

Getting To Know Your Three Emotion Systems

	Threat System	Drive System	Soothing System
How often is this system triggered?			
What tends to trigger it?			
How long does it stay activated for once triggered?			
How powerfully is this system when triggered? (1=weak - 10 powerful)			
Which emotion is strongest when this system is online?			
What type of thoughts do you have when in this system?			
What do you want to do when this system is triggered?			