

Responding to the Person with Emotional Intensity Disorder

1. Where are you on your *Emotional Intensity Continuum* (1-5)?
2. Have you used your folder?
3. What skill can you use in this situation? How will you use it?
4. If the person cannot think of what skill to use, ask about each one on the list.

Emotion Regulation Skills
Distance: step back
Communicate: put words on it
Challenge: think about it differently
Distract: get involved
Manage problem

Behaviour Skills
Take medications as prescribed
Use relaxation technique
Use self-soothing activity
Use distraction activity
Use Emotional Intensity Continuum
Use reinforcement team member
Eating
Sleeping
Regular exercise
Physical health
Relaxation/leisure activities
Avoid abuse
Use relationship skills