

The Change Triangle®

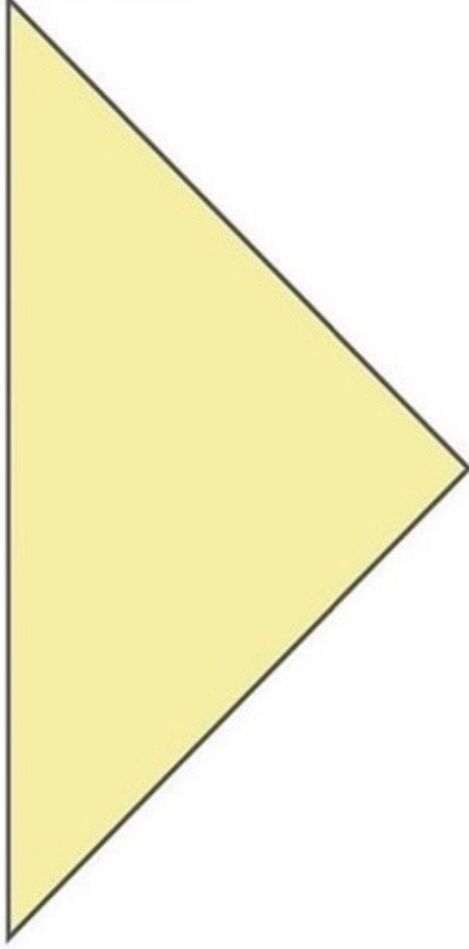
DEFENSE

Anything we
do to avoid
emotions



INHIBITORY EMOTION

Anxiety
Shame
Guilt



CORE EMOTIONS

Fear, anger, sadness, disgust, joy,
excitement, sexual excitement



OPENHEARTED STATE OF THE AUTHENTIC SELF

Calm, curious, connected, compassionate,
confident, courageous and clear

