

# EMOTIONAL DYSREGULATION FOR PROFESSIONALS



Emotional dysregulation refers to moods that are unstable, and unpredictable within a socially acceptable range.

## LOOK FOR:

- Saying or doing things without regard for safety/impulsive
- Trouble knowing when to stop an activity
- Moods shift rapidly
- Intention and behavior may be disconnected (*example: may laugh at a sad story*)
- Social isolation

# EMOTIONAL DYSREGULATION ACCOMMODATIONS

- Take the individual to a quiet area
- In a moment of intense emotion, ask the individual to pause and record (*e.g., out loud or on paper*) their emotions
- Use mindfulness techniques (*reference mindfulness sheet*)
- Predictability and consistency is key; try to schedule your meetings at the same time
- Distracted or agitated individuals can benefit from physical grounding techniques (*e.g., ask your client to describe a small object from the room, in great detail, for 60 seconds*)



Rewarding positive behavior creates a trend of more prosocial behaviors.

