

Drive and Resource-Seeking System

What things in your life bring you **pleasure**?
What do you get **excited** about? What things do you look forward to doing?

Energizers

Activating – achieving, wanting; focused, excited; driven activities; accomplishment-oriented

Your Emotional Systems

Threat and Self-Protection System

What things in your daily life trigger your **threat system** (worries, stresses, anxiety)?

Soothing/Affiliation System

What things in your life create a sense of **calm** (slowing down, chilling out) and a sense of **safety and contentment**?

“Soothers”

Calming – content with how things are “right now,” not achievement-oriented; non-wanting

Activating AND Inhibiting – threat focused; seeking safety/protection; worrying

Triggers

Based on Chapter 3 of *Mindful Compassion* by Paul Gilbert, PhD., and Choden

Brilliant Mindful YOU!

Copyright 2015 © Brilliant Mindfulness, LLC All rights reserved