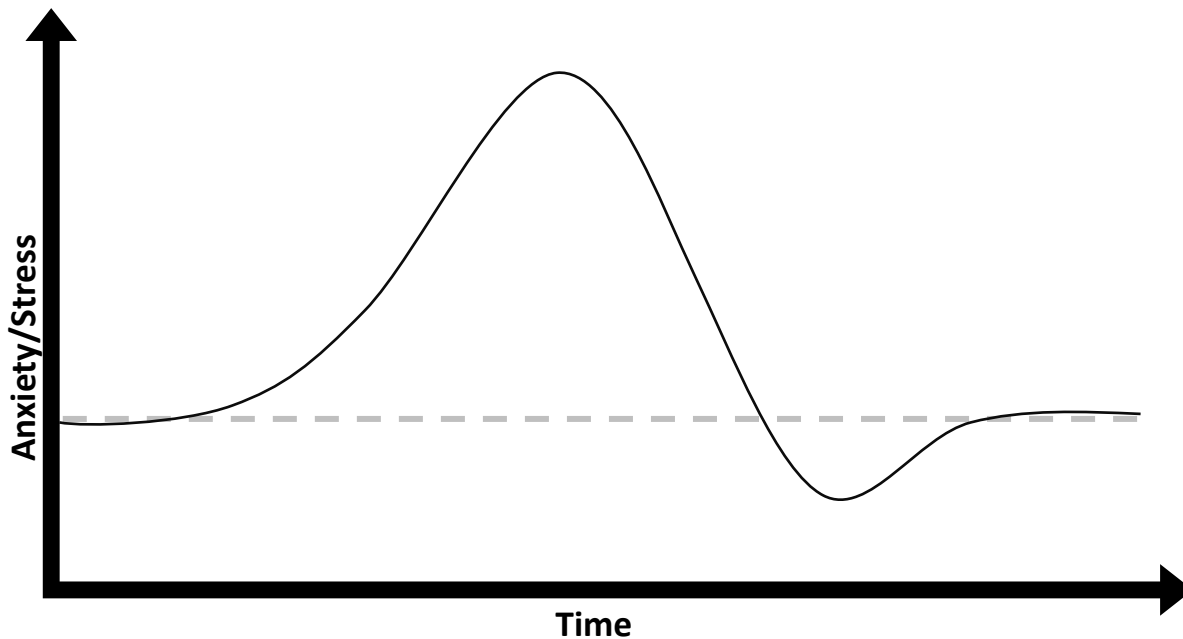


Emotional Regulation – The Anxiety Curve



Area	Description	Notes
Baseline	This is where our emotional baseline is. This changes from person to person. If your baseline is higher you might find that you escalate quicker to crisis.	
Trigger	This is something that happens that causes an emotional reaction. This can be one thing that happens or a series of triggers over a period of time. Triggers can be external (things, people or activities around you) or internal (feelings or thoughts inside of your body)	Describe some known triggers for you:
Build Up	This is when you begin to notice the changes and begin to feel overwhelmed. You can use strategies here to help yourself feel calm again. Sometimes you can have a delayed build up period.	What signs do you are becoming more emotionally deregulated? What strategies help you here?
Crisis point	This is when you are most emotionally deregulated/stressed. Your thinking part of your brain stops working and the emotional part of the brain starts to respond meaning you will be in fight, flight or freeze.	Do you go into fight, flight and freeze? Are there any changes in different situations? What strategies help you here?
Recovery	This is where you calm down and begin to feel better again. Watch out for the post event depression – this is where you can feel upset, disappointed, embarrassed.	What helps you calm down? What signs do you have that you are feeling clam again?