

Worksheet 3.1 – How your three systems function

	Threat System	Drive System	Soothing System
How often is this system triggered?			
What tends to trigger it?			
How long does it stay activated for once triggered?			
How powerfully do you experience this system when triggered? (1 is weakly, and 10 powerfully)			
What type of thoughts do you have when in this system?			
What do you want to do when this system is triggered?			

From *The Compassionate Mind Workbook* (page 36) with the permission of Chris Irons and Elaine Beaumont.