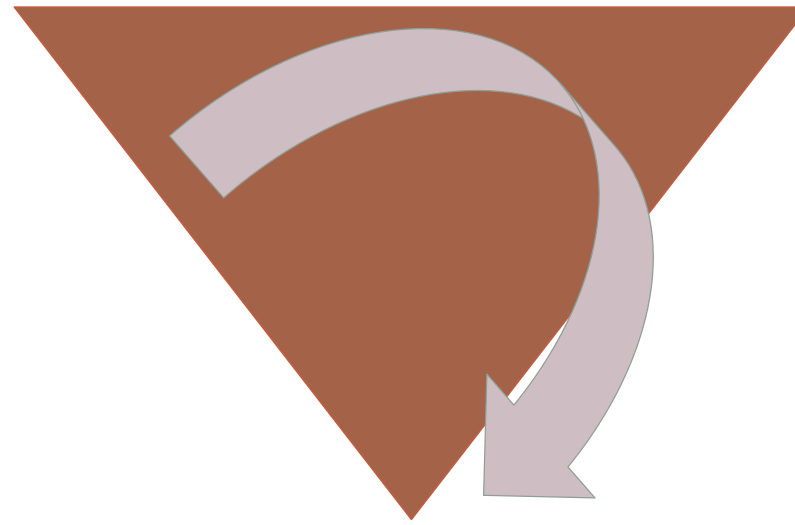


The Change Triangle®

adapted from ©Hilary Jacobs Hendel 2018

DEFENSE
Anything we do to
avoid feelings or
being aware of
feelings

**INHIBITORY
EMOTIONS**
Anxiety
Guilt
Shame



CORE EMOTIONS

Fear Anger Sadness Disgust Joy (Sexual) Excitement



Safety Protection Comfort Expel Toxins Shared Celebrated
(adaptive action tendencies)



OPENHEARTED STATE OF THE AUTHENTIC SELF

Calm, curious, connected, compassionate, confident, courageous, & clear