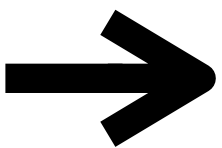


Unlearned, direct
response to situation

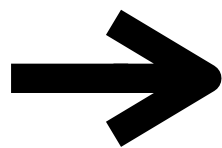
Primary Adaptive

Access for good information

Situation
e.g., violation



Primary Emotion
e.g., anger



Adaptive Action
e.g., defend self

Learned, direct
response to situation

Primary Maladaptive

Assess in order to transform

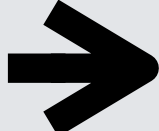
Past Experience
e.g., childhood abuse



**Current
Situation**
e.g., offering
caring



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



Primary Emotion
e.g., anger



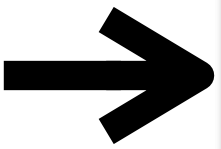
**Maladaptive
Action**
e.g., defend self,
reject caring

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

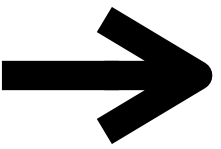
Secondary Reactive

Explore to get to more
primary emotion

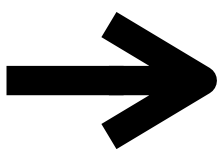
Situation
e.g., loss



Primary Emotion
e.g., sadness



**Secondary
Reactive
Emotion**
e.g., anger



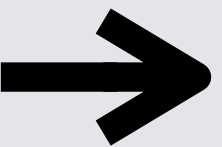
**Nonadaptive
Action**
e.g., attack self or
other

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

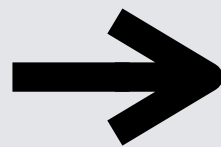
Instrumental

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"



Emotion Assessment



Principles of Change



Case Formulation



Markers and Tasks

Emotion Assessment in Emotion-Focused Therapy

Diagrammed by: James Even Chen - james(at)evenc.org