



WITH UNDERSTANDING
COMES CALM, LLC

Skolnick Formula for Emotion Dysregulation™

where we **should** intervene
using meta cognition

Gifted Characteristics

- Intellectual Interests
 - Existential Considerations
 - Asynchronous Development
 - Perfectionism
 - OE/Superstimulabilities
- +
- Anxiety
 - Stress
 - Frustration
 - Misunderstanding
- =

Emotion Dysregulation
(Challenging Behavior)

→ Reaction

where we usually
intervene



For more on this topic, check out Julie Skolnick's session inside the **Let's Talk 2e**
Adult Conference. Get \$70 off when you enter the code 2ETOOLBOX at checkout.





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The 2e Adult's Guide to Emotional Regulation

During a calm moment, establish several responses that can help avoid a big reaction:

A. Create a menu of acceptable choices for YOU when you're triggered.

Some examples include:

- Walk away
- Sit quietly
- Work out
- Take a shower
- Use a mantra like "This isn't working out. Can we start over?" or "I need a break, can we resume this conversation in 30 mins?"

B. Metacognition for 2e Adults:

Ask yourself these questions when you enter a difficult or triggering interaction

- "What is the goal and is what I'm about to say/do going to get me to that goal?"
- "What is my trigger?"
- "Is it more important to win or to preserve this relationship?"
- "If I pause, will I be more calm later and therefore more effective?"



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