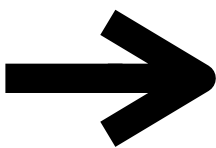


Unlearned, direct  
response to situation

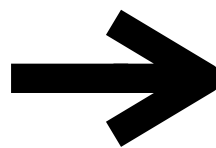
# Primary Adaptive

Access for good information

**Situation**  
e.g., violation



**Primary Emotion**  
e.g., anger



**Adaptive Action**  
e.g., defend self



Emotion Assessment

Principles of Change

Case Formulation

Problem Markers

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

Learned, direct  
response to situation

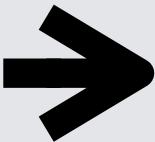
# Primary Maladaptive

Assess in order to transform  
Regulate

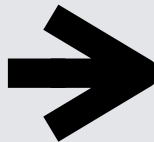
**Past Experience**  
e.g., childhood abuse



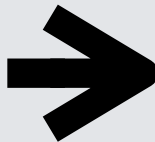
**Current Situation**  
e.g., offering caring



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



**Primary Emotion**  
e.g., anger



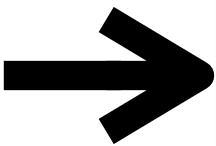
**Maladaptive Action**  
e.g., defend self, reject caring

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

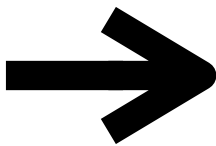
# Secondary Reactive

Explore to get to more  
primary emotion

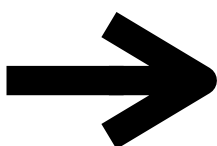
**Situation**  
e.g., loss



**Primary Emotion**  
e.g., sadness



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



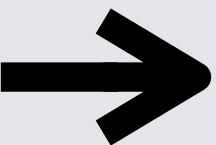
**Nonadaptive Action**  
e.g., attack self or other

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

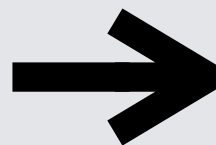
# Instrumental

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"