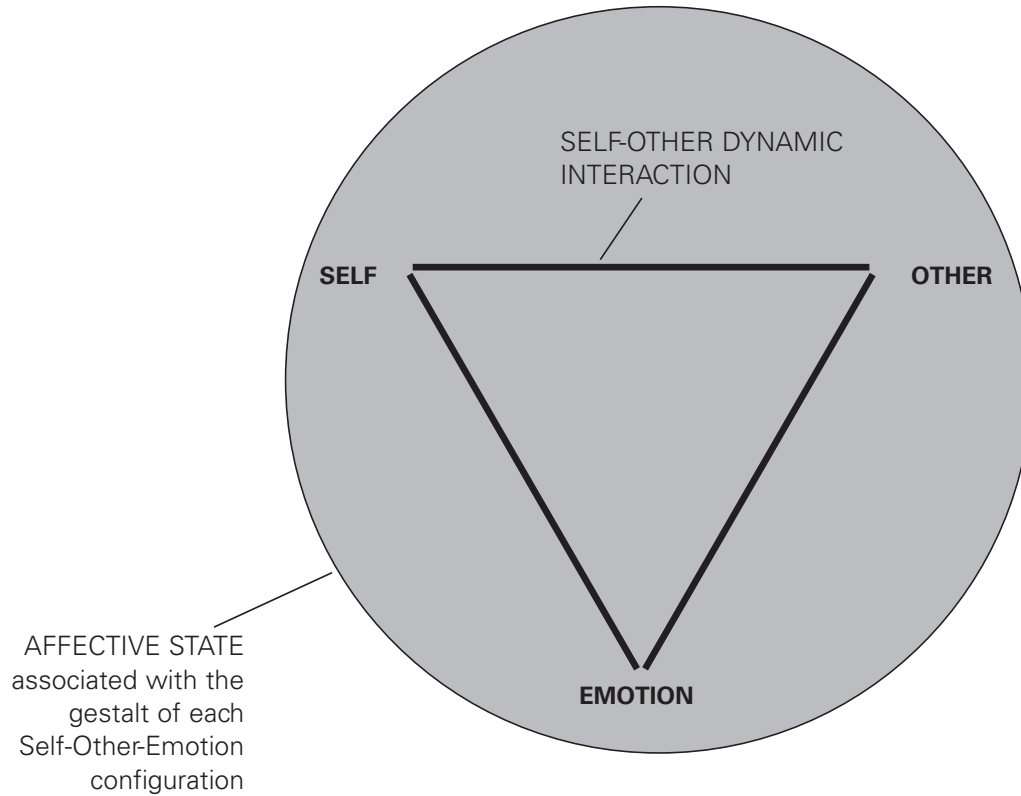


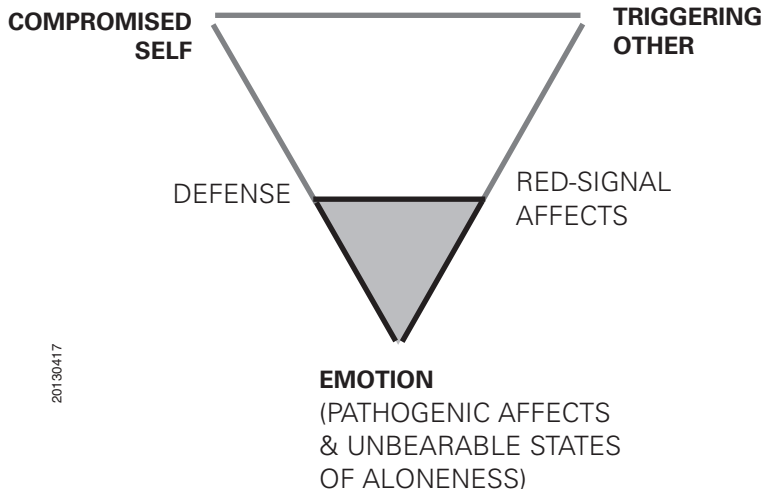
THE SELF-OTHER-EMOTION TRIANGLE

The Internal Working Model Enlarged
to Include Emotion and its Regulation

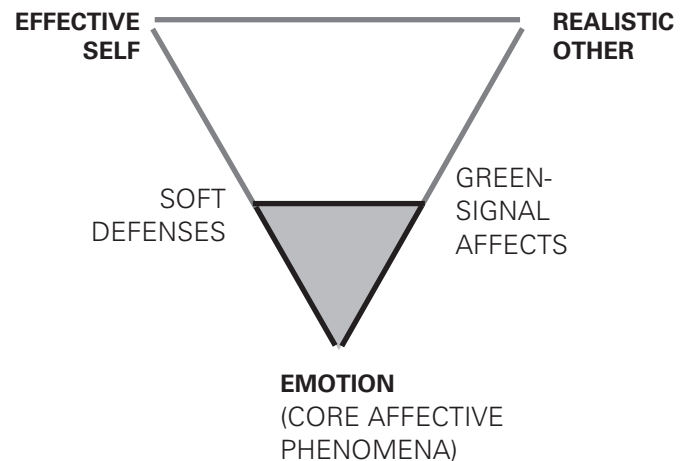


Security of attachment is relationship-dependent.

THE SELF-AT-WORST

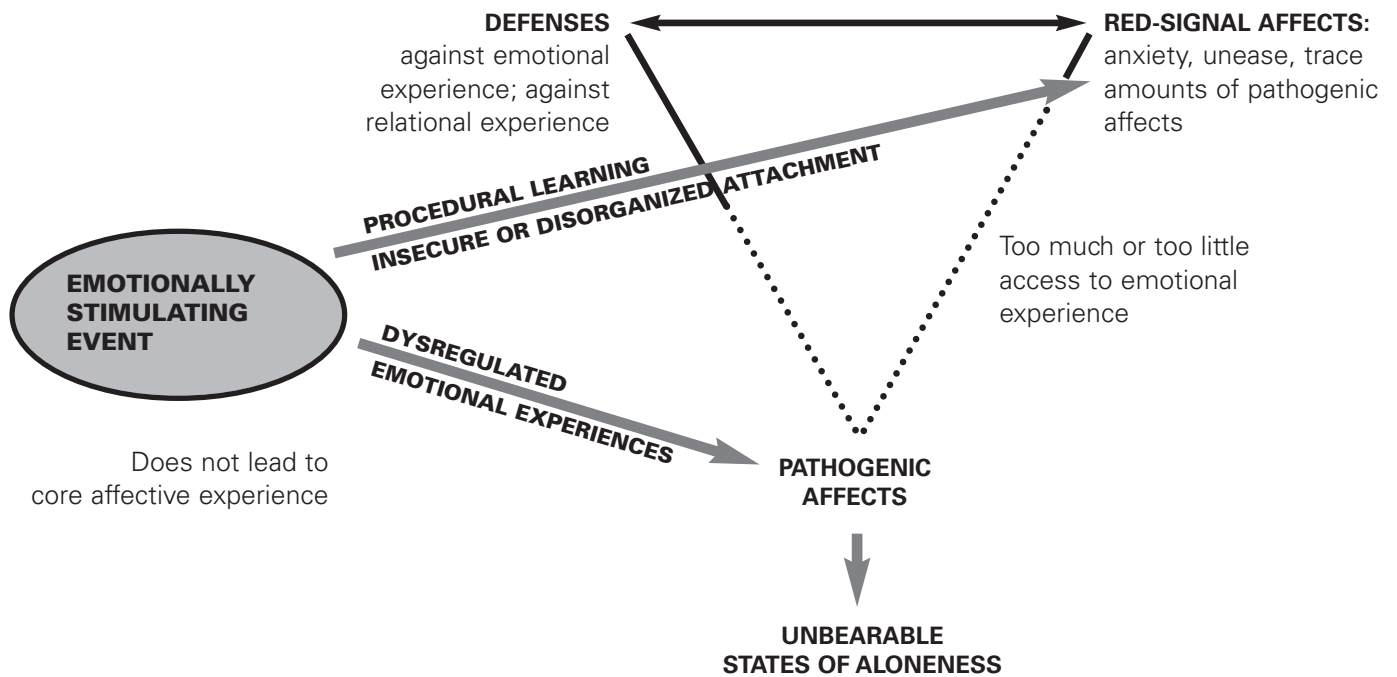


THE SELF-AT-BEST

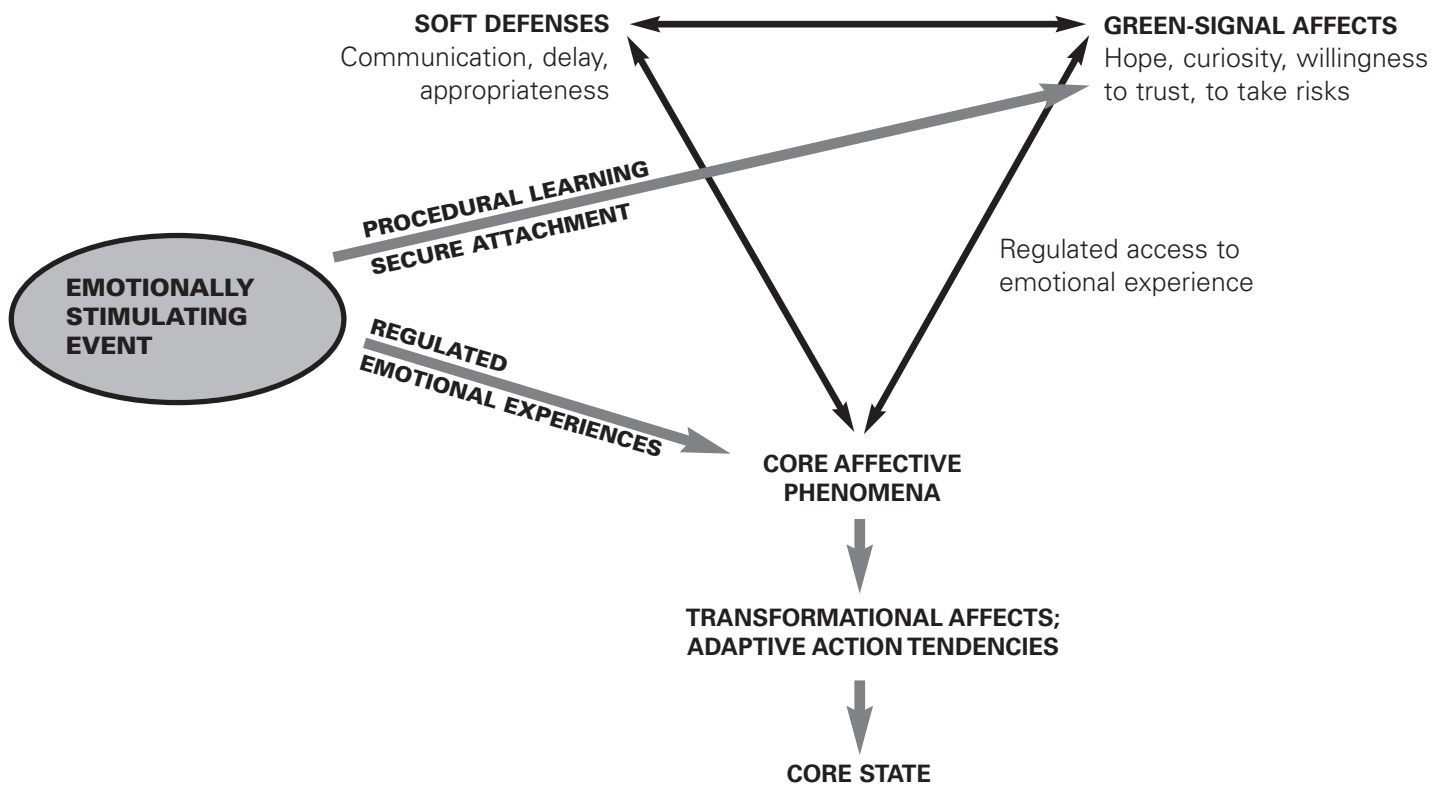


THE TWO VERSIONS OF THE TRIANGLE OF EXPERIENCE

1a. SELF-AT-WORST FUNCTIONING—PSYCHOPATHOLOGY

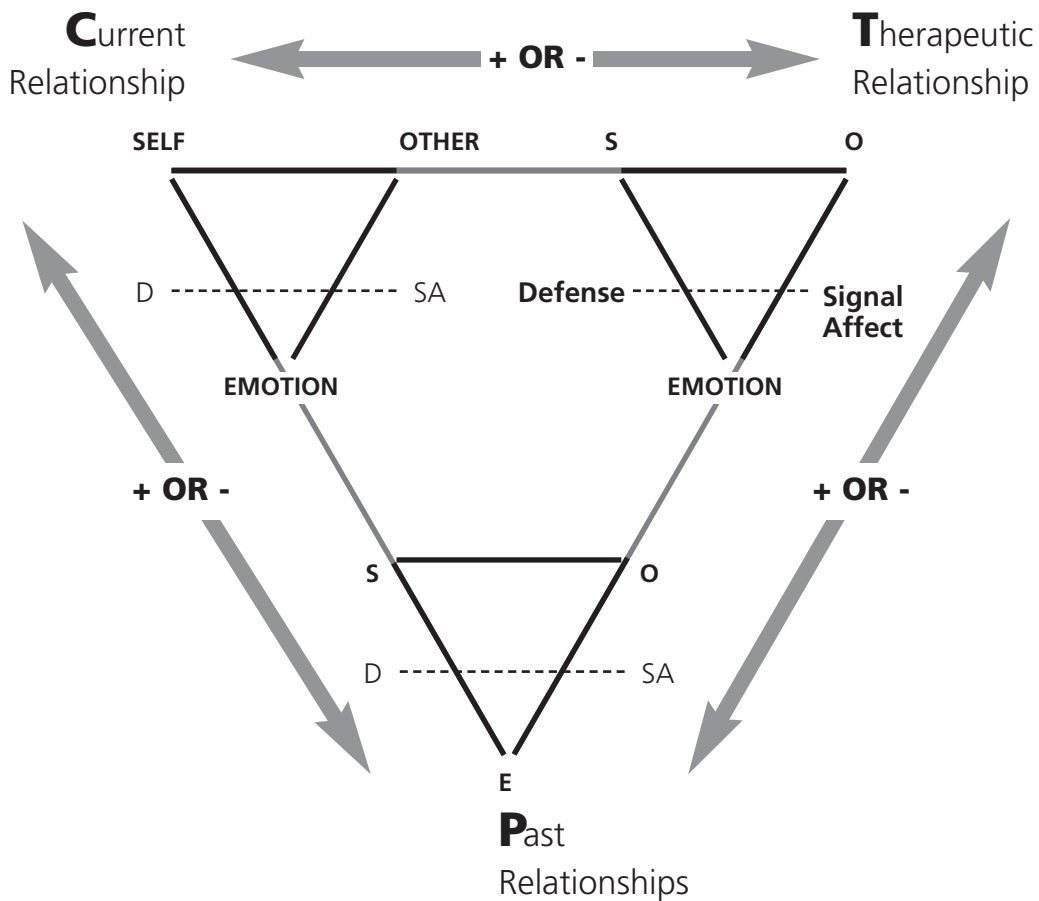


1b. SELF-AT-BEST FUNCTIONING—FLOURISHING



THE TRIANGLE OF RELATIONAL COMPARISONS

Its Interrelatedness With the Triangle of Experience
and the Self-Other-Emotion Triangle



TRIANGLE OF RELATIONAL COMPARISONS

- C Current relationships
- T Therapeutic relationships
- P Past relationships

SELF-OTHER-EMOTION TRIANGLE (Self-at-Worst or Self-at-Best)

- S Self
- O Other
- E Emotion

TRIANGLE OF EXPERIENCE

- D Defense
- SA Signal affects (Red or Green)
- E Emotion