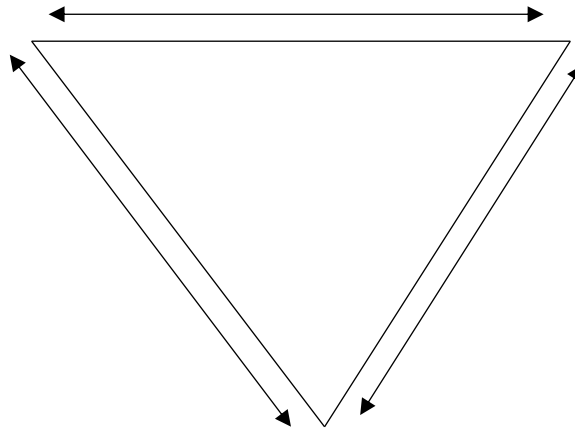


The Change Triangle

Safety or defensive behaviours



Inhibitory/Coping Emotions

Anxiety, Guilt, Shame

Core Emotions

Sadness, fear, anger, disgust, joy, excitement, sexual excitement



Authentic Open-hearted Self

Calm, curious, connected, compassionate, clear, confident, centred