

ORIENTATION HANDOUT 4

Biosocial Theory


BIO:

A. There is a biological vulnerability to emotions

1. high sensitivity
2. high reactivity
3. slow return to baseline

plus


B. An inability to effectively regulate emotions.



TRANSACTIONING ↓ ↑ WITH . . .

SOCIAL:

An invalidating environment communicates that what you are feeling, thinking, or doing doesn't make sense or is considered inaccurate or an overreaction. Environments include parents, teachers, peers, therapists, coaches, and others. Sometimes there is a "poor fit" (e.g., temperament) between the person and the environment.



The invalidating environment punishes or sometimes reinforces emotional displays and contributes to the person's suppression or escalation of emotions, and sometimes leaves the person feeling confused and unable to trust one's own emotional experiences (**self-invalidation**).

OVER TIME LEADS TO . . .



**Multiple Problems
(Chronic Emotional Dysregulation)**

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