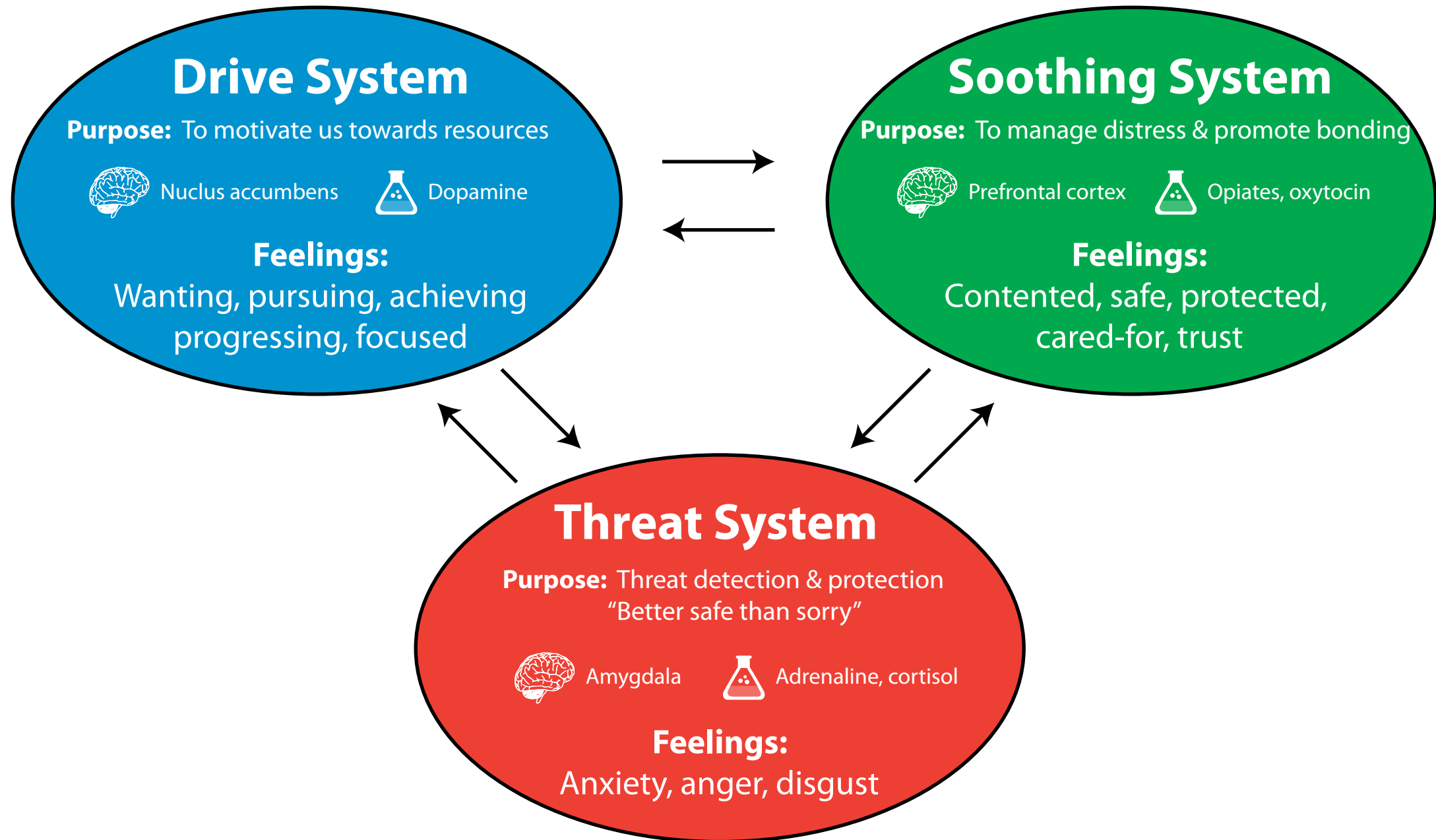


# Emotional Regulation Systems Info Sheet



## Emotional Regulation Systems Info Sheet

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.

