

The Emotion Focused Compass™

A GENTLE GUIDE TO UNDERSTANDING YOUR EMOTIONS, UNMET NEEDS, PROTECTIVE PATTERNS, AND THE PATH TOWARD HEALING.

*A calmer you.
A kinder
tomorrow.*

1 OUR ATTACHMENT NEEDS

We all have core needs that must be met to feel safe, secure, and connected.



LOVE
to be cared for



TO BE SEEN
noticed for who we are



TO BE HEARD
to have our voice matter



BELONGING
to be part of something



TO BE VALUED
to matter and be appreciated



SAFETY
to feel safe and secure



AUTONOMY
to have choice and control



GROWTH
to learn, grow and thrive

2 EMOTIONS ARE MESSENGERS

They tell us whether our needs are being met or not.

WHEN OUR NEEDS ARE MET

Our emotions communicate:



Joy



Peace



Connection



Confidence



*"My needs are being met.
I am safe. I can stay open and engaged."*

WHEN OUR NEEDS ARE NOT MET

Emotions step in to get our attention:



ANGER

A boundary has been crossed.



FEAR

Something feels unsafe.



SADNESS

I've experienced loss or disconnection.



DISGUST

Something doesn't feel right for me.



EMBARRASSMENT

I fear rejection or exclusion.



LONELINESS

There is an unmet need, longing or threat to connection.

3 OUR NERVOUS SYSTEM PERCEIVES A THREAT

"This feeling is dangerous."

Our threat response activates:



FIGHT
Defend, confront, take control.



FLIGHT
Escape, avoid, get away.



FREEZE
Shut down, disconnect.



FAWN
People-please, appease, keep the peace.

These responses helped us survive, but can keep us stuck.

4 PROTECTIVE PATTERNS DEVELOP

Over time, we find ways to cope and protect ourselves.



ISOLATION
Withdraw and shut out.



PERFECTIONISM
Strive to be perfect to feel safe or worthy.



OVERTHINKING
Cycle in worry and what-ifs.



DEPRESSION/SHUTDOWN
Lose energy, motivation, or hope.



BLAMING OTHERS
It's their fault, so I don't have to feel.



NUMBING
Numb or soothe with food or habits.



RESTRICTING
Control, deny or push away needs.

These strategies protected us in the short term, but keep us disconnected from our needs and others.

5 THE CALM PROCESS

When we pause and get curious, we create space to respond instead of react.



Check In

What is happening in my body and nervous system?



Allow

Can I make room for what is here?



Listen

What is this emotion trying to tell me? What do I need?



Meet

How can I respond to this need with compassion?

Curiosity creates the space that compassion can grow.

6 WE BEGIN TO MEET OUR OWN NEEDS

Little by little, we learn to become our own safe place.



REGULATION

Finding greater calm and steadiness in your mind and body.



CONNECTION

Developing a more compassionate and authentic relationship with yourself and others.



HEALING

Creating new patterns that reflect who you are, rather than the ways you've had to cope.