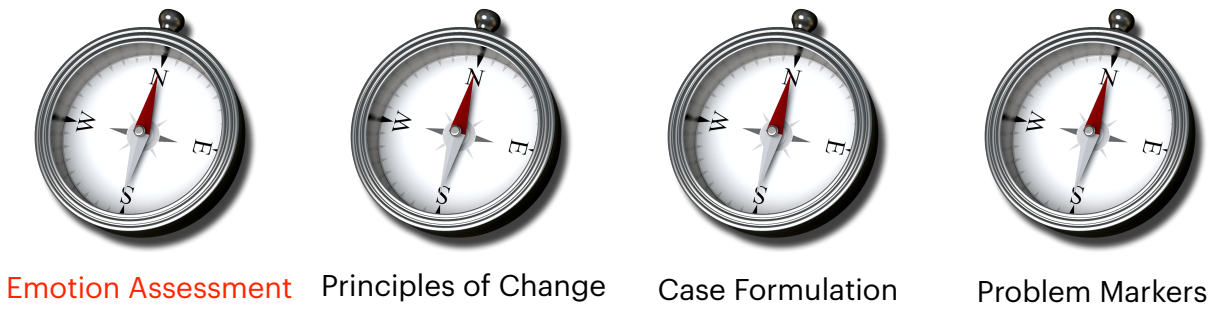


Unlearned, direct  
response to situation

**Primary  
Adaptive**

Access for good information



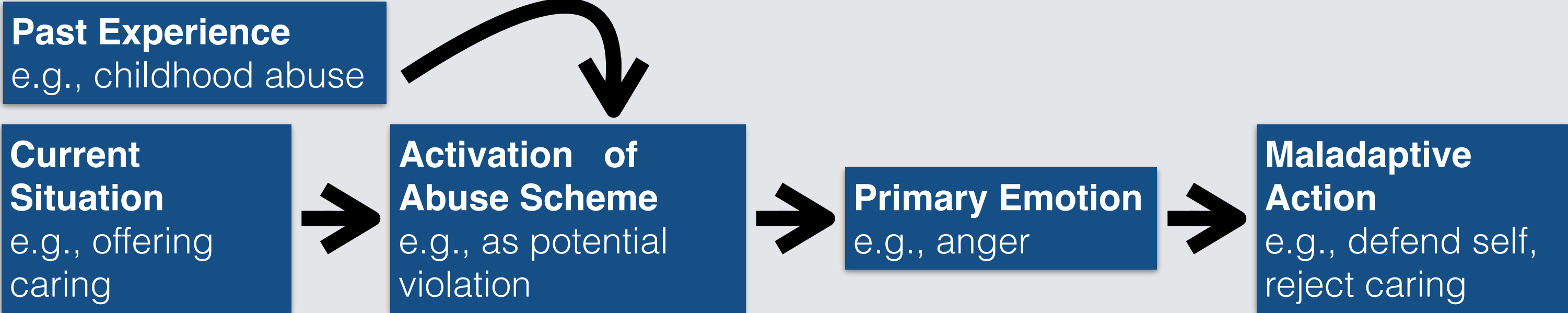
**Emotion Assessment in Emotion-Focused Therapy**

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

Learned, direct  
response to situation

**Primary  
Maladaptive**

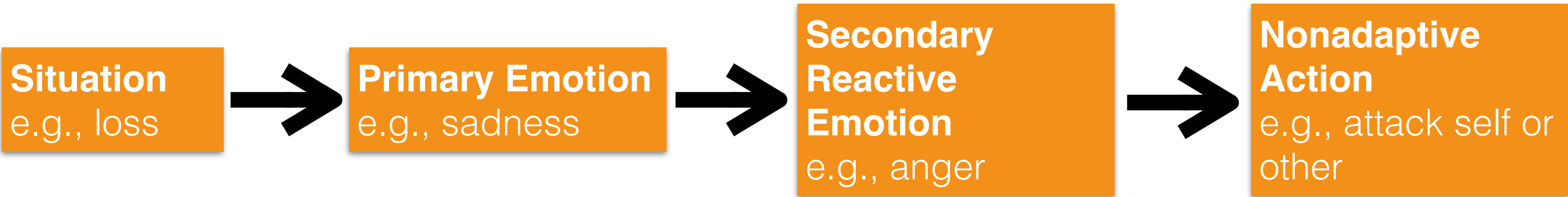
Assess in order to transform



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

