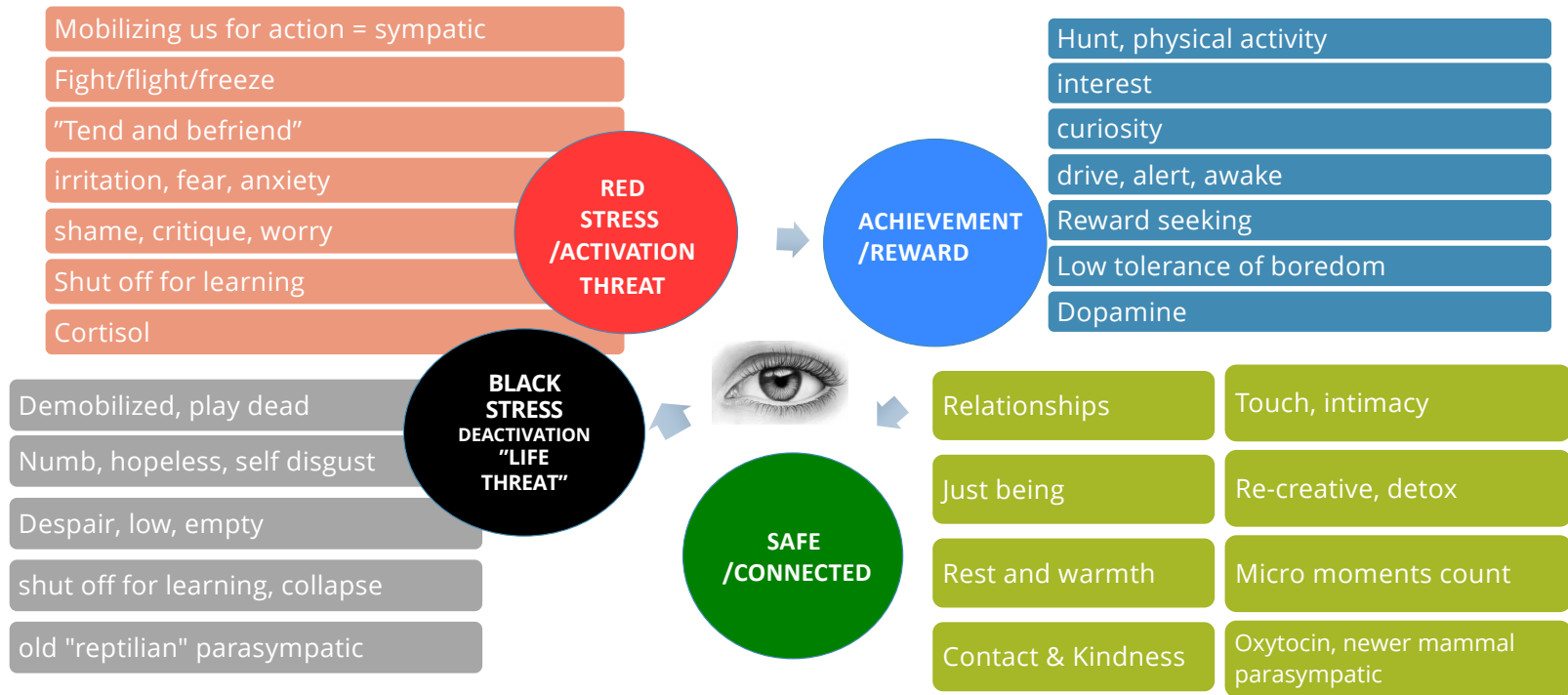


Read more at <https://psykologimedmera.se/halsa/compassioncirklarna-revisited-svart-stress-och-rod-stress>

Our "systems" – same now as 12000 years ago...



Adjusted by Paul Gilbert, CFT with integration from Stephen Porges Polyvagal Theory Nota bene the models don't overlap completely –e.g. in Porges model these are more mixed systems

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