



**1/29/19**

## **Your Life Matters Podcast Summary**

### **Overreacting / Emotional Dysregulation.**

#### **What is Emotional Dysregulation?**

It is when we over react.

It is Violence that is patience practiced too long.

We can all think of times when we overacted to something that was going on. The noise and chaos of kids not listening or responding, people not following procedures. Things started out small and escalated to a point that we become emotional volcanoes. We react by:

- Yelling
- Screaming
- Throwing things

We saw the terror in people's faces when we erupted.

#### **Results of Overreacting:**

- We feel bad, ashamed, and embarrassed for reacting so strongly.
- The people who witnesses the emotional explosion feel shocked and scared.



### **Examples of Situations of Overreacting:**

- Two kids want a toy or they are playing games and fighting over the rules. One kid keeps telling the other child, I want to do it this way, over and over again with no reaction. Often times we see them take a swing. That is when mom or dad steps in.
- At lot of times as parents we are in the same situation. We are juggling a lot of things, and we want kids to get going and get in the car. We tell them multiple times, get in the car. Then we explode, not physically but emotionally. We feel frustrated and we say things in a tone that we normally wouldn't say. You can tell when you have overreacted. You feel it in yourself and see it in the faces of the other people.

### **How does it this happen?**

- We don't speak up when the situation is small and wait too long to address the situation until one day we explode.

This can happen in at school, at home, and at work.

### **Examples of each Situation:**

- In a Classroom - students need to be ready for dismissal and for the bus. They are moving slowly or fooling around.
- At Home- your spouse continually leaves coffee cups all over the house.
- Work- The procedures are ignored.

Each of these examples are not initially earth shattering, but they are common habits that are annoying. The problem comes when the person who is annoyed doesn't say anything. For the sake of keeping the peace or being patient, they "let it go" until one day when he/she is tired, busy, sick, overwhelmed and they've had it and they overreact or explode.



Patience is not a virtue or the best solution when it leads to violence, whether it's verbal or physical. Established routines and procedures need to be explained and practiced. We need to speak up, ask questions, and require compliance. Set our boundaries. Setting boundaries means stating our needs or requiring others to honor their agreements. This prevents the "violence of emotional explosions."

**Examples of setting boundaries:**

At School- If the kids are not getting ready on time for the bus and are fooling around and going slow.

- Give them a reminder before the bus comes. Such as: The bus will be here in 3 minutes. Please quietly get ready.

At Home- to spouse. If your spouse continually leaves his coffee cups around the house and it bothers you.

- Ask: Could you please bring the coffee cups into the kitchen.
- Make sure you thank them for bringing the coffee cups into the kitchen.

At Work - The first time procedures aren't followed:

- State: "I see that your report isn't in yet. Do you have any questions? It needs to be completed by the end of the day.
- Giving your co-worker a specific time and date to complete the assignment or report.

When we don't speak up for what we need, we end up feeling taken advantage of and disregarded. That leads to emotional eruptions when we can't be patient one more minute. To avoid these emotional eruptions or overreacting we must learn to address these situations in the beginning when they are small instead of waiting till they become the size of a volcano and make us explode.