

Unlearned, direct response to situation

Primary Adaptive

Access for good information



Learned, direct response to situation

Primary Maladaptive

Assess in order to transform

Past Experience
e.g., childhood abuse

Current Situation
e.g., offering caring

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

Primary Emotion
e.g., anger

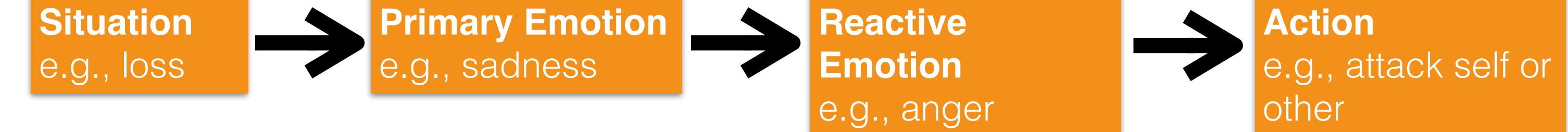
Maladaptive Action
e.g., defend self, reject caring

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

Secondary Reactive

Explore to get to more primary emotion

Situation
e.g., loss

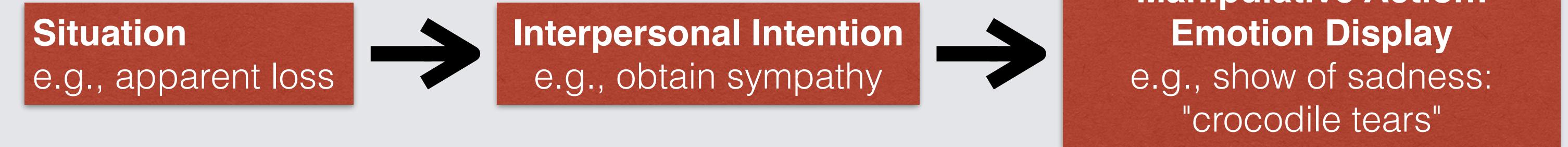


Emotion displayed for its intended effect, independent of actual emotional experience

Instrumental

Awareness of the aim

Situation
e.g., apparent loss



Emotion Assessment in Emotion-Focused Therapy

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