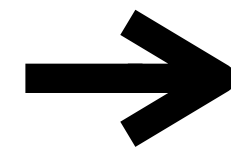


Unlearned, direct
response to situation

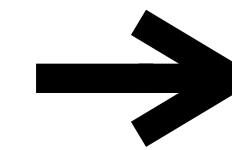
Primary Adaptive

Access for good information

Situation
e.g., violation



Primary Emotion
e.g., anger



Adaptive Action
e.g., defend self



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

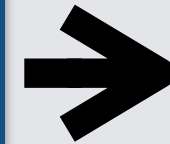
Learned, direct
response to situation

Primary Maladaptive

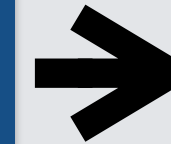
Assess in order to transform
Regulate

Past Experience
e.g., childhood abuse

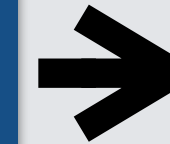
**Current
Situation**
e.g., offering
caring



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



Primary Emotion
e.g., anger



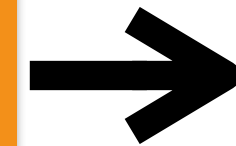
**Maladaptive
Action**
e.g., defend self,
reject caring

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

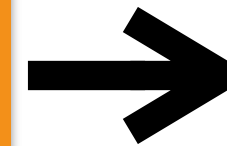
Secondary Reactive

Explore to get to more
primary emotion

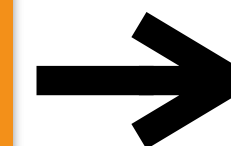
Situation
e.g., loss



Primary Emotion
e.g., sadness



**Secondary
Reactive
Emotion**
e.g., anger



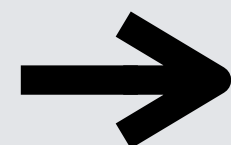
**Nonadaptive
Action**
e.g., attack self or
other

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

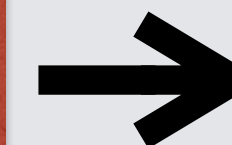
Instrumental

Awareness of the aim

Situation
e.g., apparent loss



Interpersonal Intention
e.g., obtain sympathy



**Manipulative Action:
Emotion Display**
e.g., show of sadness:
"crocodile tears"