



## **Tips on Speaking with an Adolescent About Their Functioning Part 2**

### **Self and Emotional Regulation**

#### **Use instructions from Step One.**

#### **Ask your teen if:**

- there are specific places, times, experiences or people that they find annoying;
- they have noticed noises, textures (tags on clothes, foods), light, smells etc. that make them feel uncomfortable;
- they like heavy or light blankets, their shoes tied tight or loose;
- school work in general makes them feel stressed, or only some types of school work and do they try and avoid that type of school work;
- they find that particular school work more difficult;
- they are able to tell when they are getting overwhelmed and how does that make them feel;
- they feel very frustrated or angry all of a sudden without getting any warning signals.

During times of calm discuss recent past episodes of emotional dysregulation with your teen. Let them know that this discussion is not for the purpose of rehashing the incident and not to get them into more trouble, but rather to work out ways to help them get through tough times without getting into trouble.

#### **Here's some questions you can use to start the discussion.**

**If you receive a lot of "I don't know", offer 2 or 3 suggestions that might help them put it into words.**

- Do you remember when...?
- Were you feeling angry, frustrated, sad, upset etc.?
- What happened before you were feeling that way?
- How did you feel when that happened?

- How did your body feel?
- Is there a way that you can let us know when you are feeling that way? Offer some suggestions?
- What do you think might have helped calm you down? Offer some suggestions.
- Is there something that we can do to help you calm down? Offer some suggestions.

**You can use the CPS approach to discuss this as a problem, brain storm and come up with an agreed to solution to try out.**

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