Transactional Model of Emotion Dysregulation: Step-by-Step

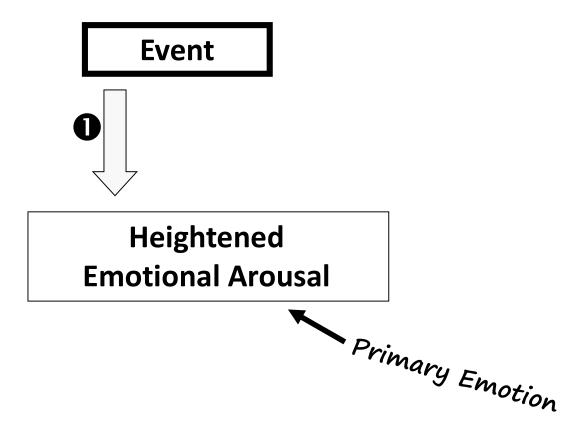
Alan E. Fruzzetti, Ph.D.



Individual Emotion
Vulnerability &
Emotion Dysregulation

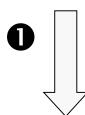
Invalidating Responses



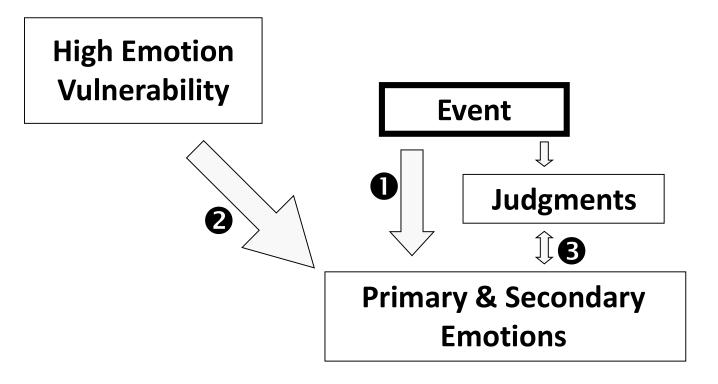


Vulnerabilities (temperament, current biology, conditioning, baseline now)

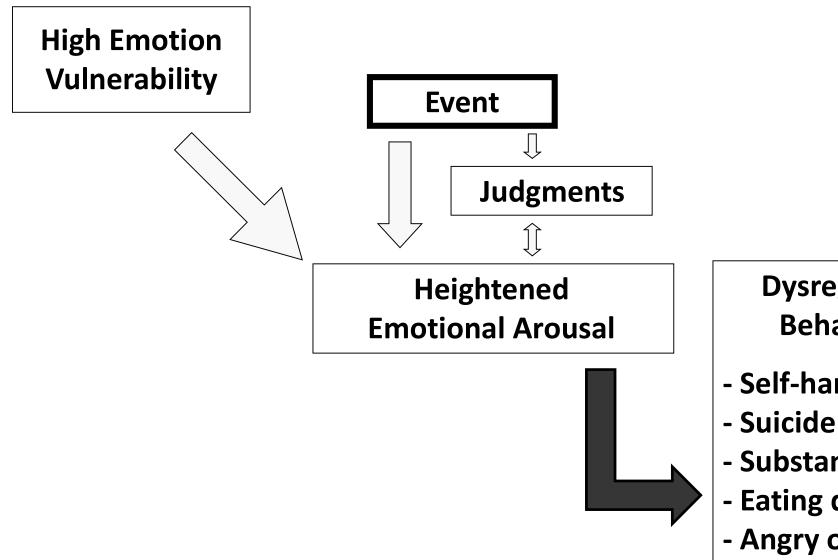




Heightened Emotional Arousal

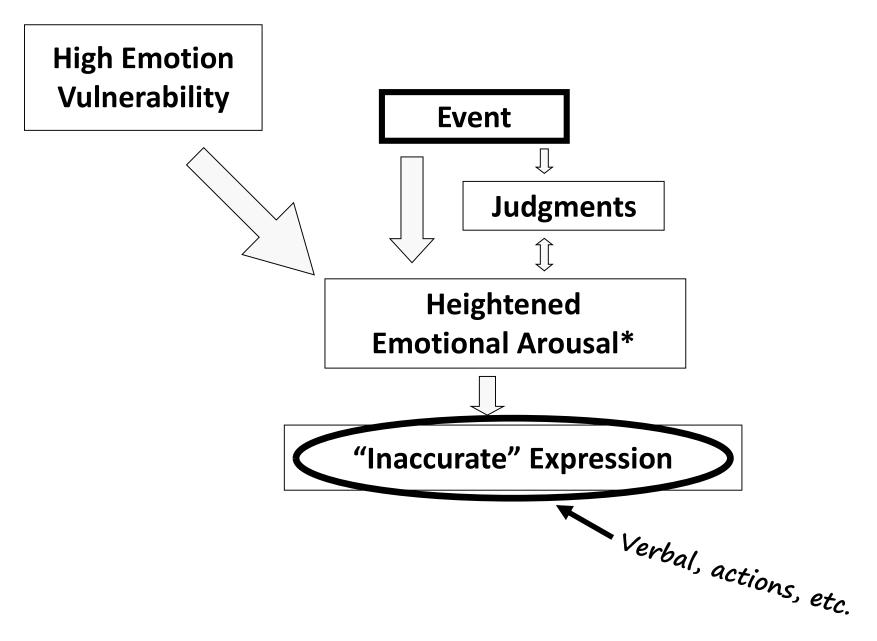


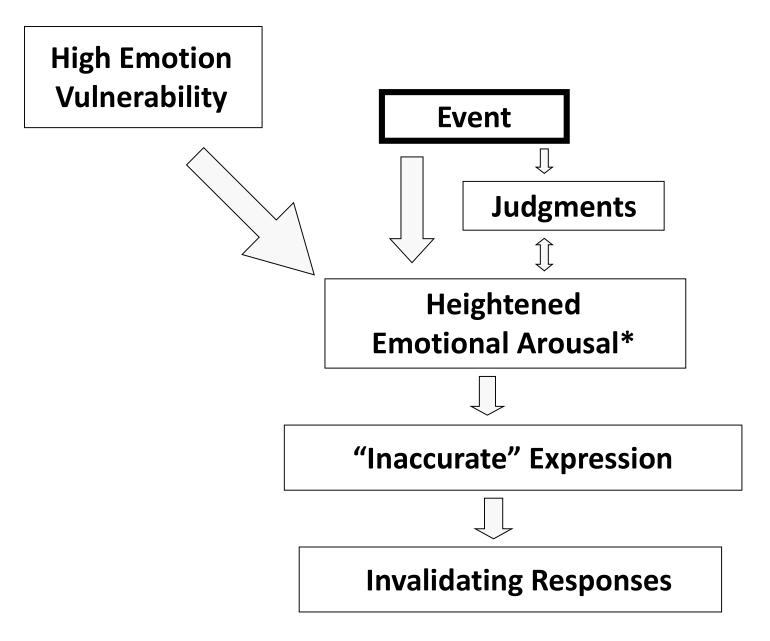
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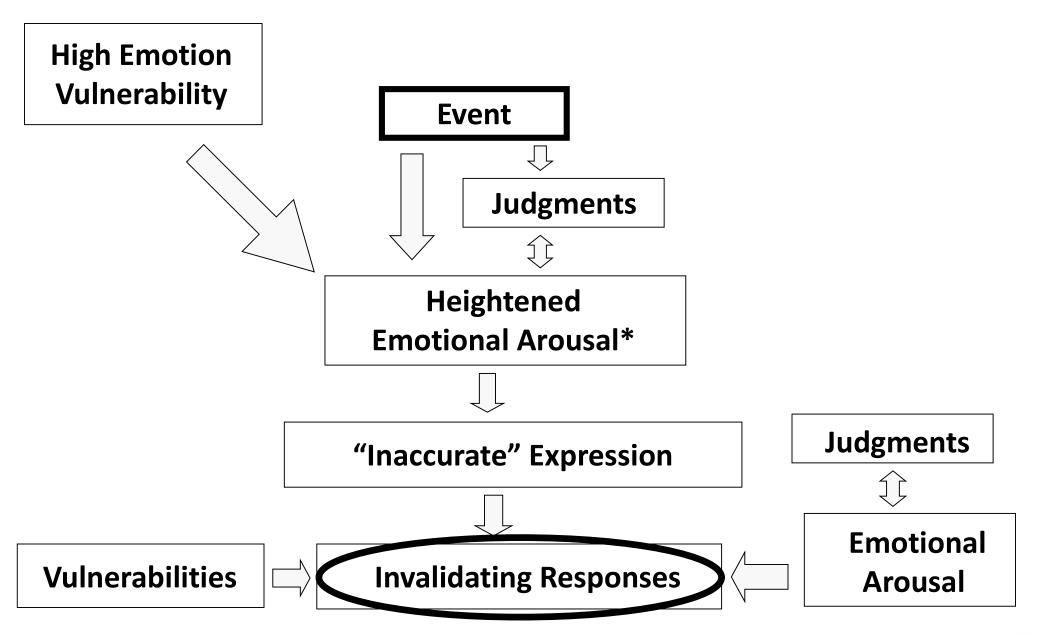


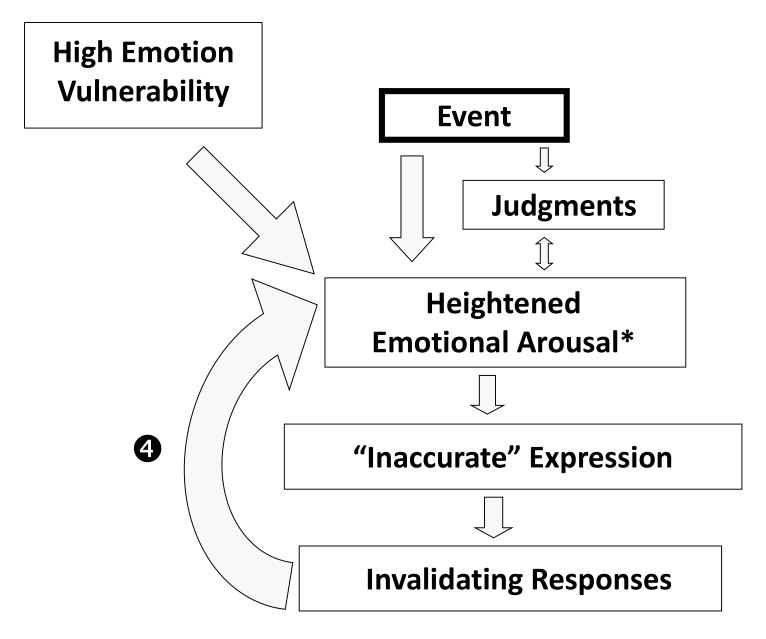
Dysregulated Behaviors:

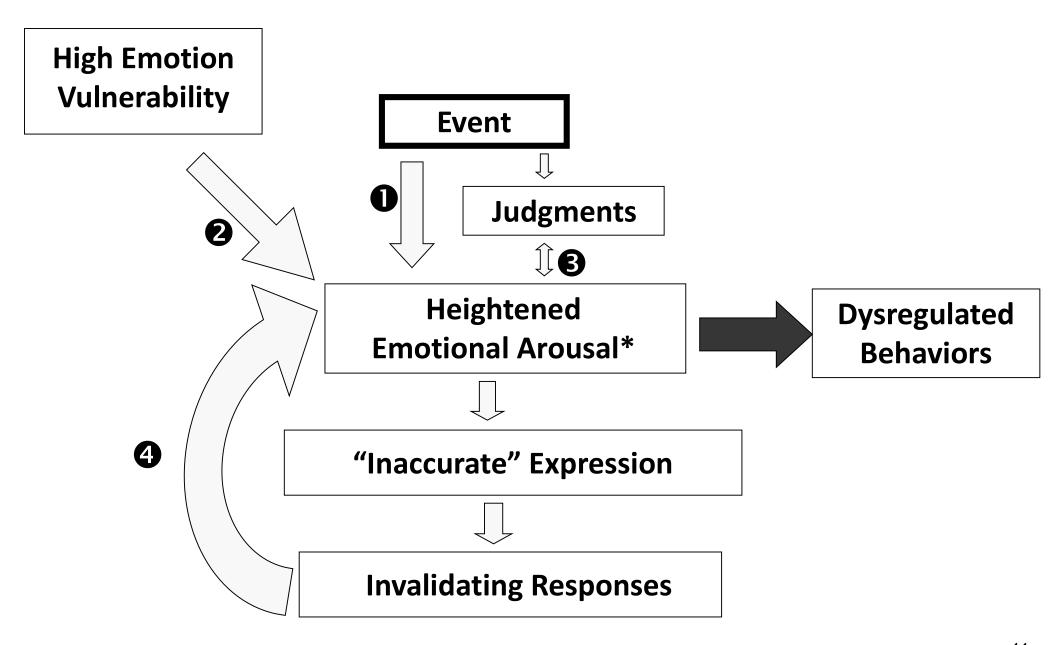
- Self-harm
- Suicide attempt
- Substance use
- Eating disorder
- Angry outbursts
- Withdrawal

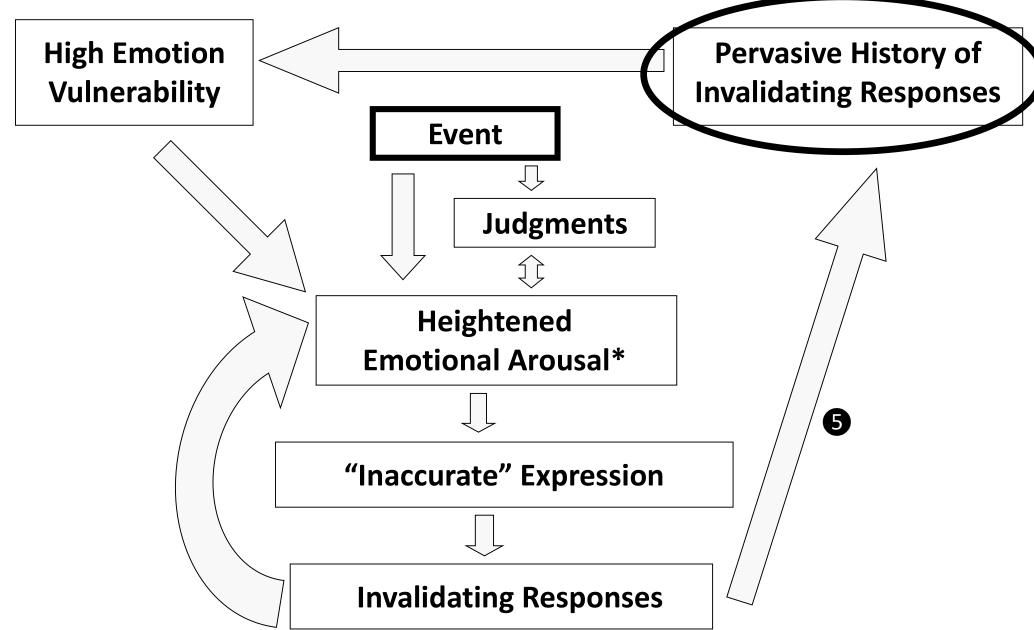


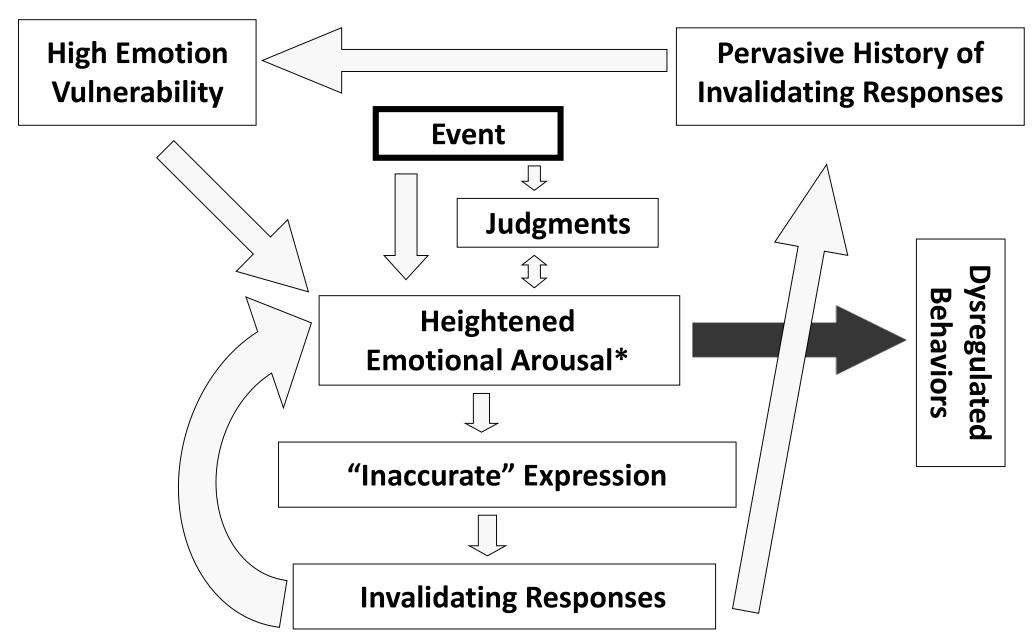












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