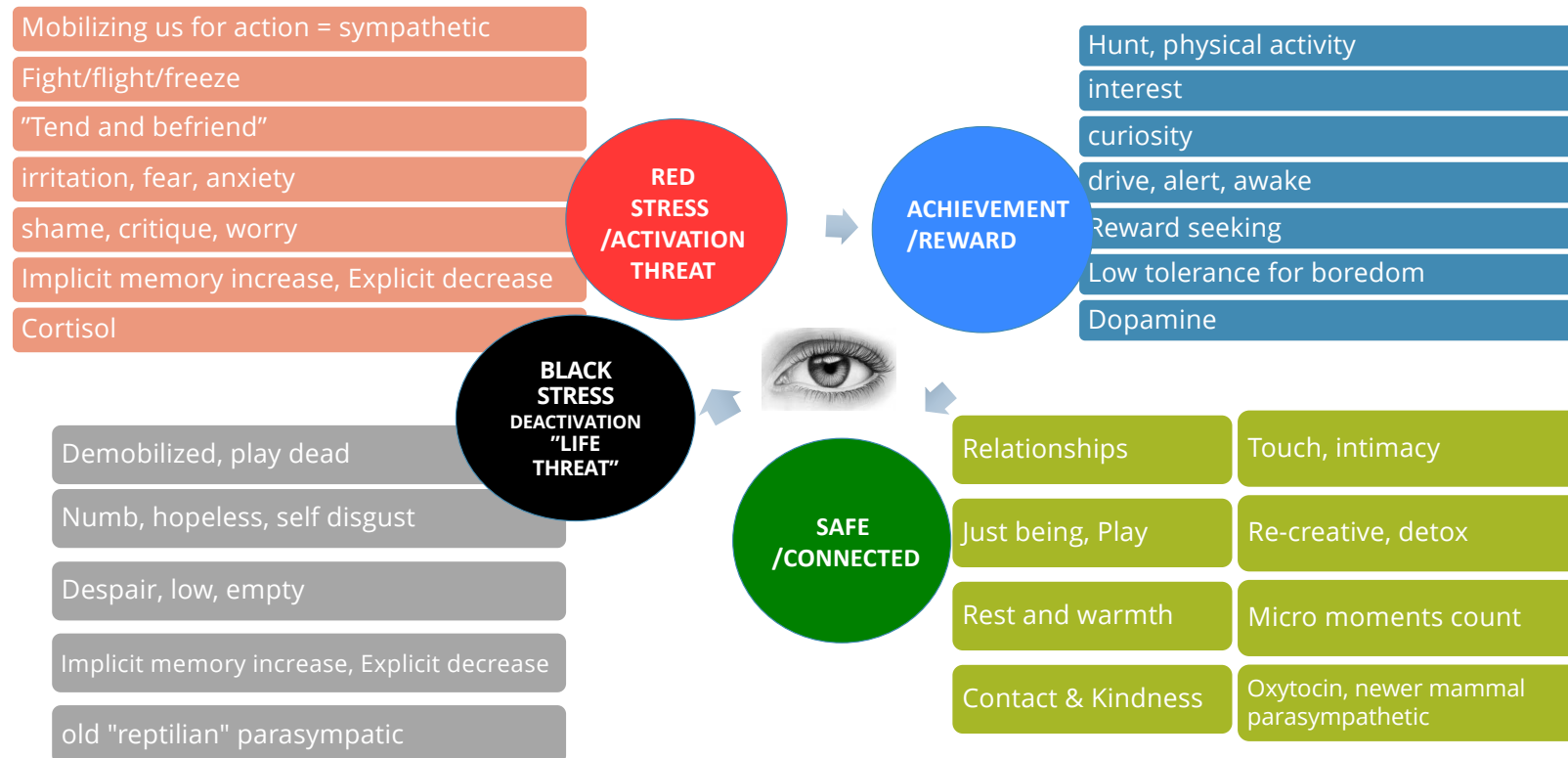


Read more at <https://psykologimedmera.se/halsa/compassioncirkelarna-revisited-svart-stress-och-rod-stress>

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



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

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