



# 3 Circle Model of Emotion Regulation

from Compassion-Focused Therapy

- 1 Draw out each of the three circles (i.e., threat, drive, soothing systems) based on how active each has been for you recently
- 2 Describe any associations (e.g., feelings, behaviors, thoughts, people, and places) you have with each mode

## DRIVE

seeking and striving  
reward- & outcome-focused  
thinking about the future  
tense

## SOOTHING

peaceful  
content in nature  
present-focused  
connected to  
trusted loved ones

## THREAT

avoiding people  
Fear/anxiety  
seeking reassurance  
numbing with TV

- 3 Create a list of 3 things you can do this week to intentionally cultivate soothing mode

try to meditate for 5 minutes each day

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listen to calming music while slowing down my breath

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stay in a comforting hug with someone I trust

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