

**PEOPLE WITH EMOTIONAL DYSREGULATION CAUSED BY COVID, LIKE THOSE WITH BPD, SHOW UP IN RELATIONSHIPS WITH:**

**HIGH SENSITIVITY**

1. HYPERVIGILANCE
2. OVERGENERALIZATION ( TROUBLE SEEING THAT EVERYTHING IS NOT A CRISIS, and EVERYONE IS NOT AGAINST YOU and THERE ARE MORE THAN ONE WAY TO HANDLE THEIR PROBLEMS)
3. EASILY THROWN OFF KILTER (STAYING ON TRACK WITH YOUR THOUGHTS AND THINKING AND HEALTHY BEHAVIORS)
4. NO "EMOTIONAL SKIN" (LACK THE ABILITY TO REGULATE THEIR EMOTIONS, BEHVIORS AND THOUGHTS. )

**PEOPLE WITH EMOTIONAL DYSREGULATION CAUSED BY COVID, LIKE THOSE WITH BPD, SHOW UP IN RELATIONSHIPS WITH:**

**HIGH REACTIVITY**

1. FIGHT or FLIGHT

**PEOPLE WITH EMOTIONAL DYSREGULATION CAUSED BY COVID, LIKE THOSE WITH BPD, SHOW UP IN RELATIONSHIPS AS:**

1. SLOW DE-ESCALATION ( QUICK TO ANGER – SLOW TO CALM - *LET GO OR LET GOD*)