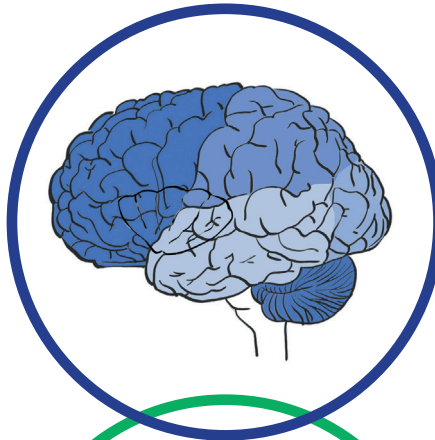


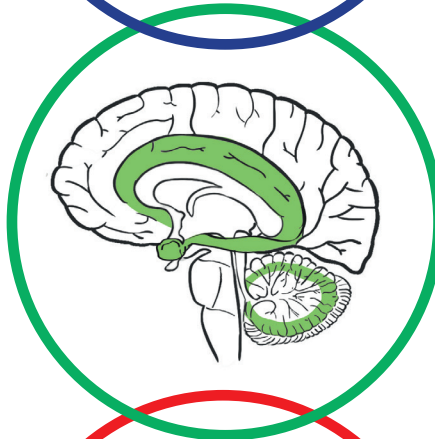
# DE NEUROAFFEKTIVE KOMPASSER

Det præfrontale kompas



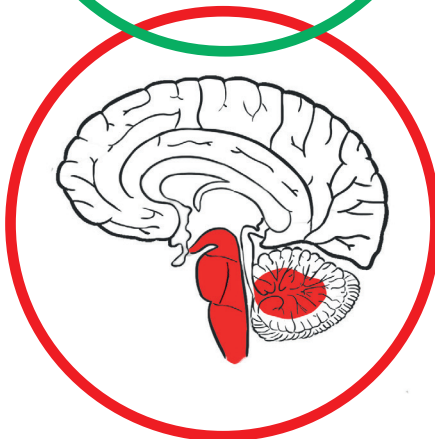
Mentalisering og  
behovsstyring

Det limbiske kompas



Følelsesmæssig  
afstemning og jeg/  
du fokus

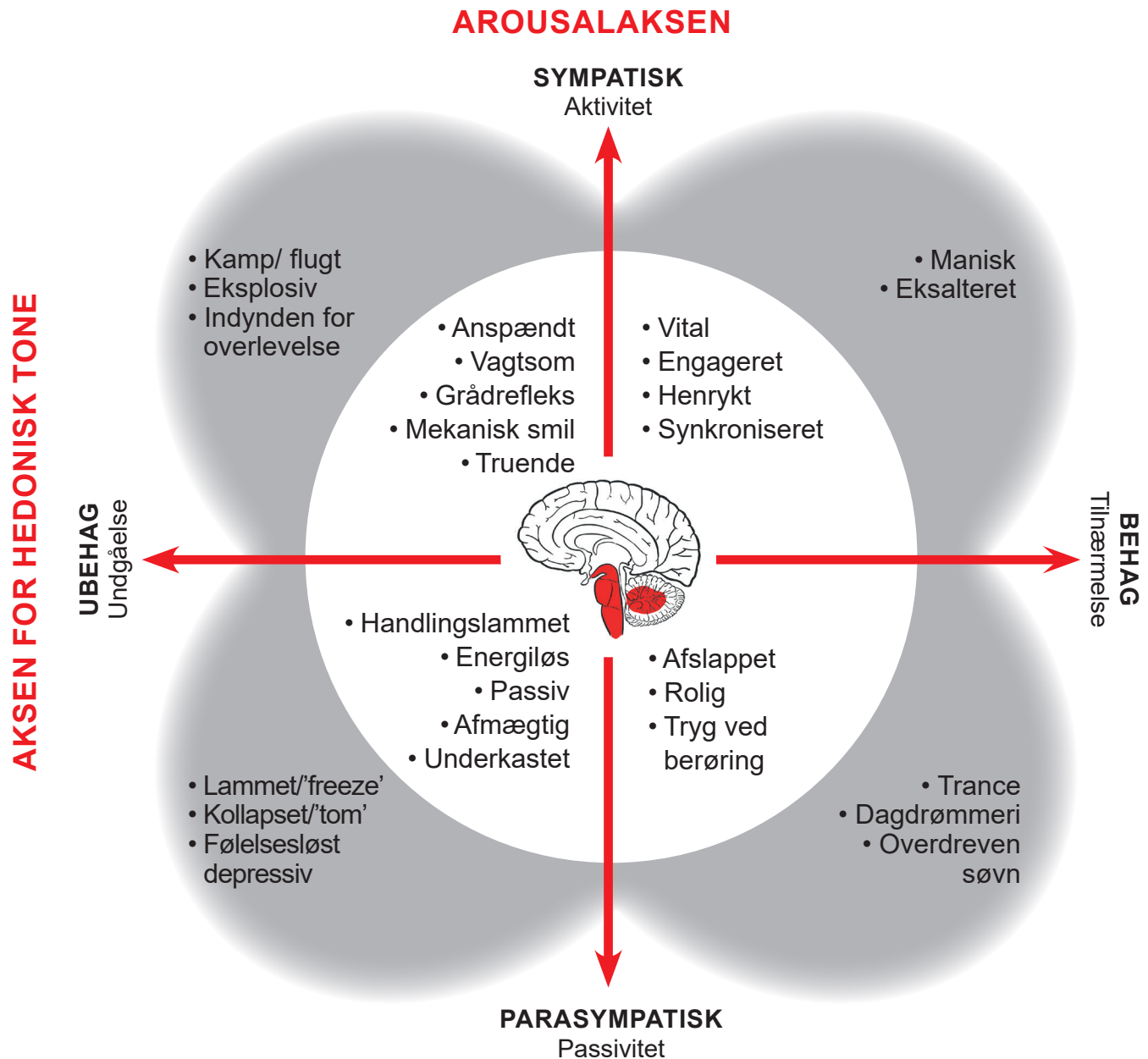
Det autonome kompas



Arousalregulering og  
synkronisering

# DET AUTONOME KOMPAS

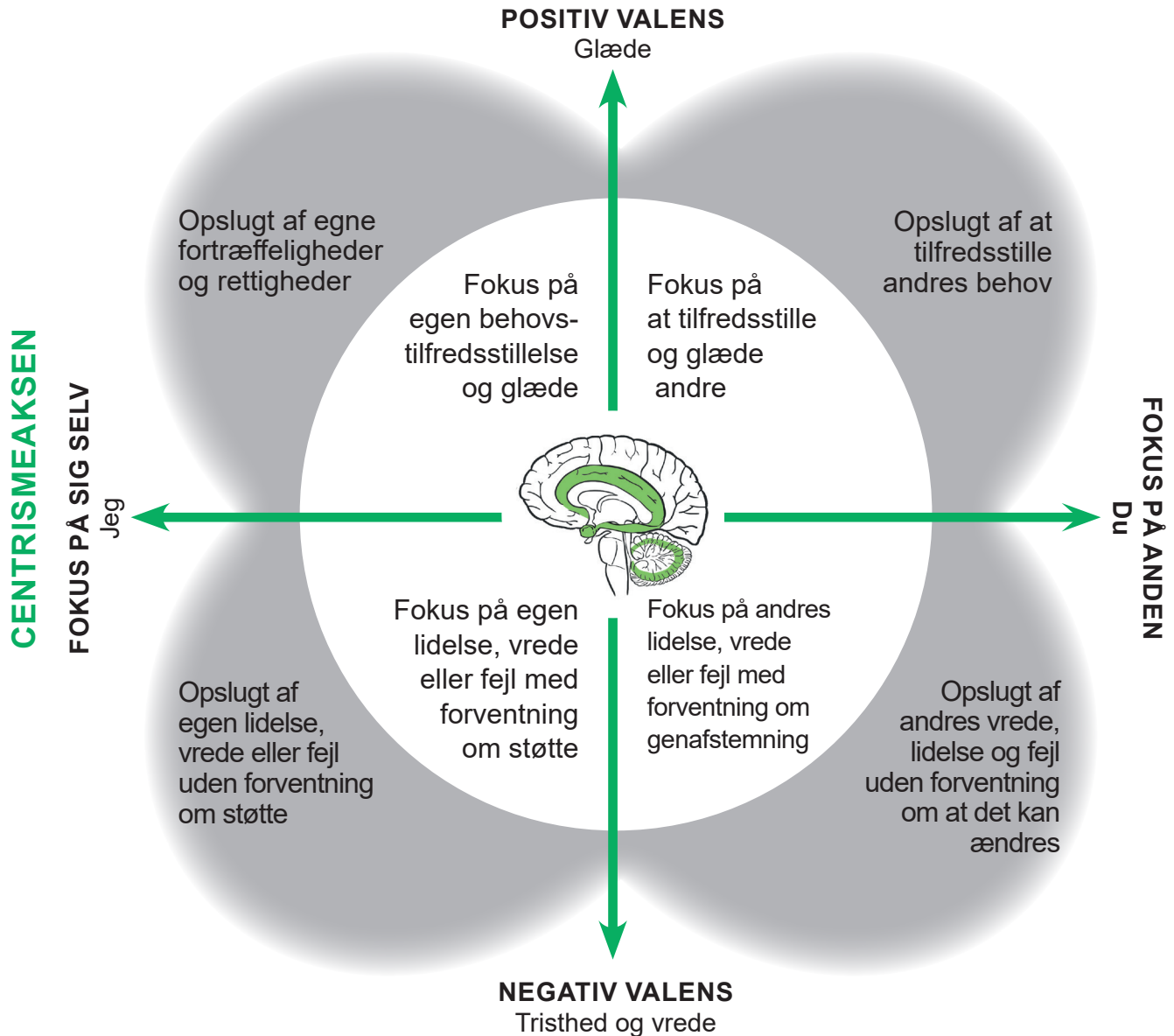
Kompasset for energiskift og kropssansning



# DET LIMBISKE KOMPAS

## Kompasset for interaktionsforventninger

### AKSEN FOR EMOTIONEL VALENS



# DET PRÆFRONTALE KOMPAS

Kompasset for viljesstyret regulering

