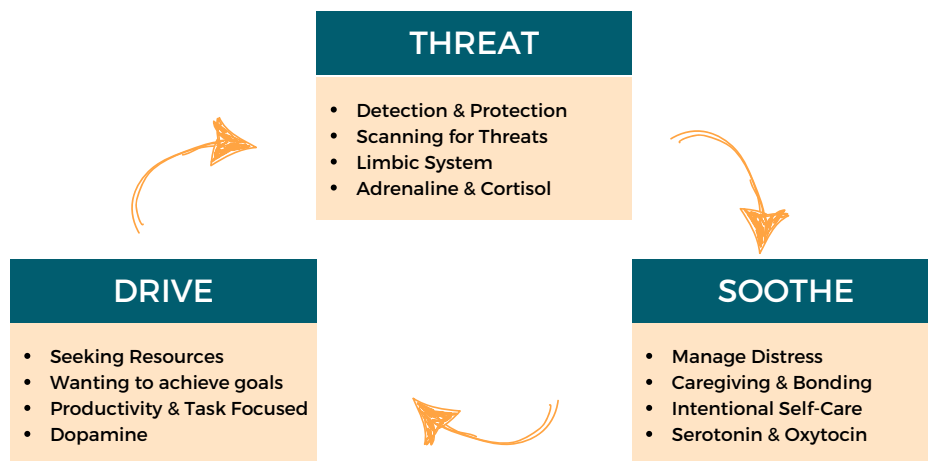




Motivation WHEEL

Paul Gilbert developed in 2009 Compassion Focused Therapy. He says we have internally three systems that influence how we regulate our emotions and respond to distress: these are Threat, Drive and Soothe Systems. In order to keep a good balance you need to know what activities can put you in each system and how to manage them in order to pay attention to your wellbeing



Use this system to check your week and prepare for it. Take the Sunday for reflection of the following week, check the activities you might have and catalogue them to the part of the system that you feel they belong - make sure you add activities to have a balance. If you have 3 activities in Threat try to get as many in Soothe

