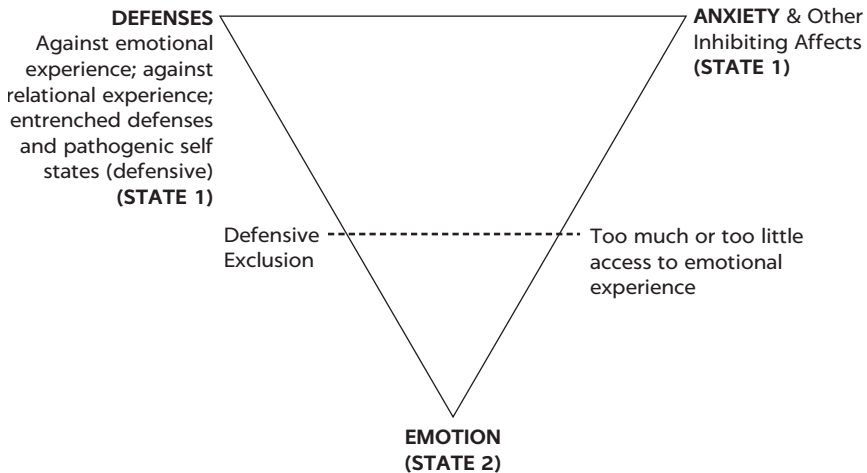
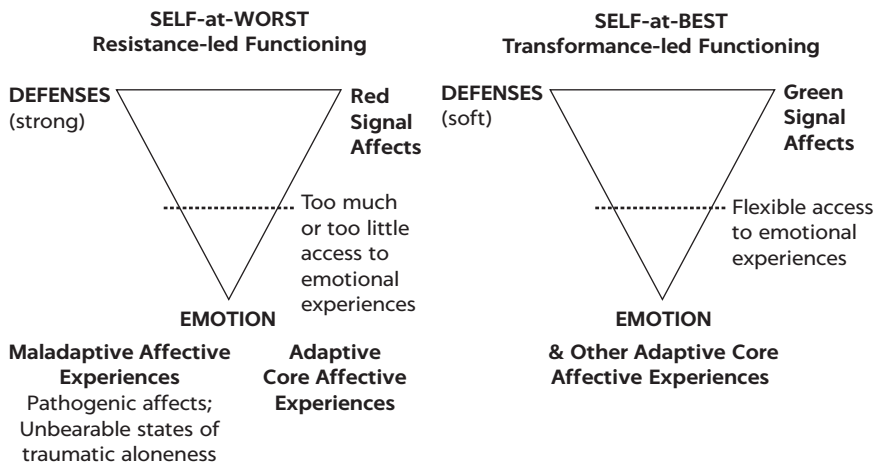


**The Triangle of Experience: Two Versions of the Triangle of Experience—
The Self-at-Worst and the Self-at-Best**



MALADAPTIVE AFFECTIVE EXPERIENCES
(need transforming)

ADAPTIVE CORE AFFECTIVE EXPERIENCES
(are transforming)



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