The Skolnick Process for Emotion Regulation

Innate Gifted Characteristics

- · High Abilities
- Existential Considerations
- · Asynchronous Development
- Perfectionism
- Overexcitabilities

Potential Manifestations of Giftedness

- Anxiety
- Stress
- Frustration
- Loneliness
- Challenging Behaviors





- Punishment
- Consequences
- Ultimatums
- · Shaming/Guilt
- · Physical Force
- Isolation



Emotion Dysregulation



Anticipatory

- Personal Connection
- Reframe
- Anticipate
- Incentives/Choices
- Sense of Humor
- Exercise







