THE CHANGE TRIANGLE
What to Do at Each Corner

Move defense aside to access underlying emotions

Work to calm anxiety and transform shame and guilt to access the core emotion originally thwarted

Defenses
The things we do to avoid core emotions
- Name core emotion
- Validate and accept it
- Sense in body
- Stay with sensation
- Ride the wave till finished
- Use fantasy to satisfy impulses

Inhibitory Emotions
Anxiety, shame, guilt

Core Emotions
Fear, anger, grief, joy, excitement, disgust, sexual excitement

Openhearted State of the Authentic Self
Calm, curious, connected, compassionate, confident, courageous, clear

Stay here as long as possible!
More clarity and calm to tolerate challenges and solve problems constructively for long run

©From It's Not Always Depression p.263
(Random House & Penguin UK, 2018)