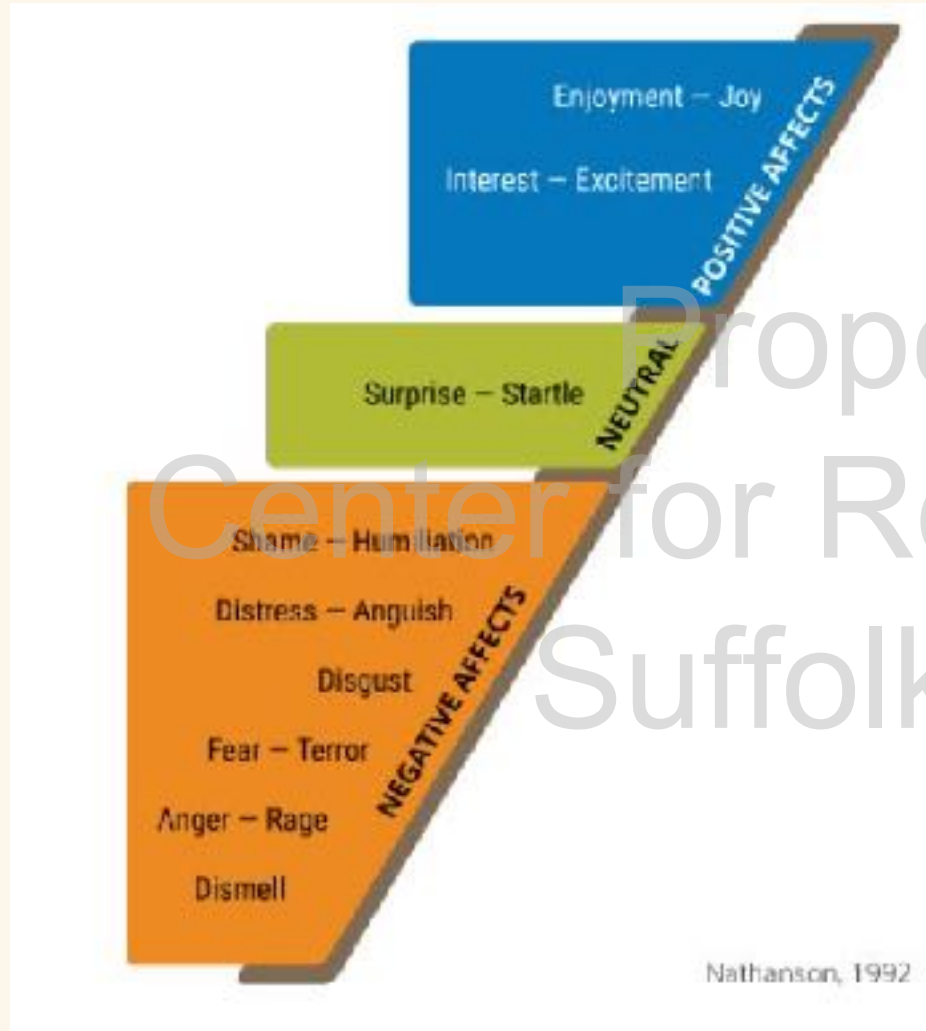
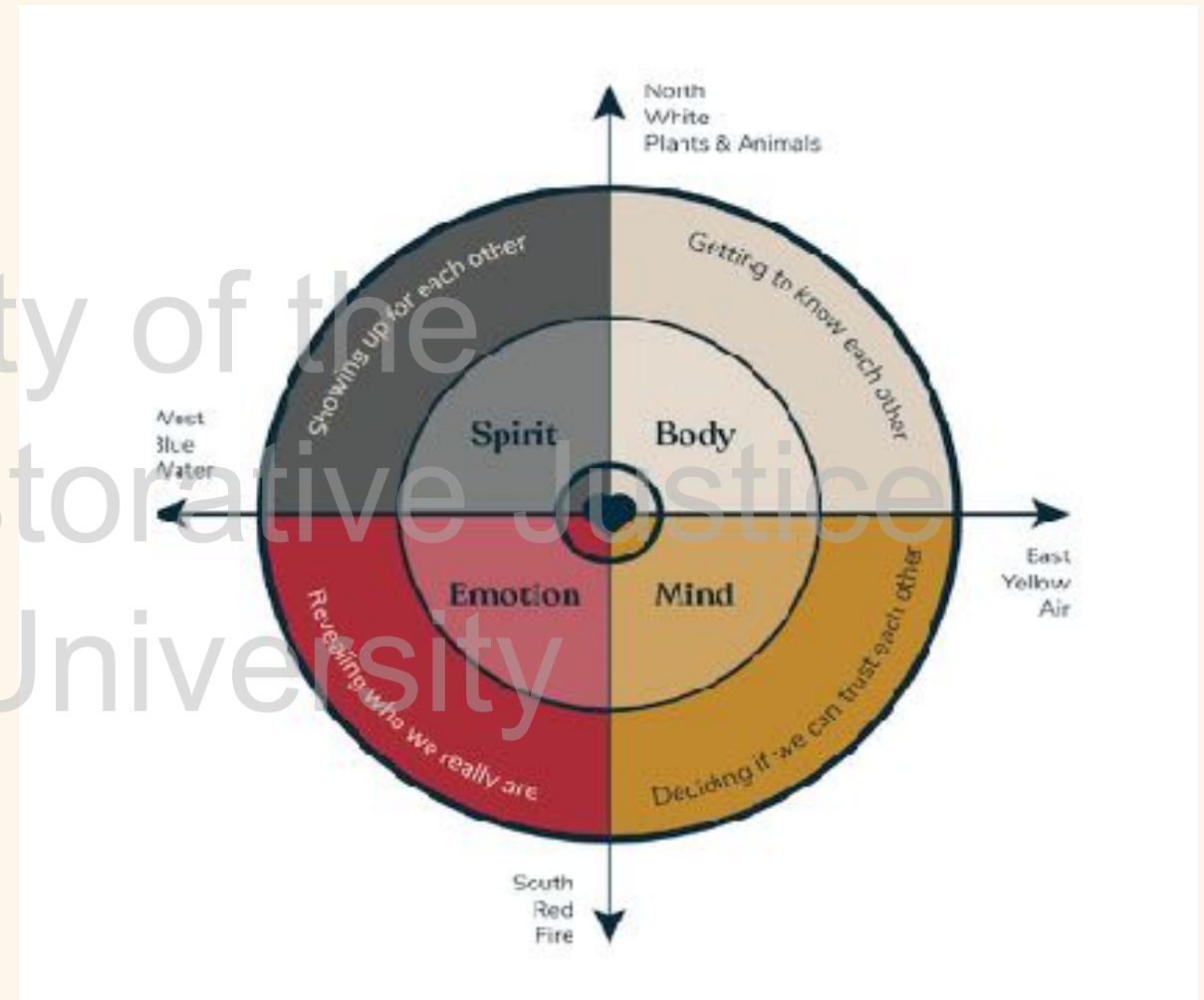


# AFFECT THEORY



# MEDICINE WHEEL



# OUR EARTH AND CONNECTION TO OUR EMOTIONAL WATERS (TOMKINS AFFECT THEORY)



WHAT  
AFFECT?



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WHAT  
AFFECT?



WHAT  
AFFECT?



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WHAT  
AFFECT?



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WHAT  
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WHAT  
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OUR EMOTIONAL WATERS  
AFFECTING  
OUR FIRE (Affect as a  
motivator)

Affect	Motivation
Dismell	Withdraw
Anger–Rage	Attack
Fear–Terror	Run
Disgust	Withdraw
Distress–Anguish	Withdraw
Enjoyment–Joy	Engage
Surprise–Startle	Stop, LOOK, LISTEN
Interest–Excitement	Engage
Shame–Humiliation	Seek to Restore

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# OUR SHARED EMOTIONAL WATERS (AFFECT RESONANCE)

