

# What is Emotional Dysregulation in Children?

Emotional dysregulation is the inability to be aware and modulate which emotions one is experiencing, when they are occurring, and how they are experienced and expressed. A child or adolescent's capacity to regulate their emotional state and emotional reactions affects their family, peers, academic performance, long-term mental health, and their ability to thrive in a complex world. This is an acquired skill, and we are here to help.

## Behaviors that may indicate that your child is suffering from Emotional Dysregulation



### 1. Anger

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excessive emotional outbursts that seem incongruent with what is occurring; screaming, hitting, kicking, threatening



### 2. Anxiety

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fearfulness, phobias, trouble concentrating, nervousness, somatic symptoms, restlessness, tension



### 3. Defiance

---

open resistance or bold disobedience



### 4. Obsessive Tendencies

---

repeated, persistent and unwanted thoughts, urges, behaviors or images that are intrusive and cause distress or anxiety



### 5. Sadness

---

excessive crying, depressed mood, isolation, negative self talk



### 6. Self Harm

---

cutting, self mutilation



### 7. Suicidal Thoughts

---

verbal or written expression of intent to self harm

if your child or teen are  
experiencing one or more of  
these behaviors, there is help.  
call for a free consultation and  
learn about your options



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