

THE 3 CIRCLES COMPASSION FOCUSED THERAPY



The Three Circle Model helps us understand the functions of our emotion systems. Each emotion system is important. Depending on our motivation our emotion systems will work in different ways. This is how they can work.

THREAT (RED) CIRCLE



The threat-focused system is about protection, safety seeking, and fight/flight. Emotions connected to this system include, anger, disgust, fear, and anxiety. The Red Circle is critical for our survival. However, often we let it run the show without realising it.

DRIVE (BLUE) CIRCLE



The drive system is incentive and resource-focused. It activates us to work towards things that we want, desire, or seek to achieve. Emotions connected to this circle are drive, excitement and vitality. Often we use the Blue Circle to manage our Red Circle emotions.

SOOTHING (GREEN) CIRCLE



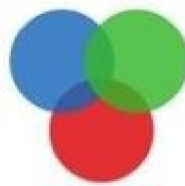
The soothing system is about settling, grounding, non-wanting and safeness. Emotions connected to this circle include being calm and content. It helps us rest and digest and have open attention. It regenerates us.

COMPETITIVE-THREAT



When we have competitive motivation, one characterised by threat, our emotion systems will be un-balanced. Our Red Circle runs the show. We can often unknowingly be in this mind-set trying to prove our worth to ourselves and others. When in this mind-set we become self-focused and can be very fearful, critical and hostile towards ourselves and others.

COMPASSIONATE MOTIVE



Our compassionate-motive helps restore balance to our emotion systems. Helping us draw upon our wisdom, courage and commitment to be helpful to ourselves and others.