OUTSIDE

B

INSIDE INFO

INTEGRATES TRUE
THOUGHTS AND FEELINGS,
BALANCED EMOTIONAL
REGULATION, DRAWS ON
INT/EXT INFO

A

C

COGNITIVELY ORGANISED,
RULE DRIVEN, OVER-
REGULATED EMOTIONALLY,
DRAWS ON EXTERNAL INFO

AFFECTIVELY ORGANISED,
FEELINGS RULE, UNDER-
REGULATED EMOTIONALLY,
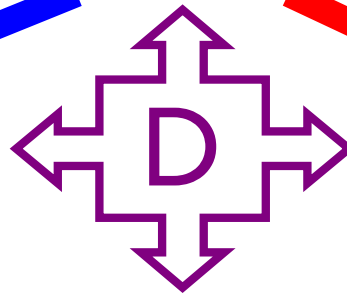DRAWS ON INTERNAL INFO

MIL

MILD

CONCERNIN

CONCERNING

D

ENDANGERING

ENDANGERING

DISORGANISED
INTRUSIONS THAT
UNDERMINE COHERENCE

Inspired by training from Clark Baim & Tony Morrison – Used with permission