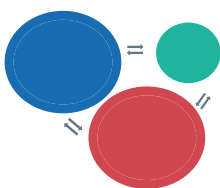
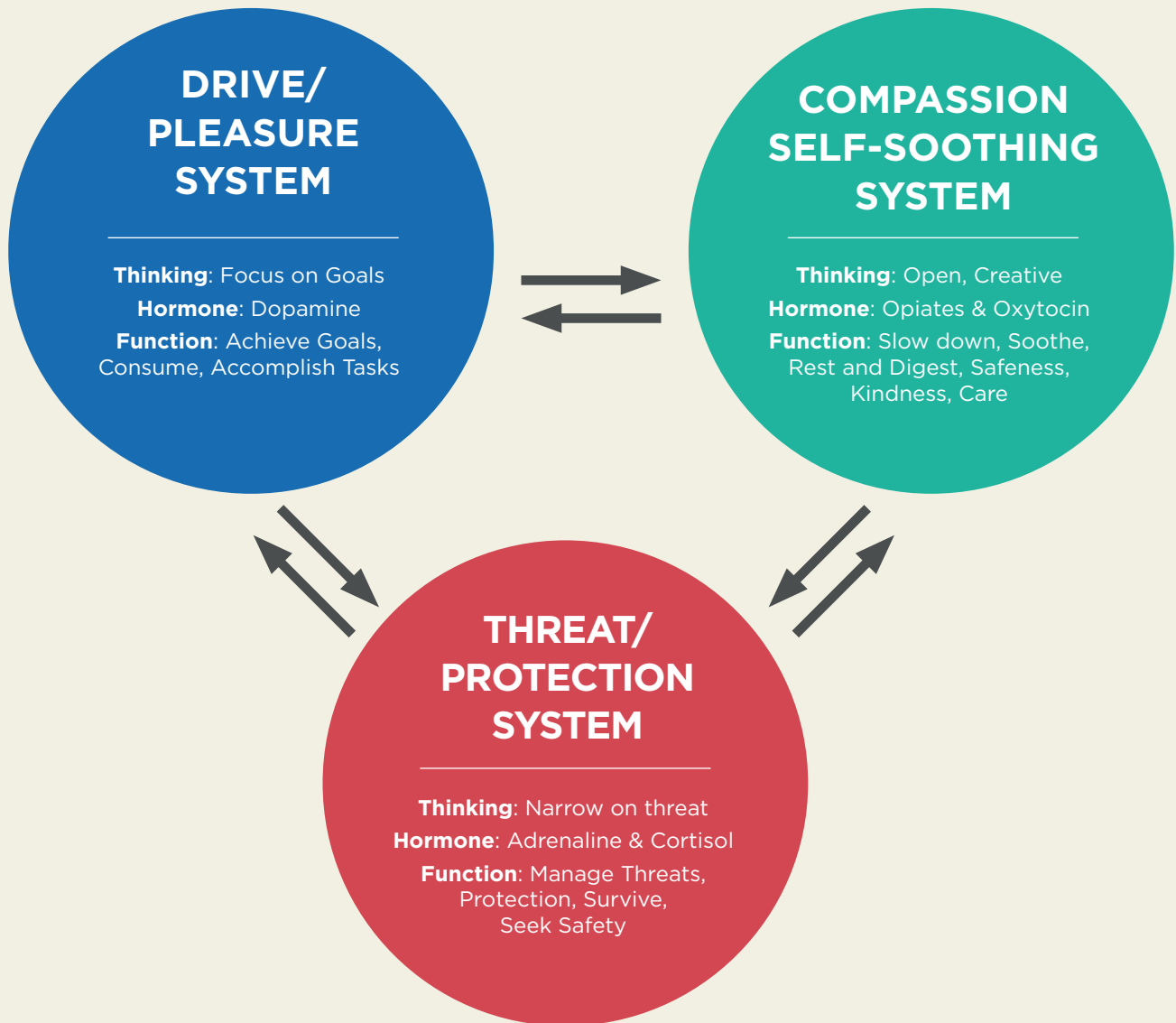




# Three Circles of Emotional Regulation

According to Paul Gilbert's model, people often switch between three different systems to manage their emotions.



Although we might not realise 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. If one system dominates the others this can have negative consequences.

- If we spend all our time in SELF-SOOTHE we never get anything done
- If THREAT dominates we can often feel 'on guard', constantly under threat or anxious
- If we spend most of our time in DRIVE, then when something stops us achieving we often become distressed and self critical. This can push us into threat mode.