



# 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

Blank space for drawing and describing the three modes.

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

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