EMOTIONAL DYSREGULATION

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**

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ACCOMMODATIONS
FOR PROFESSIONALS

- **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.

CITATIONS

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