place within each circle *in this specific situation*?



Now try to think about how these three circles interacted with each other; do you have the impression that one of the circles was activated to compensate another?

