Schemas, Modes and Self-regulation
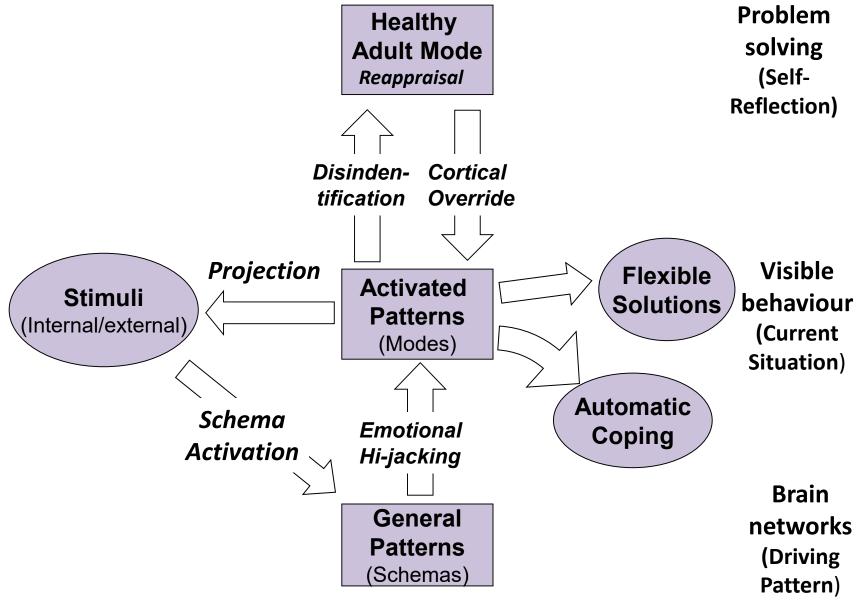

Problem solving (Self-Reflection)

Healthy Adult Mode *Reappraisal*

Disinden-tification *Cortical Override*

Projection

Stimuli (Internal/external)

Activated Patterns (Modes)

Flexible Solutions

Visible behaviour (Current Situation)

Automatic Coping

Schema Activation

Emotional Hi-jacking

General Patterns (Schemas)

Brain networks (Driving Pattern)

E. Roediger