

Unlearned, direct response to situation

## Primary Adaptive

Access for good information



## Emotion Assessment in Emotion-Focused Therapy

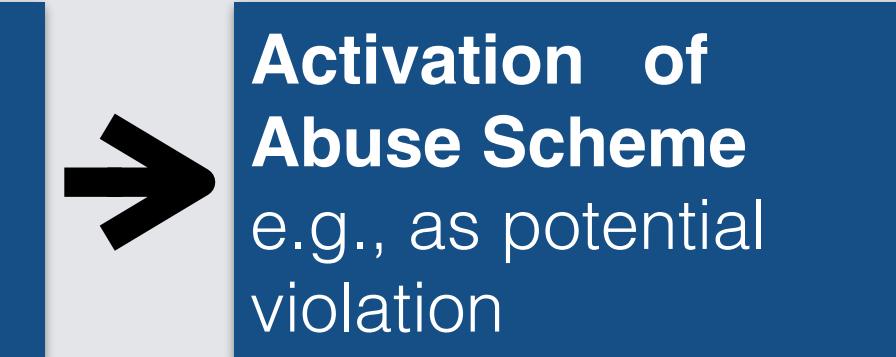
Diagrammed by: James Even Chen - james(at)evenc.org



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

