

HANDOUT 2.7: REFLECTING ON THREAT, DRIVE AND SOOTHING EMOTIONS

Red Circle (Threat)

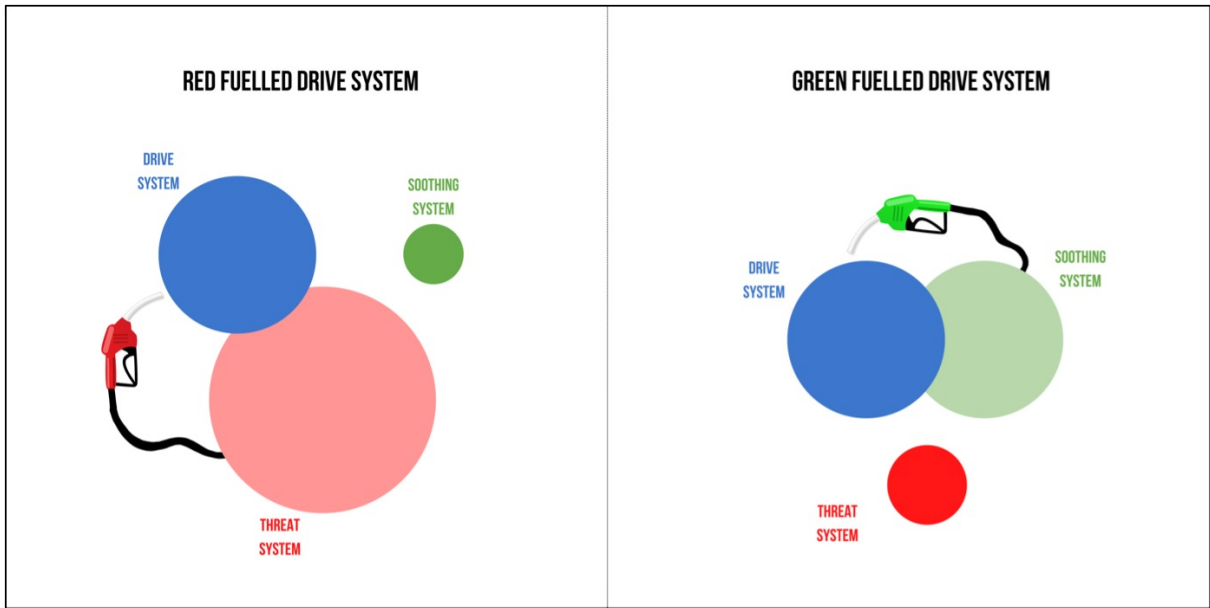
- What are my external/internal threats?
- In my threatened state, what are the automatic thoughts or behaviours that I notice?
- How do I recognize that I am in my threatened state? What physical signals do I notice? What mental signals?
- What other defensive processes do I notice in myself?
- What are the "nurturing" things I stop doing when the threat system is active?

Blue Circle (Drive)

- Where does my main source of well-being in my life come from?
- How much comes from my achieving goals? From being better than others?
- How do I recognize that I am in my "drive state"? What physical signals do I notice? What mental signals?
- What success/goals/achievements do I consider critical to my well-being?
- What does this system contain for me?
- What do I need to achieve to feel good?

Green Circle (Soothing)

- What elicits a sense of contentment and slowing down in me?
- In what situations do I feel most present, without the urge to go elsewhere, connected to myself and my surroundings?
- How do I recognize that I am in my "soothing state"? What physical signals do I notice? What mental signals?
- What thoughts do I tend to have when I am in this state?
- What actions do I want to take when this system is active?

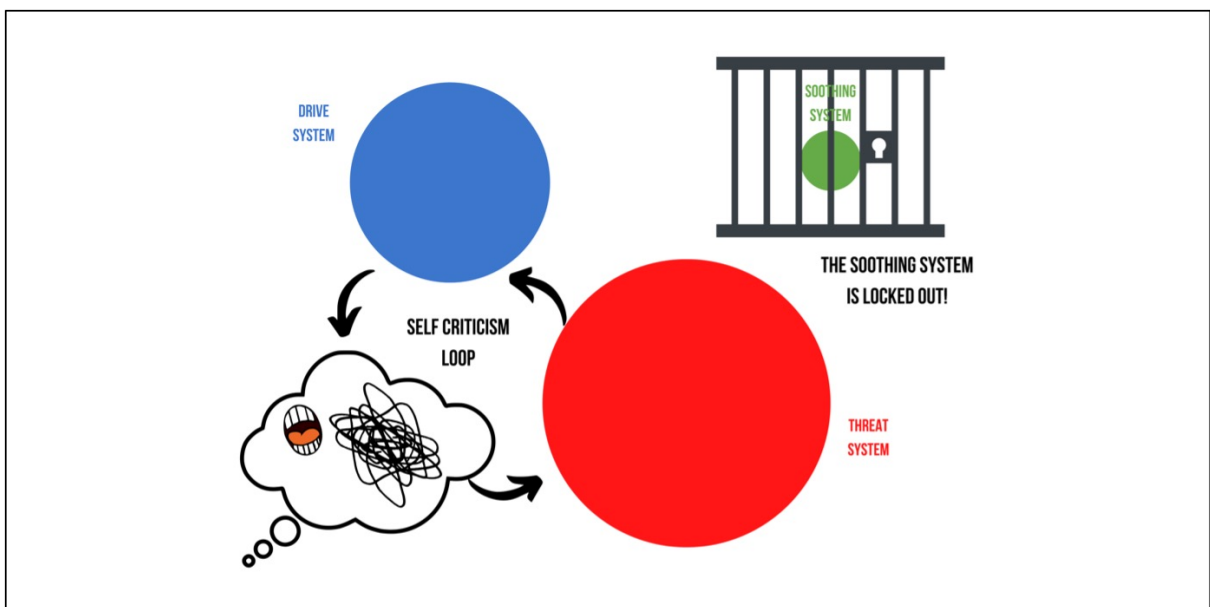


Can you think of any times when your drive system has been fuelled by your threat system?

Empty response box for reflection on threat-fueled drive.

Can you think of any times when your drive system has been fuelled by your soothing system?

Empty response box for reflection on soothing-fueled drive.



Can you think of any times when your self-criticism has created a “red-blue” loop, and you felt that the soothing system was inaccessible?

