Emotional Regulation Systems



Purpose: To motivate us towards resources



Nuclus accumbens



Dopamine

Feelings:

Wanting, pursuing, achieving progressing, focused

Soothing System

Purpose: To manage distress & promote bonding





Prefrontal cortex Opiates, oxytocin

Feelings:

Contented, safe, protected, cared-for, trust

Threat System

Purpose: Threat detection & protection "Better safe than sorry"



Amygdala



Adrenaline, cortisol

Feelings:

Anxiety, anger, disgust