

Unlearned, direct response to situation

Primary Adaptive

Access for good information



Emotion Assessment in Emotion-Focused Therapy

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Learned, direct response to situation

Primary Maladaptive

Assess in order to transform

Past Experience
e.g., childhood abuse

Current Situation
e.g., offering caring

Activation of Abuse Scheme
e.g., as potential violation

Primary Emotion
e.g., anger

Maladaptive Action
e.g., defend self, reject caring

Adaptive emotion obscured by a self- or externally-focused reaction to the primary emotion

Secondary Reactive

Explore to get to more primary emotion

Situation
e.g., loss

Primary Emotion
e.g., sadness

Secondary Reactive Emotion
e.g., anger

Nonadaptive Action
e.g., attack self or other

Emotion displayed for its intended effect, independent of actual emotional experience

Instrumental

Awareness of the aim

Situation
e.g., apparent loss

Interpersonal Intention
e.g., obtain sympathy

Manipulative Action:
Emotion Display
e.g., show of sadness:
"crocodile tears"