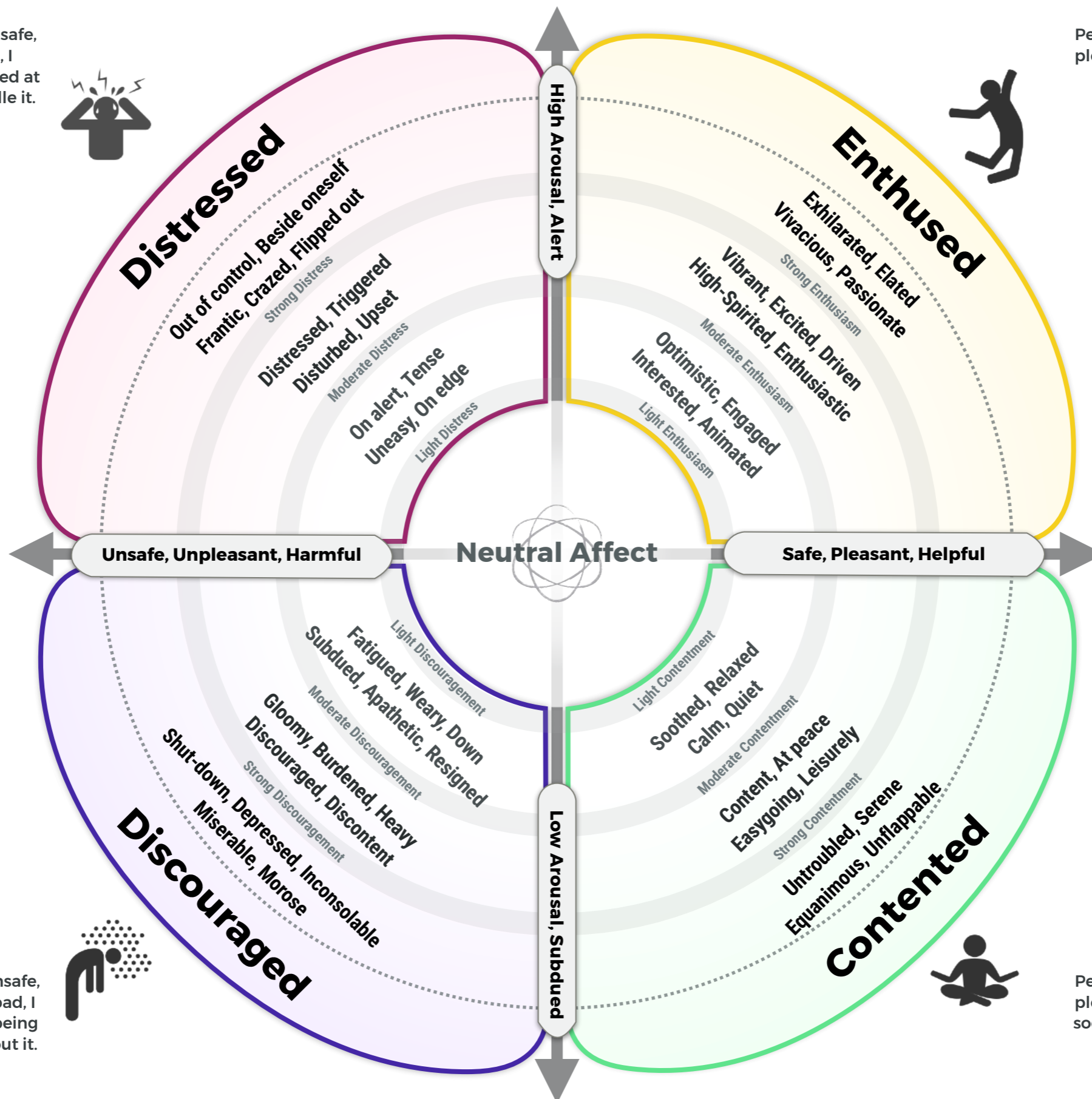


The 4 Core Affect States, at Three Levels of Intensity

Perceiving something as unsafe, unpleasant, or unhelpful, I become agitated or distressed at the notion of trying to handle it.



Perceiving something as safe, pleasant, or helpful, I become enthused by my ongoing engagement with it.



Perceiving something as unsafe, unpleasant, unhelpful, or bad, I become discouraged, not being able to do anything about it.



Perceiving something as safe, pleasant, or helpful, I become soothed, calm, and contented with how things are.



Identifying Signs of Affect Intolerance & Lacks of Emotional Safety

