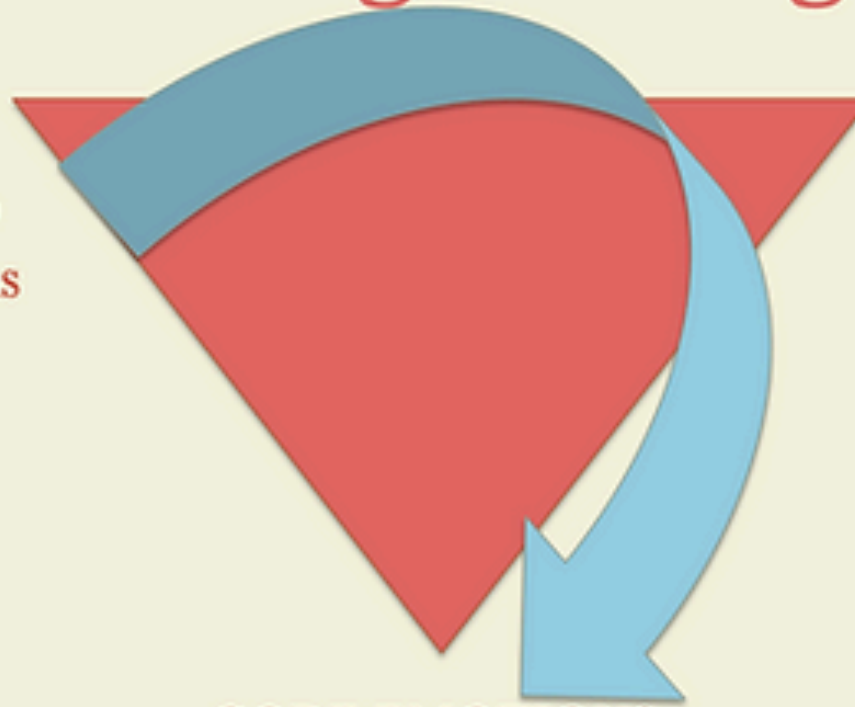


The Change Triangle®

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, & clear