

Unlearned, direct response to situation

Primary Adaptive

Access for good information



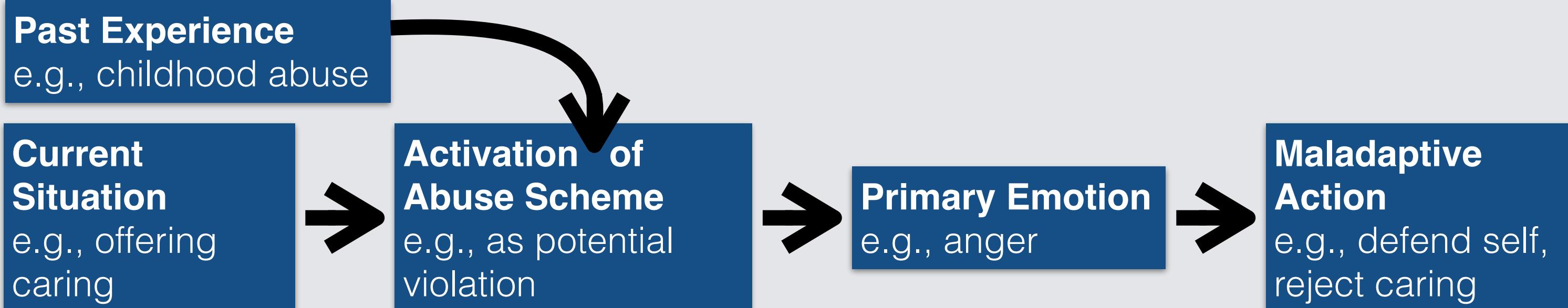
Diagrammed by: James Even Chen (james@evenc.org)



Learned, direct response to situation

Primary Maladaptive

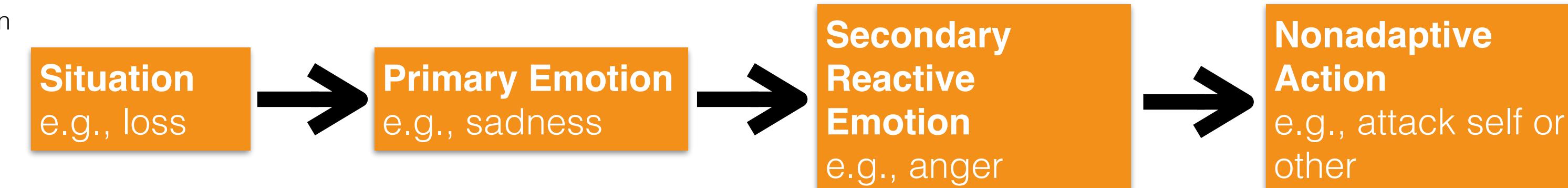
Assess in order to transform
Regulate



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

