

# Three Emotional Systems

The Drive System



**Incentive/resource focused**  
Seeking/behaviour activating  
Drive/excite/vitality

The Threat System



**Threat focused/safety seeking**  
Activating/inhibiting  
Anger/anxiety/disgust

The Affiliative System



**Non-wanting/affiliative focused**  
Soothing/safeness  
Content/safe/connect

