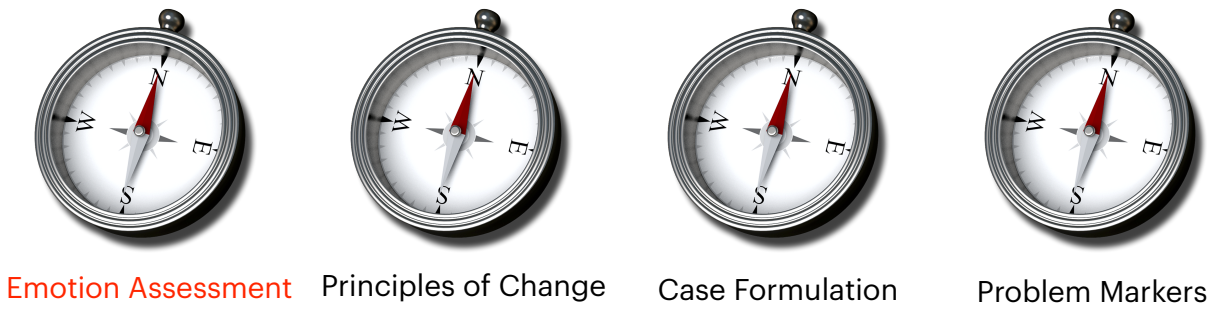


Unlearned, direct
response to situation

**Primary
Adaptive**

Access for good information



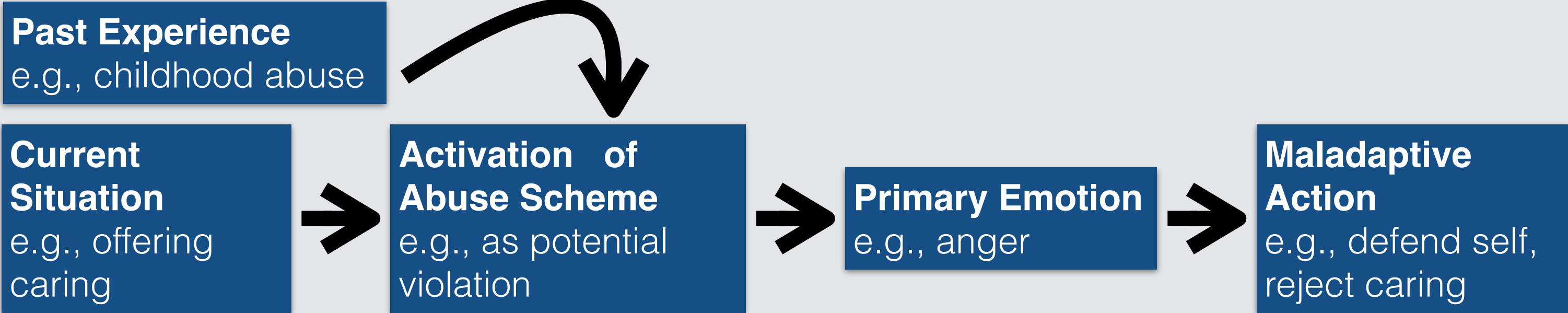
Emotion Assessment in Emotion-Focused Therapy

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

Learned, direct
response to situation

**Primary
Maladaptive**

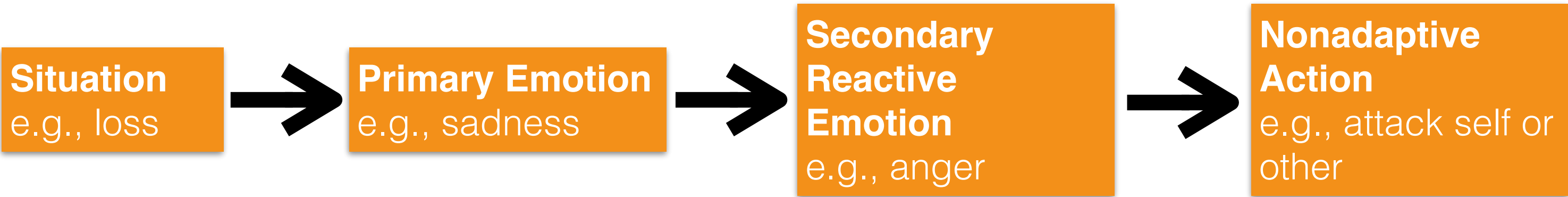
Assess in order to transform
Regulate



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

