

Unlearned, direct response to situation

Primary Adaptive

Access for good information



Emotion Assessment in Emotion-Focused Therapy

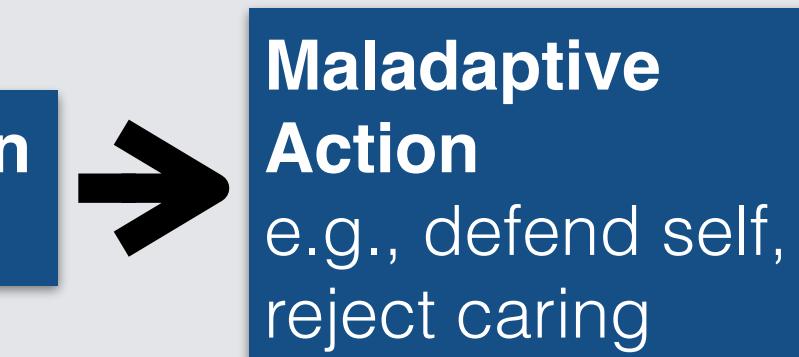
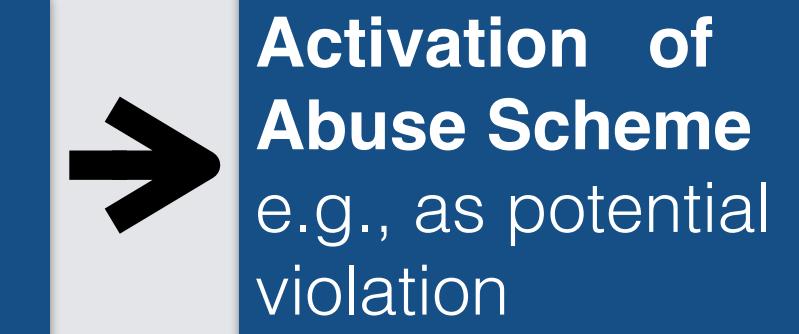
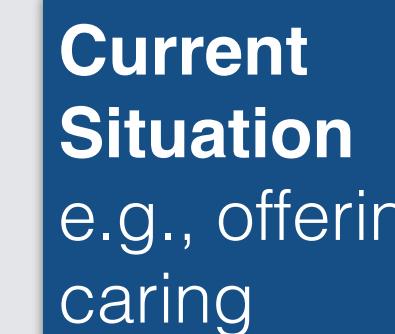
Diagrammed by: James Even Chen - james(at)evenc.org



Learned, direct response to situation

Primary Maladaptive

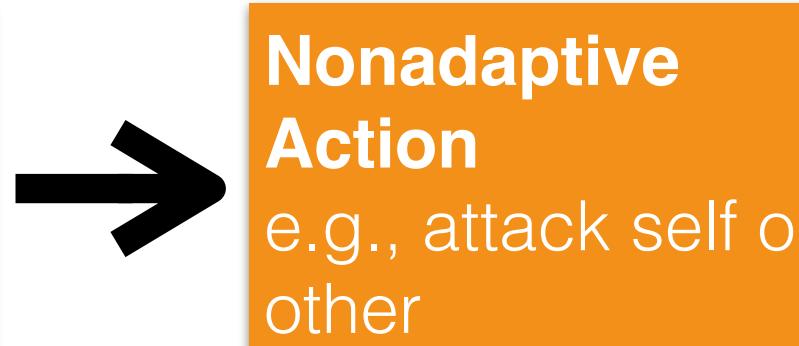
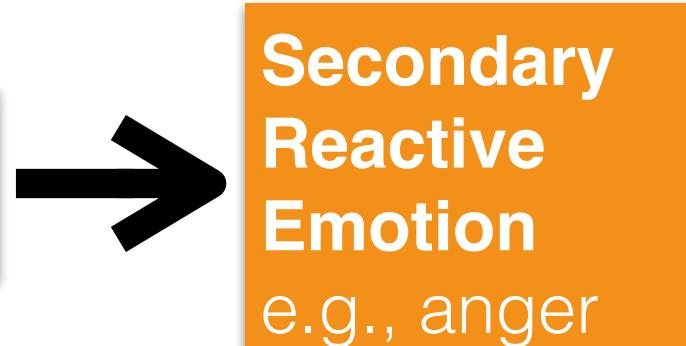
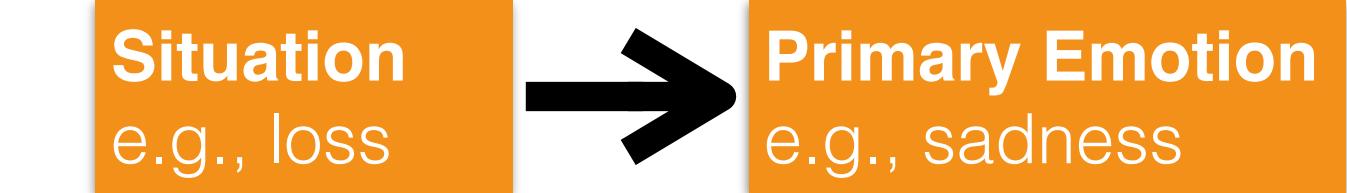
Assess in order to transform



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

