



# EMOTIONAL DYSREGULATION

**EMOTIONAL DYSREGULATION REFERS TO DIFFICULTY IN MANAGING AND CONTROLLING EMOTIONS. SYMPTOMS CAN VARY FROM PERSON TO PERSON AND MAY INCLUDE:**

- **Intense emotional reactions:** Individuals may experience emotions more intensely than others, such as feeling extremely angry, sad, or anxious in response to minor triggers.
- **Mood swings:** Frequent and abrupt shifts in mood, where emotions rapidly fluctuate from one extreme to another, without an apparent cause.
- **Difficulty in managing stress:** Feeling overwhelmed by stressors and finding it challenging to cope with everyday demands and pressures.
- **Impulsive behavior:** Acting impulsively without considering the consequences, which can lead to risky behaviors, such as reckless driving, substance abuse, or impulsive spending.



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- **Difficulty in interpersonal relationships:** Struggling to maintain stable relationships due to frequent conflicts, mood swings, and emotional outbursts.
- **Low frustration tolerance:** Becoming easily frustrated or irritated, often leading to angry outbursts or emotional meltdowns.
- **Self-harm or suicidal behavior:** Engaging in self-destructive behaviors as a way to cope with overwhelming emotions or to numb emotional pain.
- **Feelings of emptiness or numbness:** Experiencing a sense of emptiness, numbness, or detachment from oneself or others, which can lead to difficulties in connecting with emotions.



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- **Chronic feelings of guilt or shame:** Experiencing persistent feelings of guilt or shame, even for minor mistakes or perceived shortcomings.
- **Difficulty in regulating emotional responses:** Struggling to modulate emotional reactions appropriately in various situations, leading to overreactions or underreactions.

**It's important to note that experiencing occasional emotional fluctuations is normal, but if these symptoms significantly interfere with daily functioning or quality of life, seeking professional help from a mental health provider is recommended.**