

MOMENTS THAT CAN INTENSIFY EMOTIONAL DYSREGULATION



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

Feeling misunderstood

2

Several small frustrations

3

Sudden disappointment

4

Hunger, fatigue or pain

5

Being rushed to calm down

6

No time to process

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER