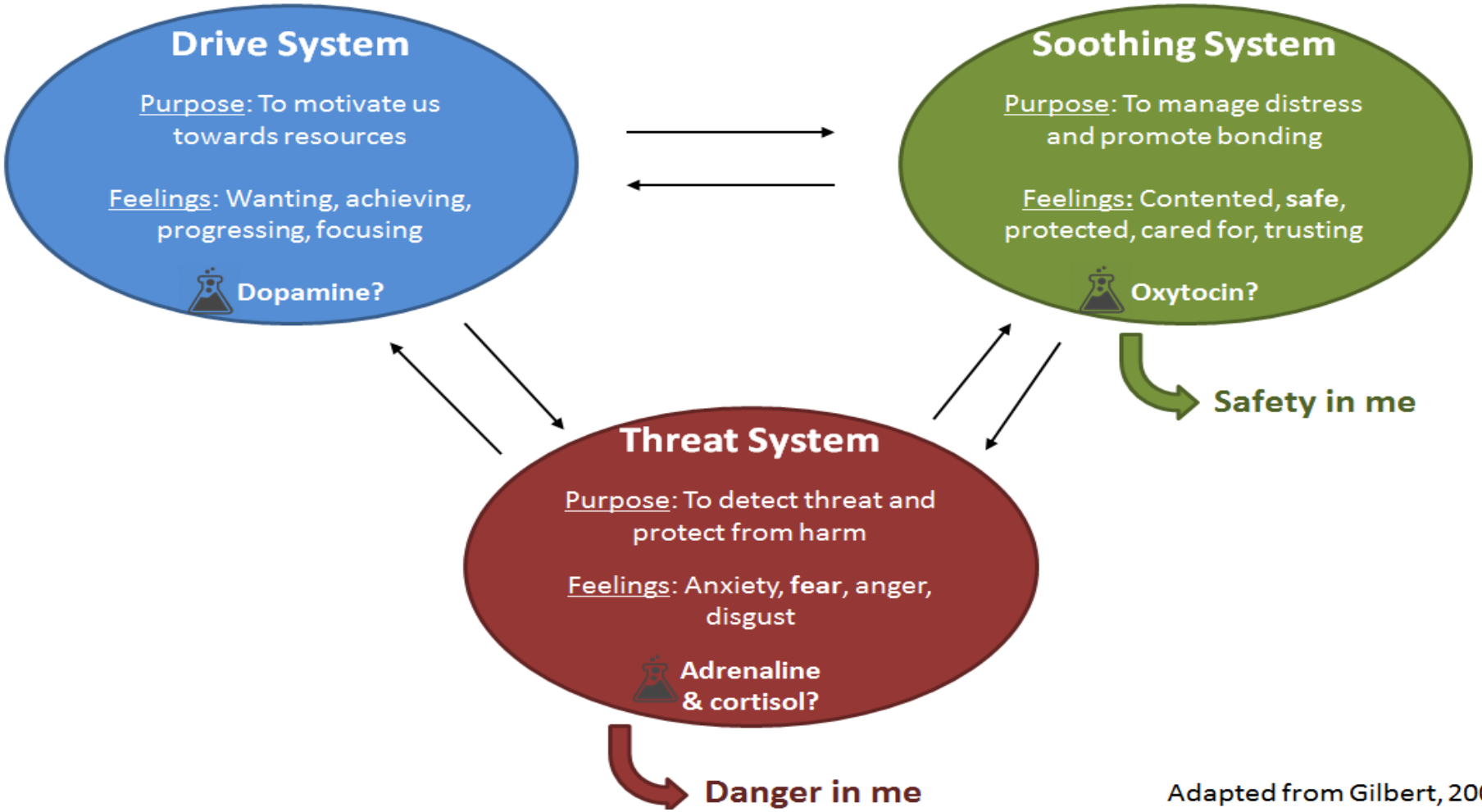
Emotion regulation systems



Adapted from Gilbert, 2009