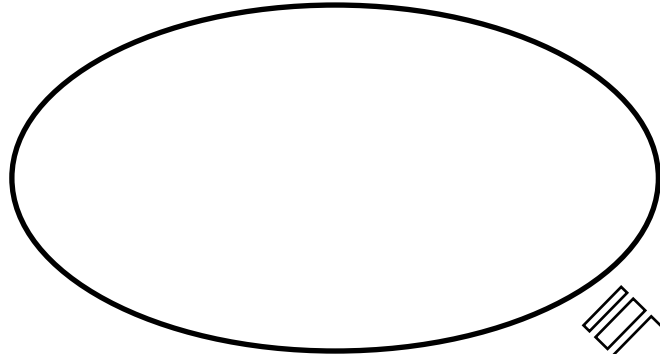


five component model of emotions

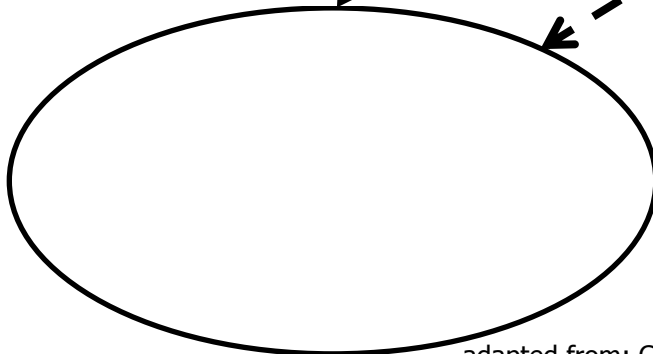
triggering stimulus



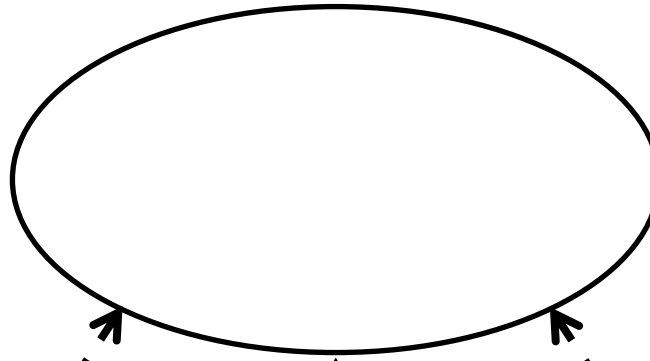
"emotional awareness is not thinking about the feeling; it involves feeling the feeling in awareness"

emotionally driven behaviour (edb) is typically a fight/flight/freeze impulse that may be helpful or may be excessive or inappropriate & thus not really serve underlying longer term needs

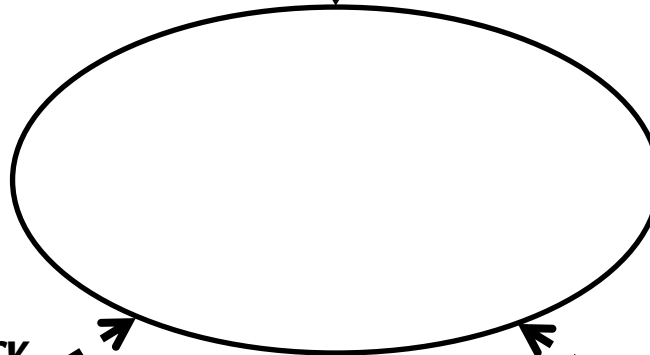
edb, posture, action tendency



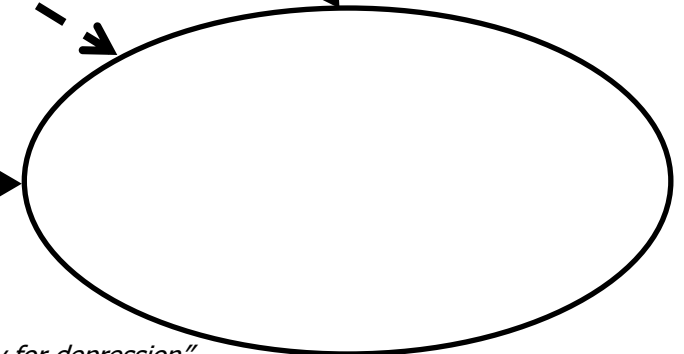
physical sensations, feelings



wish or need



thoughts, images, memories



"the assessment of what elements are missing guides the process of emotional awareness intervention in a systematic way; the goal is to help clients be aware of all five elements"

adapted from: Greenberg L. et al. "Emotion-focused therapy for depression"
& Barlow D. et al. "Unified protocol for transdiagnostic treatment of emotional disorders".