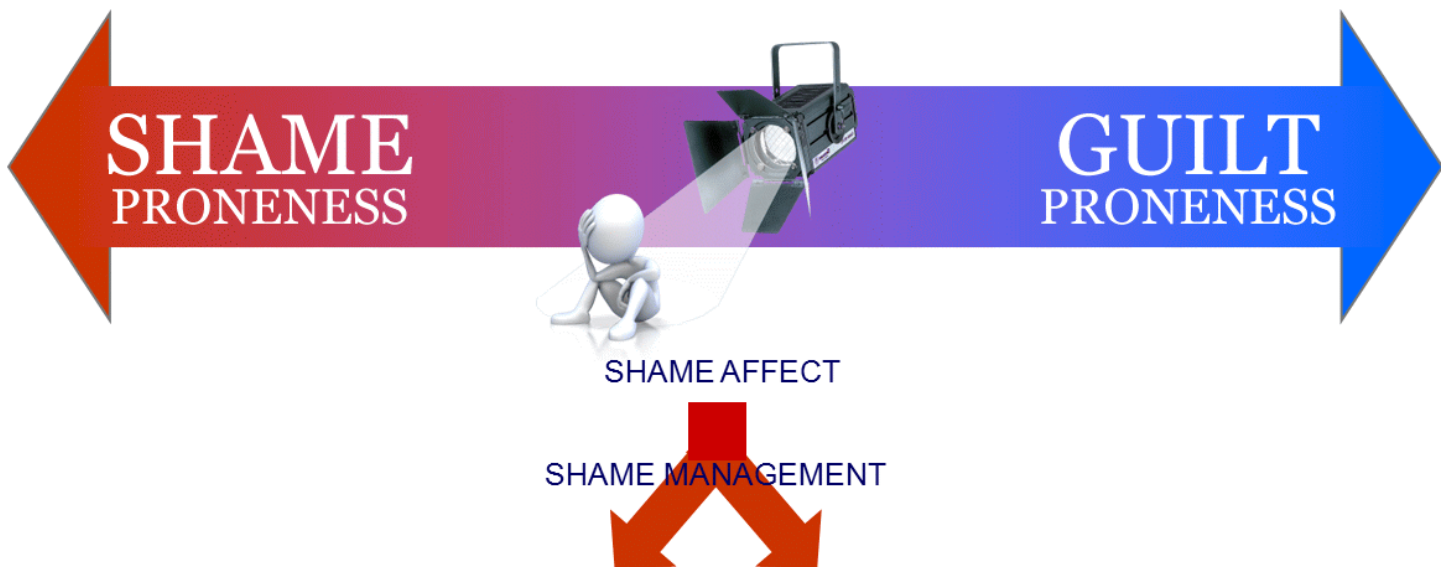


Tomkins' Central Blueprint for Motivation

People are *motivated* to achieve the following *in a balanced way*:

1. Increase positive affect
2. Decrease negative affect
3. Minimise the inhibition of affect (allow its expression)
4. Maximise the ability to do each of the above

We are **HARD-WIRED** to try to achieve this.



We manage shame maladaptively:



We manage shame adaptively (through guilt) when we:

1. Admit the wrongdoing
2. Take responsibility for the effects of our action
3. Make amends for the harm done

e.g. through an RP process

