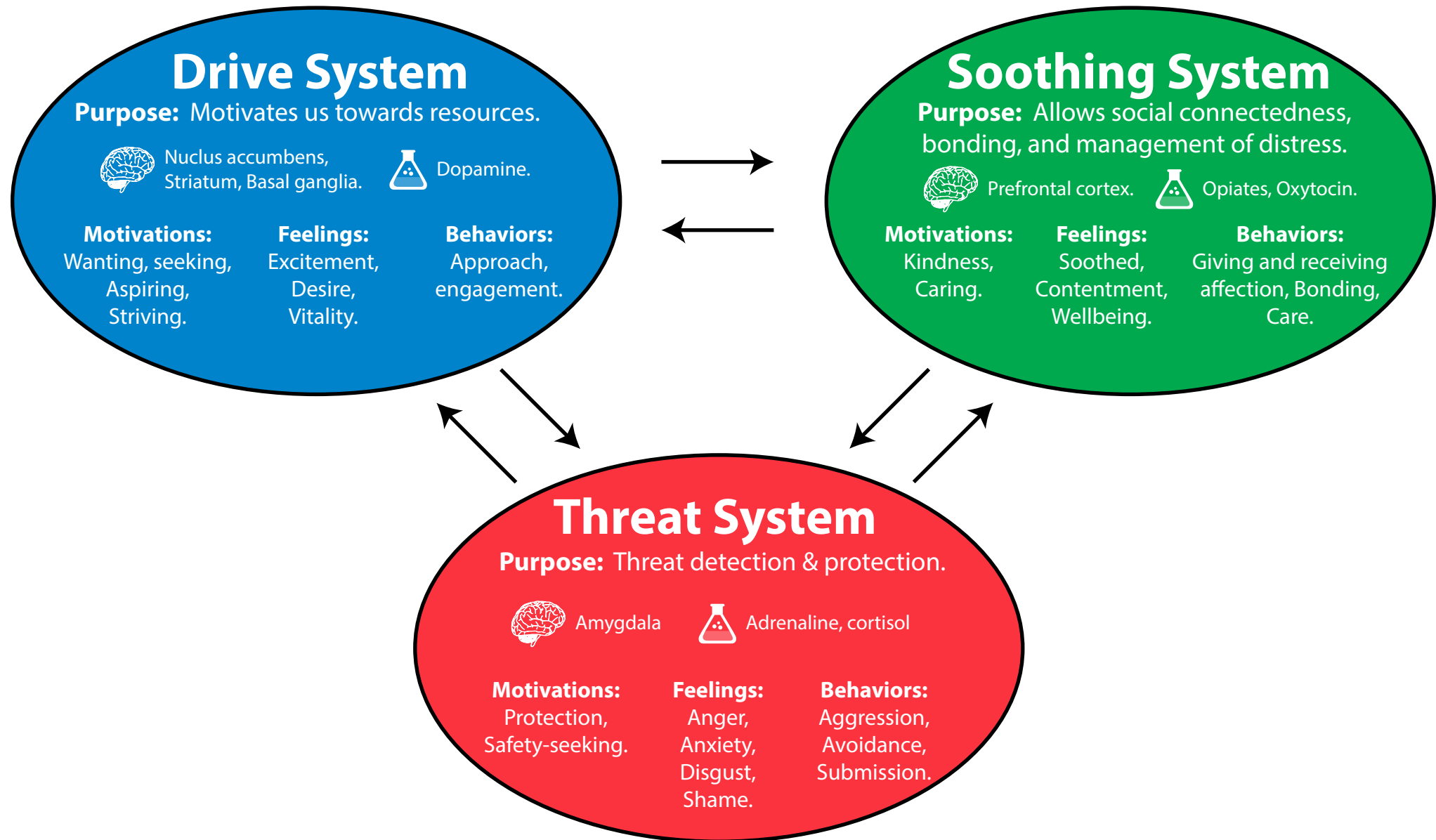


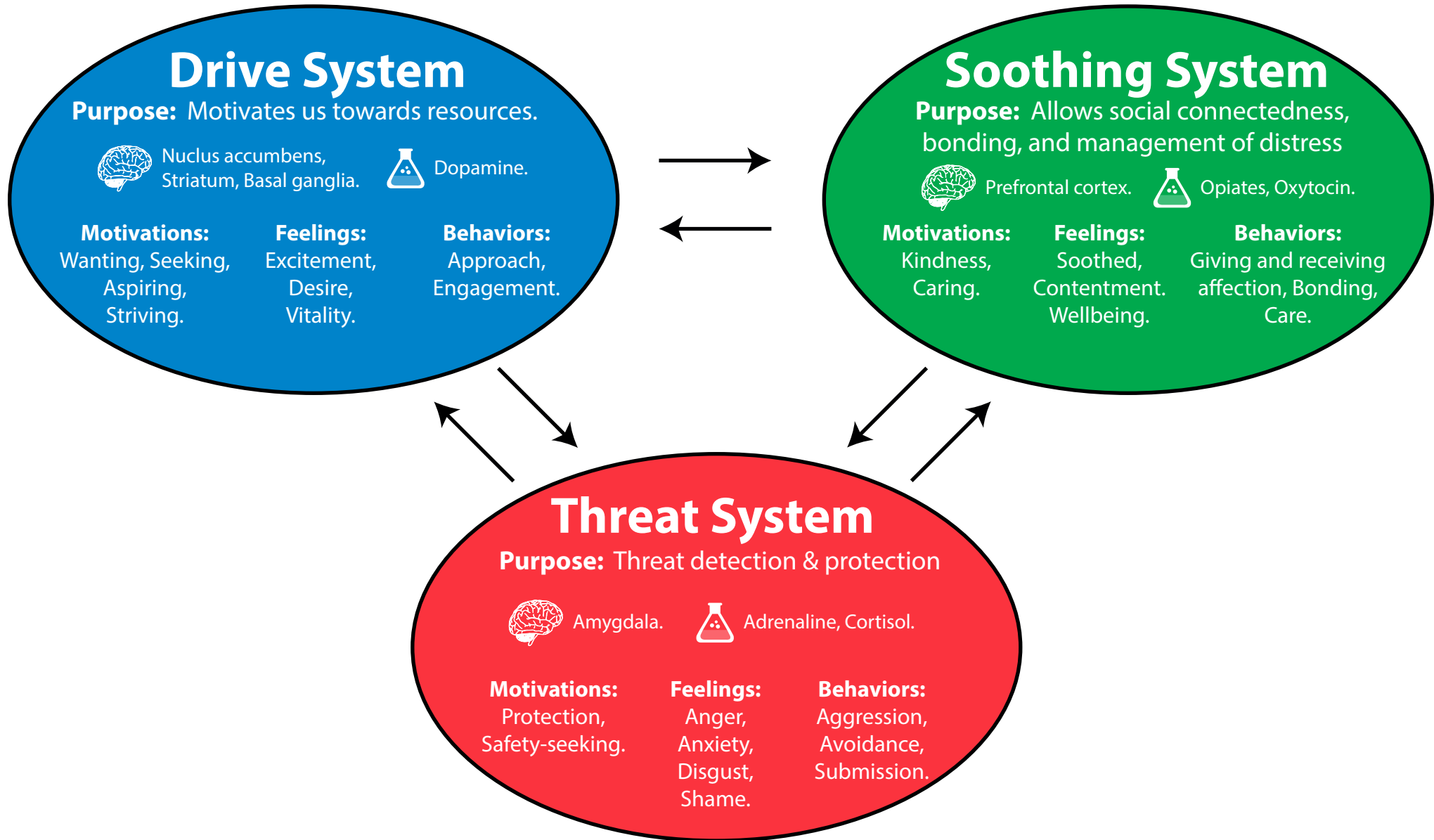
Motivational Systems (Emotional Regulation Systems)

Paul Gilbert's evolutionary model proposes that human brains have different *motivational systems* which helped our ancestors to survive and thrive – you can think of them as *mindsets*. We switch between the three systems to manage our lives and emotions. Each mindset is associated with different motivations, feelings, behaviors, and brain anatomy and chemistry. Compassion Focused Therapy (CFT) proposes that distress is caused by imbalance between the systems – often associated with under-development of the soothing system.



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Motivational Systems (Emotional Regulation Systems)



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