

Unlearned, direct response to situation

Primary Adaptive

Access for good information



Learned, direct response to situation

Primary Maladaptive

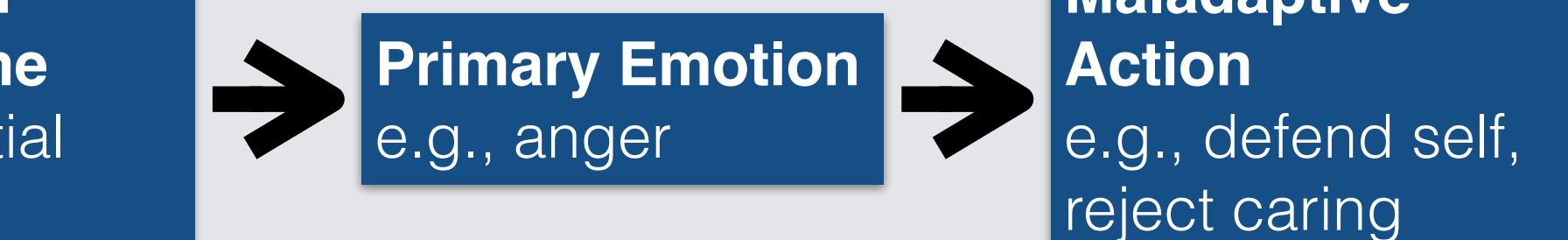
Assess in order to transform
Regulate

Past Experience
e.g., childhood abuse

Current Situation
e.g., offering caring



Activation of Abuse Scheme
e.g., as potential violation



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

Secondary Reactive

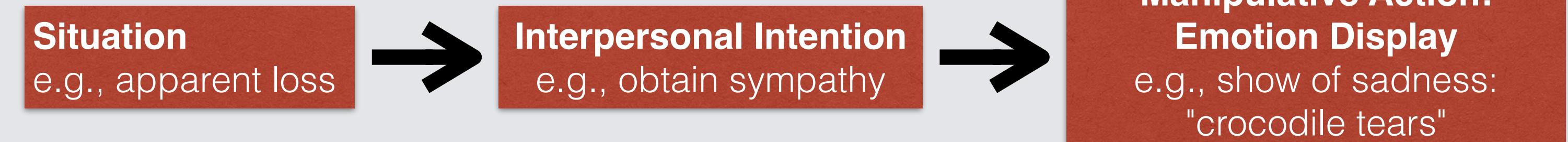
Explore to get to more primary emotion



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

Instrumental

Awareness of the aim



Emotion Assessment in Emotion-Focused Therapy

Diagrammed by: James Even Chen (james@evenc.org)