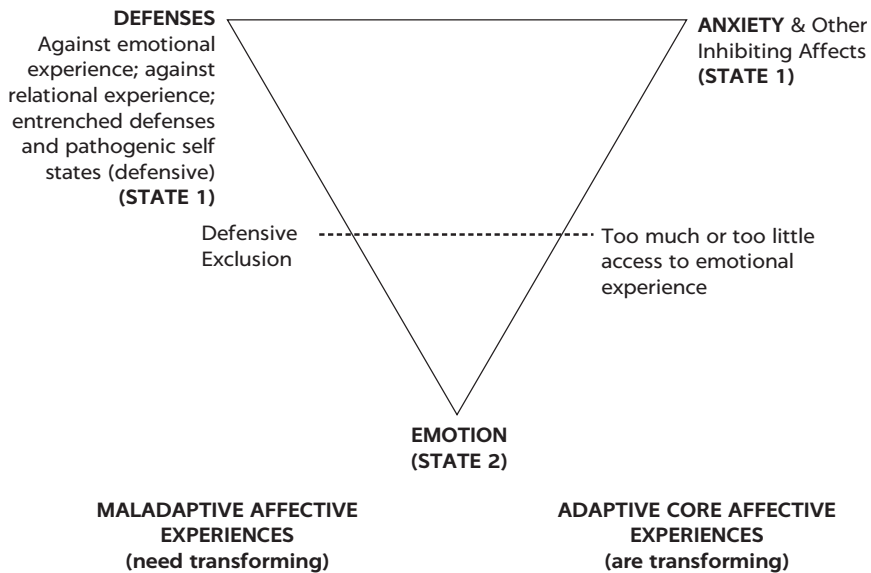


The Triangle of Experience



Legend: Affective Experiences

Maladaptive Affective Experiences

The Pathogenic Affects (e.g., Overwhelm, Toxic Shame, Fear Without Solution); Unbearable States of Traumatic Aloneness (e.g., Helplessness, Fragmentation, Brokenness; Despair, "The Black Hole Of Trauma")

Adaptive Core Affective Experiences

Categorical Emotions; Relational Experiences, Asymmetric (Attachment) or Symmetric (Intersubjective); Coordinated Relational Experiences; Receptive Affective Experiences; Somatic "Drop-Down" States; Intrarelatinal Experiences; Authentic Self-Experiences; Experiences of Agency, Will Desire; Attachment Strivings; The Expression of Core Needs

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