

Unlearned, direct response to situation

## Primary Adaptive

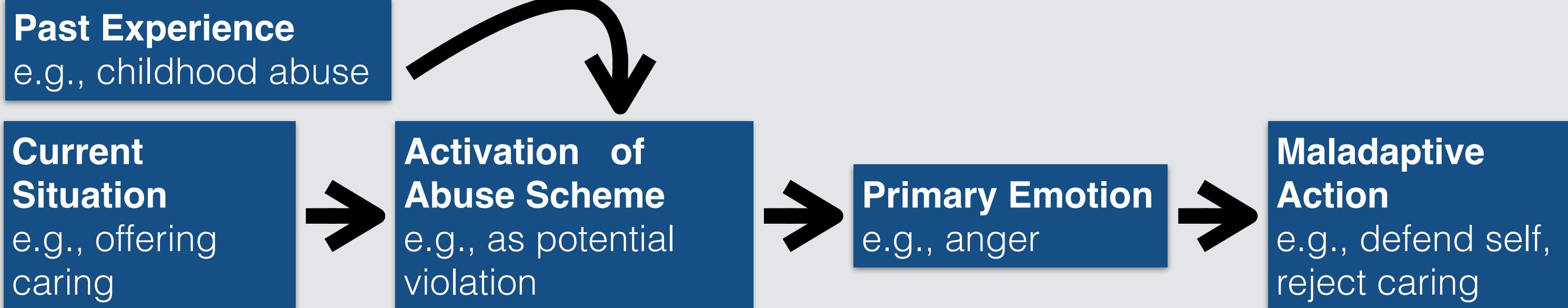
Access for good information



Learned, direct response to situation

## Primary Maladaptive

Assess in order to transform



Adaptive emotion obscured by a self- or externally-focused reaction to the primary emotion

## Secondary Reactive

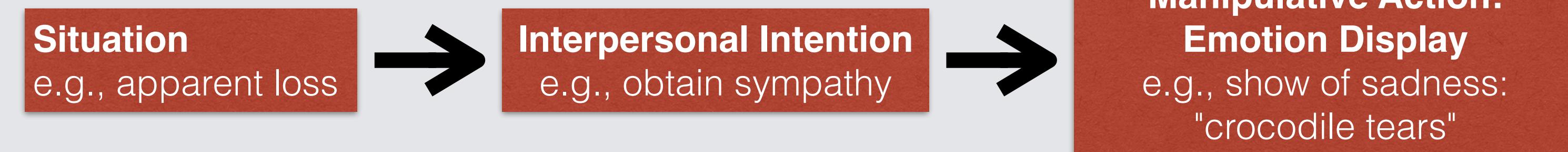
Explore to get to more primary emotion



Emotion displayed for its intended effect, independent of actual emotional experience

## Instrumental

Awareness of the aim



## Emotion Assessment in Emotion-Focused Therapy

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