

# MAPPING YOUR THREE EMOTIONAL SYSTEMS AT WORK

This exercise will help you **identify how your threat, drive, and soothing systems function** in your current work-life situation. It will provide insights into which system is dominant, whether there is an imbalance, and how you can make adjustments for better emotional regulation.

## 1. STEP 1: REFLECT ON YOUR EMOTIONAL RESPONSES

Take a few minutes to reflect on your past week at work. Think about situations that triggered different emotions. Then, answer the following questions:

### 1. Threat System (Red System) – Stress and Survival Mode

- When did I feel anxious, irritated, or overwhelmed at work?
- What triggered these emotions? (e.g., deadlines, criticism, uncertainty, conflicts)
- How did I react? (e.g., avoidance, overworking, frustration, shutting down)
- Did my response help, or did it increase my stress?

### 2. Drive System (Blue System) – Achievement and Motivation

- When did I feel excited, ambitious, or highly focused at work?
- What drove this feeling? (e.g., achieving a goal, recognition, competition)
- Did I push myself too hard? Did I experience any exhaustion or restlessness?
- Was I satisfied with my achievements, or did I immediately seek the next challenge?

### 3. Soothing System (Green System) – Relaxation and Connection

- When did I feel calm, safe, or emotionally balanced at work?
- What helped me feel that way? (e.g., supportive colleagues, breaks, deep breathing)
- Did I make time for rest, mindfulness, or self-compassion?
- How can I incorporate more of these moments into my daily routine?



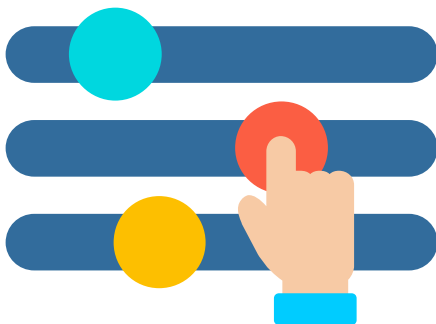
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## 2. STEP 2: VISUALIZE YOUR EMOTIONAL BALANCE

- Draw a simple pie chart representing your **current emotional balance** at work.
- Divide it into three sections: **Threat, Drive, and Soothing Systems** based on how much time you spend in each.
- *Example:* If you feel anxious and overworked most of the time, your **Threat System** may take up 60%, **Drive System** 30%, and **Soothing System** only 10%.



## 3. STEP 3: IDENTIFY ADJUSTMENTS



- If your **Threat System is dominant**, focus on **stress reduction** (breathing techniques, reframing challenges, setting boundaries).
- If your **Drive System is overactive**, ensure you **take breaks, recognize achievements, and avoid workaholism**.
- If your **Soothing System is too small**, prioritize **self-care, connection, and mindfulness**.

## 4. STEP 4: TAKE ACTION

Write down **one small step** you will take this week to balance your emotional systems. Example:

- ✓ "I will take a 5-minute break every two hours to reset my mind."
- ✓ "I will acknowledge my small wins instead of chasing the next goal immediately."
- ✓ "I will reach out to a colleague for support instead of handling stress alone."

This exercise can be repeated weekly to track progress and ensure **a healthier emotional balance at work**.