

<https://www.nicabm.com/3circles/>



Applying the 3 Circles Model of Emotion to Help Clients Heal Shame

According to Paul Gilbert, PhD, we have three types of emotion regulation systems – we've got the Threat System, the Drive System, and the Soothing System.

Now when a client is stuck in a painful cycle of self-criticism and shame, it's often because these three systems are out of balance.

You see, many clients spend the majority of their time caught in the threat and drive systems – and this can lead to distress.

So how can we help our clients get a better sense of where they might be out of balance, and begin to notice whether their soothing system might be underdeveloped?

We thought it would be helpful for you to have this infographic to use with your clients. (Feel free to make a copy of this to share).

