



## The ABC's of Dysregulation



### AMYGDALA REACTIONS

- Avoiding responsibility
- Taking feedback as criticism
- Feeling closed and defensive
- Always believing our way of doing things is the best
- Pointing the finger at others
- Assuming negative intent
- Feeling unwilling to change
- Clinging to opinion, denial, blame, and rationalization
- Believing our perspective is the only correct one
- Feeling committed to being right and wanting to win



### BLIND SPOTS

- Failing to account for the neurological impact of fear
- Assuming that others see, think, or feel as we do.
- The inability to stand in another's shoes.
- Assuming that we are fully present.
- Assuming you already know.



### COGNITIVE DISTORTIONS

- **Personalizing:** You think that everything that happens is about you, and that it is all your fault.
- **Filtering:** You focus on the negative, ignoring the positive.
- **Catastrophizing:** You expect disaster or failure.
- **Shoulds:** You have a list of rules about what's expected of you or how you behave.
- **Emotional Reasoning:** You feel something so you automatically believe it is true.
- **Polarizing:** You see the world as black and white, with no variation or middle ground.
- **Overgeneralization:** You form conclusions based on limited data points or evidence.
- **Mind Reading:** You jump to conclusions without checking whether they are true for the other person.
- **Blaming:** You hold other people responsible for your pain.
- **Always Being Right:** You insist on being right, so anyone who believes differently is wrong.

## What does it look like when you're dysregulated?

The Diamond Path: Next-Level Conversational Tools for Leaders & Teams

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