

Use distraction activity

Use emotional intensity continuum

PLUS...

Balanced eating

Regular sleeping

Regular exercise

Physical health

Relaxation/leisure activity

Abuse avoidance

Interpersonal relationship skills

**HELPING
A LOVED ONE WITH
EMOTION
DYSREGULATION
DISORDER**



QUESTIONS TO ASK...

Where are you on your Emotional Intensity Continuum (1 to 5)?

Have you used your notebook?

What skill can you use in this situation and how will you use it?

*If the person cannot think of which one to use,
ask about each one the skills below:*

SKILLS THAT HELP REGULATE EMOTIONS

Distance... step back

Communicate... put words on it

Challenge... reframe it

Distract... get involved

SKILLS THAT HELP MODIFY BEHAVIOURS

Take medications as prescribed

Use relaxation technique

Use self-soothing activity