

TRANSACTIONAL MODEL of DYSREGULATION

4. HEIGHTENED EMOTIONAL AROUSAL P1:

Describe your emotional reactions. (face & body language, posture, gestures.)
Identify your primary & secondary emotions.

PRIMARY _____

SECONDARY _____

BIOLOGICAL CHANGES

3. INTERPRETATION P1: Describe your thoughts, beliefs or assumptions of the event (see #2).

5. INACCURATE EXPRESSION P1:

Describe the message you sent with your words and behavior.

P1: Goals:

5. INVALIDATING RESPONSES P2:

Describe the message you sent with your words and behavior.

P2: Understanding:

4. HEIGHTENED EMOTIONAL AROUSAL P2:

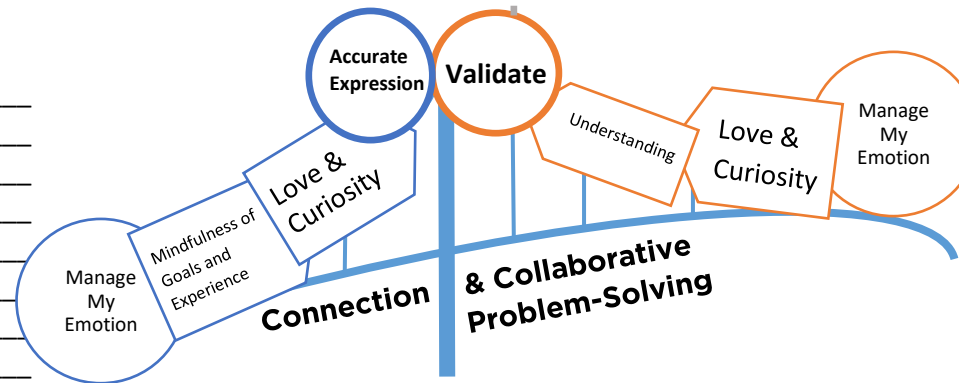
Describe your emotional reactions. (face & body language, posture, gestures.)
Identify your primary & secondary emotions.

PRIMARY _____

SECONDARY _____

BIOLOGICAL CHANGES

3. INTERPRETATION P2: Describe your thoughts, beliefs or assumptions of the event (see #2).



2. PROMPTING EVENT: Describe what happened nonjudgmentally- stick to the facts: who, what, when, where _____

1. VULNERABILITIES P1: Describe what impacted the intensity of your emotion or response _____

VULNERABILITY FACTORS

Social/Cultural/Environment
Personality/Temperament
Invalidation/Current Baseline
Biological influences/Conditioning
Lack of communication skills/myths

1. VULNERABILITIES P2: Describe what impacted the intensity of your emotion or response _____
