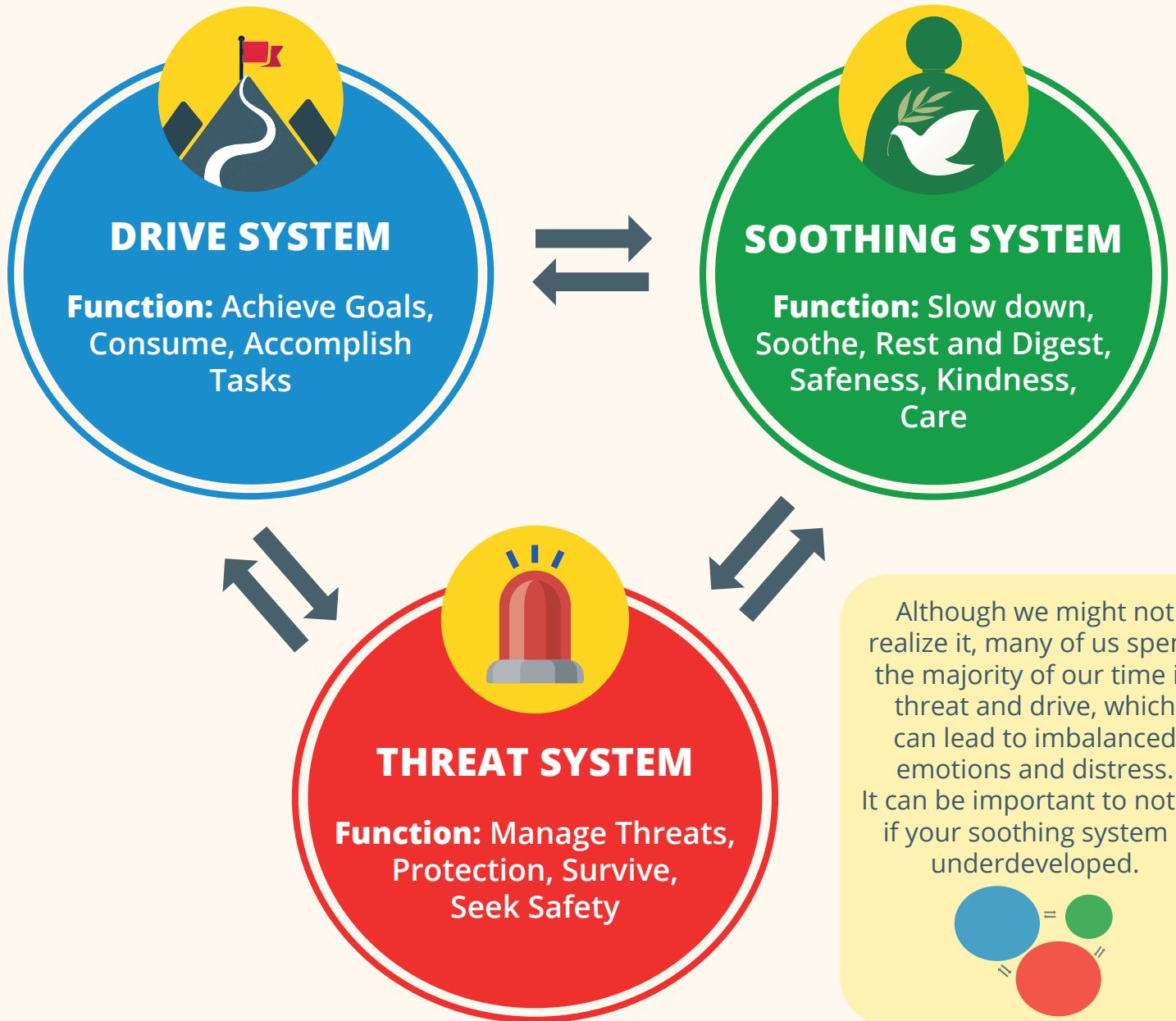


THREE CIRCLES OF EMOTIONAL REGULATION

According to Paul Gilbert's model, people often switch between three different systems to manage their emotions.



In order to help you get a sense of where you might be out of balance, your practitioner may ask you to imagine how big each of your circles is.

Adapted from Gilbert, P. (2009). *The Compassionate Mind: A New Approach To Life's Challenges*. London: Constable and Robinson.