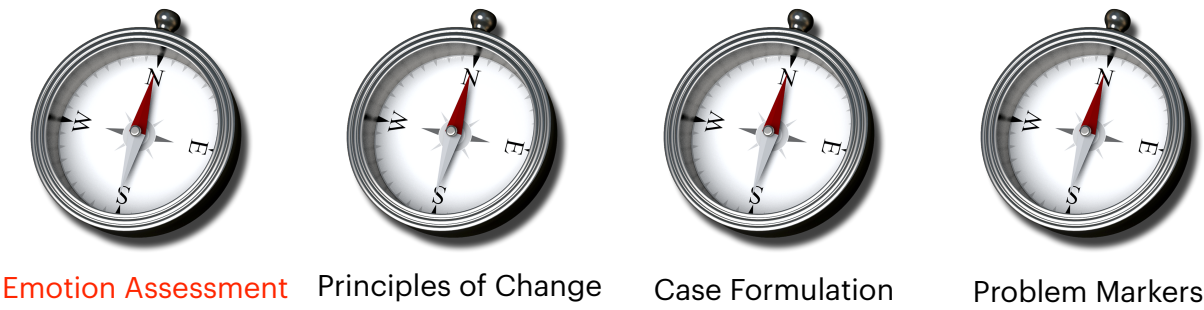


Unlearned, direct
response to situation

Primary Adaptive

Access for good information

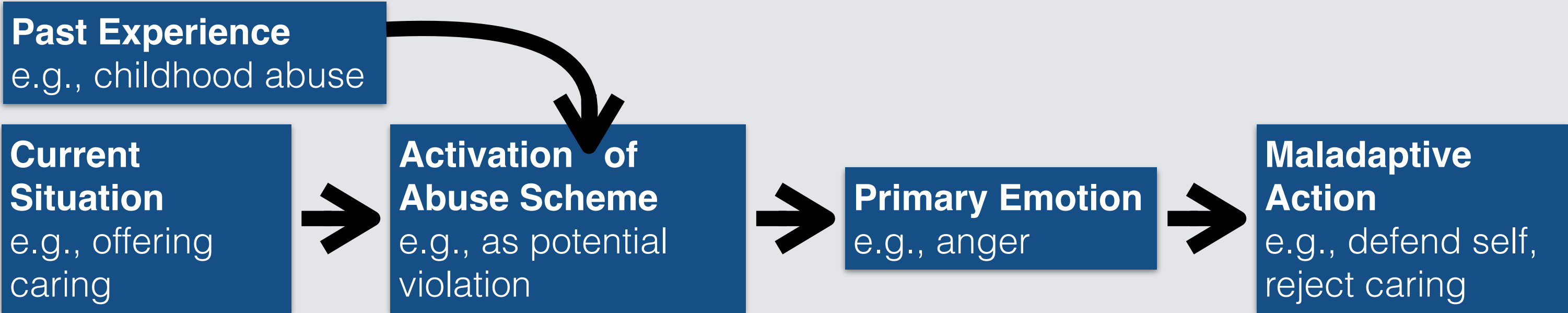


Diagrams by: James Even Chen (james@evenc.org)

Learned, direct
response to situation

Primary Maladaptive

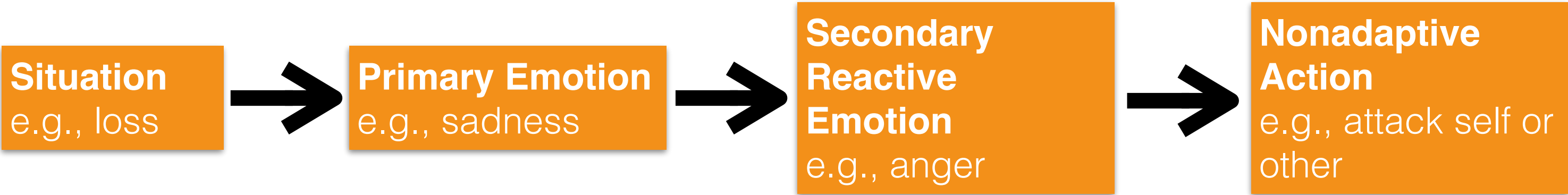
Assess in order to transform
Regulate



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

