

Old subcortical areas in the limbic system	Brainstem + limbic system	Limbic system + Prefrontal cortex	Cortex dominates limbic system
BASIC EMOTIONAL SYSTEM (PANKSEPP) In common with mammals Unconditioned emotional responses	SURVIVAL REACTIONS In common with reptiles and mammals Regulates survival	EMOTIONS In common with mammals Regulates interaction in a pack	THOUGHT-FEELINGS Adapt emotional expression to social contexts
SEEKING	ORIENTING	<i>CURIOSITY, WANT, SURPRISE</i>	Interest, need a.o.
RAGE	RAGE	<i>ANGER</i>	Irritated, frustrated, provoked etc
FEAR	MORTAL DREAD	<i>FEAR</i>	Frightened, spooked, worried, unsettled etc
PANIC/GRIEF	PAIN, ATTACHMENT CRY SEPARATION SCREAM	<i>GRIEF, SORROW,</i>	Worried, depressed, moody, whining etc
PLAY	EUPHORIA, CALMNESS (the eye of the storm)	<i>JOY</i>	Delighted, excited, playful, pleasant, feeling good etc
PLEASURE	MATING LUST PROCREATION	<i>SEXUALITY SEXUAL LUST</i>	Excited, attracted to, fancy you, turned on etc
CARING	PROTECTION	<i>CARE</i>	Upbringing, giving and receiving care
Homeostatic system	REVULSION	<i>DISGUST</i>	Distancing, despised, undignified, unpleasant etc
	COLLAPSE, HYPOAROUSAL??	<i>SHAME</i>	Guilt, shame, shy, embarrassed etc

This model builds on a model developed within the Bodydynamic system in 1999. The further development of the model is inspired by Jaak Panksepp and Paul Ekman and happened in collaboration between Steen Jørgensen, Kolbjørn Vårdal and Merete Holm Brantbjerg in 2011-2013.