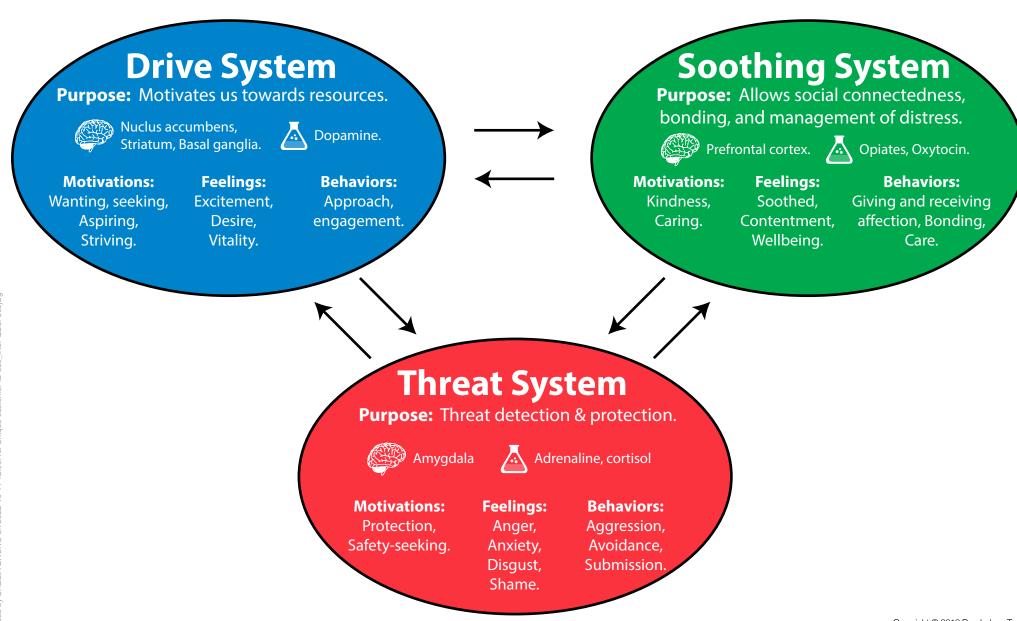
Motivational Systems (Emotional Regulation Systems)

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.



Drive System

Purpose: Motivates us towards resources.



Nuclus accumbens, Striatum, Basal ganglia.



Dopamine.

Motivations: Wanting, Seeking, Aspiring, Striving.

Feelings: Excitement, Desire, Vitality.

Behaviors: Approach, Engagement.



Soothing System Purpose: Allows social connectedness, bonding, and management of distress





Prefrontal cortex. Opiates, Oxytocin.

Motivations: Kindness, Caring.

Feelings: Soothed, Contentment. Wellbeing.

Behaviors: Giving and receiving affection, Bonding, Care.



Purpose: Threat detection & protection





Adrenaline, Cortisol.

Motivations: Protection. Safety-seeking. Feelings: Anger, Anxiety, Disgust,

Behaviors: Aggression, Avoidance, Submission.

Shame.