Emotional Regulation Systems



Purpose: To motivate us towards resources



Nuclus accumbens



Dopamine

Feelings:

Wanting, pursuing, achieving progressing, focused

Soothing System

Purpose: To manage distress & promote bonding





Prefrontal cortex Opiates, oxytocin

Feelings:

Contented, safe, protected, cared-for, trust

Threat System

Purpose: Threat detection & protection "Better safe than sorry"



Amygdala



Adrenaline, cortisol

Feelings:

Anxiety, anger, disgust

Emotional Regulation Systems

Paul Gilbert's evolutionary model proposes that human beings switch between three systems to manage their emotions. Each system is associated with different brain regions and different brain chemistry.

Distress is caused by imbalance between the systems, often associated with under-development of the soothing system.

