### Old subcortical areas in the limbic system
- Brainstem
- + limbic system
- Limbic system
- + Prefrontal cortex
- Cortex dominates limbic system

### BASIC EMOTIONAL SYSTEM (PANKSEPP)
- SURVIVALREACTIONS
  - 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
- CURIOUSITY, WANT, SURPRISE
- Interest, need a.o.

### RAGE
- RAGE
- ANGER
- Irritated, frustrated, provoked etc

### FEAR
- MORTAL DREAD
- FEAR
- Frightened, spooked, worried, unsettled etc

### PANIC/GRIEF
- PAIN, ATTACHMENT CRY
- SEPARATION SCREAM
- GRIEF, SORROW,
- Worried, depressed, moody, whining etc

### PLAY
- EUPHORIA, CALMNESS (the eye of the storm)
- JOY
- Delighted, excited, playful, pleasant, feeling good etc

### PLEASURE
- MATING LUST
- PROcreation
- SEXUALITY
- SEXUAL LUST
- Excited, attracted to, fancy you, turned on etc

### CARING
- PROTECTION
- CARE
- Upbringing, giving and receiving care

### Homeostatic system
- REVULSION
- DISGUST
- Distancing, dispised, undignified, unpleasant etc

### COLLAPSE, HYPOAROUSAL??
- SHAME
- Guilt, shame, shy, embarrased etc

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This model builds on a model developed within the Bodynamic 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.

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