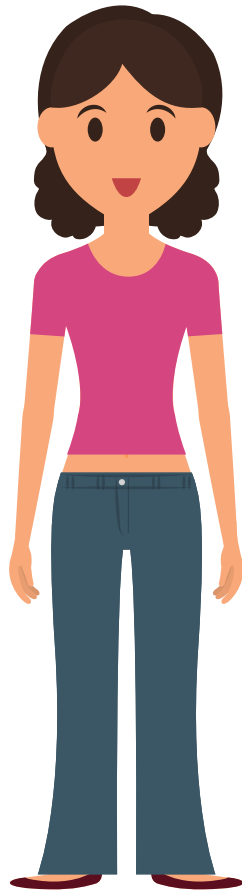


The 3 systems of emotional regulation – our brains are tricky because they are designed for survival!

The DRIVE system: drives us towards things we think we need/want. Helps us focus our attention and be alert for opportunities – which is good and we also get a dopamine reward which encourages to repeat the action – but if the drive system is over activated it can lead to the need to be perfect, worry etc.



The THREAT system: designed to keep us safe but when we perceive excessive threat this can trigger anxiety as we are designed to focus on what we believe is a threat.

The 'threat' can be caused by beliefs/thoughts/predictions as well as what we can see, hear, touch etc.

Our senses are REAL but information from our mind is things we tell ourselves.

By imagining a threat we can trigger the brain's threat system and it feels real / upsetting.

The SOOTHE system : safeness, contentment. Allows us to feel calm and peaceful. Activating the soothe system can CALM the threat system and if you can approach the drive system from a place of soothing (self-compassion) you will be able to handle disappointment, making mistakes.

Ways to self soothe: breathing (short breath in through nose e.g. for 4, longer out breath by mouth e.g. for 7); mindfulness (stop and name things you can hear, smell, taste, touch, see); recognising our thoughts are not real so we know we can respond differently to what are thoughts tell us; self-compassion (it is not your fault – our brains are designed for survival they are not designed for us, speak to yourself the way you would speak to a friend)