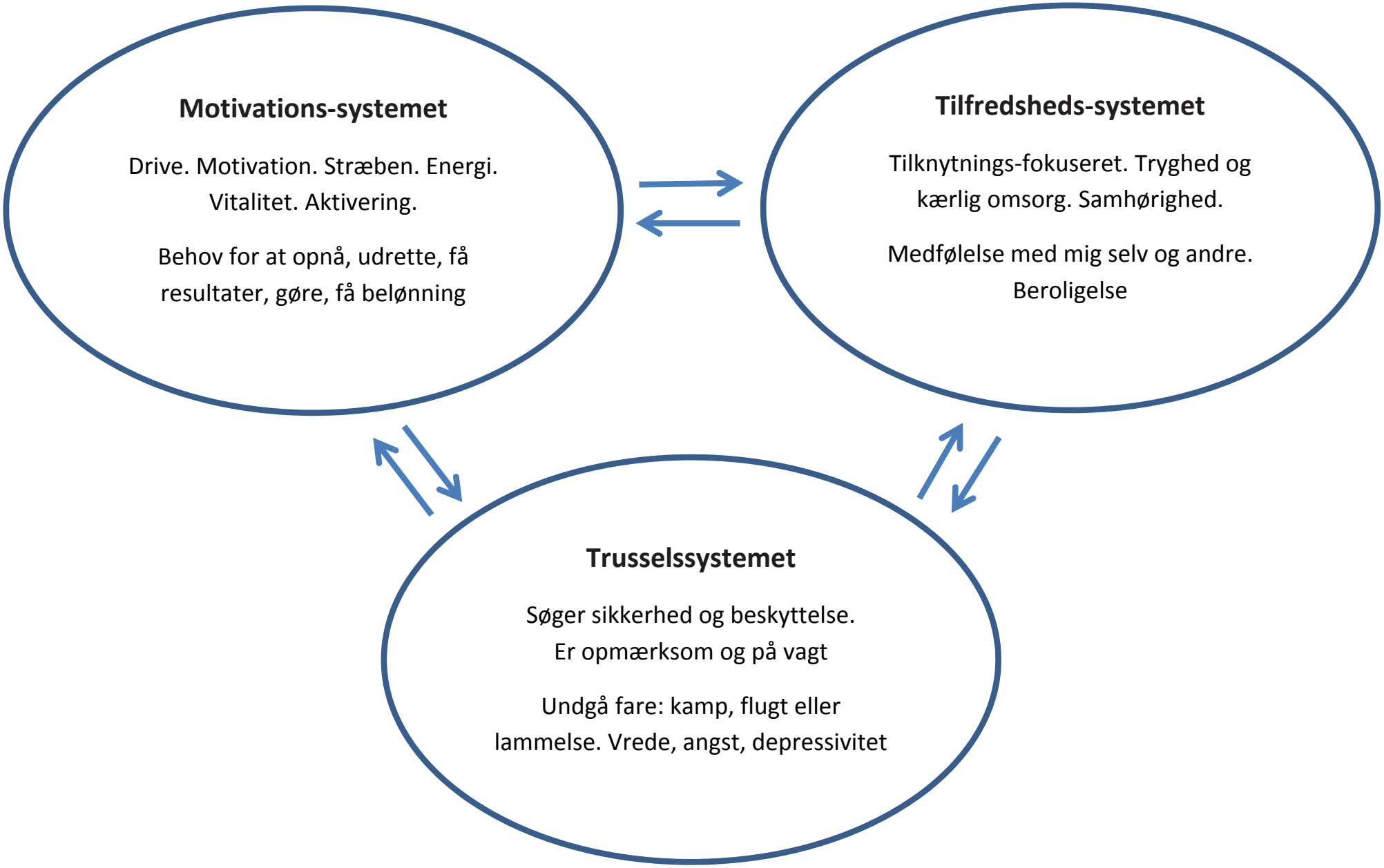Tre følelsesregulerede systemer