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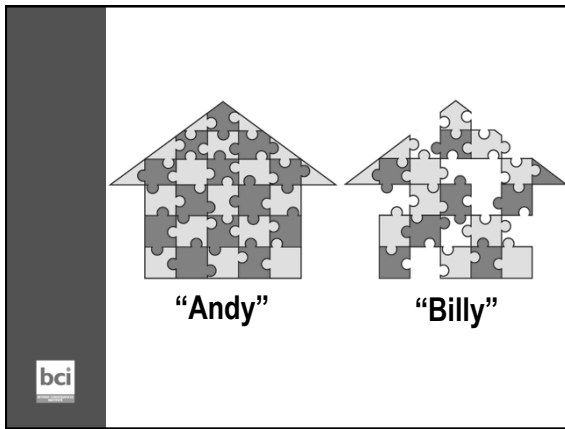
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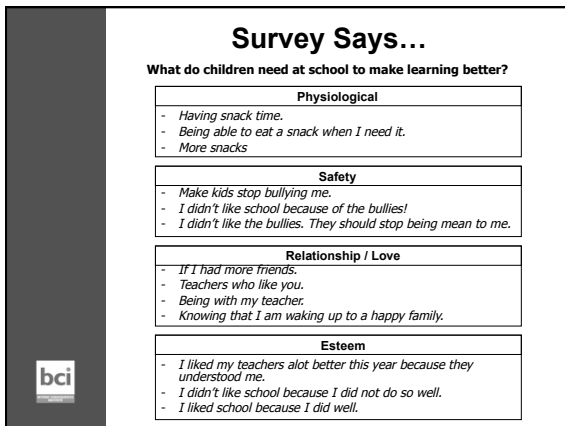
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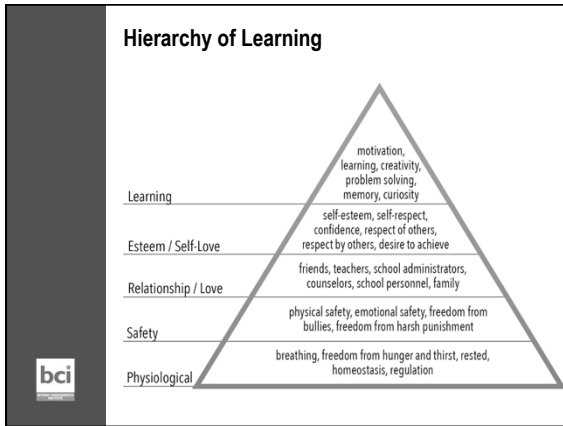
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### Two Important Terms

**Regulation:**  
The ability to experience and maintain stress within ones window of tolerance. Generally referred to as being calm, focused, or relaxed. This term is utilized by literally every scientific discipline.

**Dysregulation:**  
The experience of stress outside of ones window of tolerance, generally referred to as being stressed out or in a state of distress. It is believed that affect dysregulation is a fundamental mechanism involved in all psychiatric disorders (Dr. Allan Shore - *Affect Dysregulation and Disorders of the Self*)

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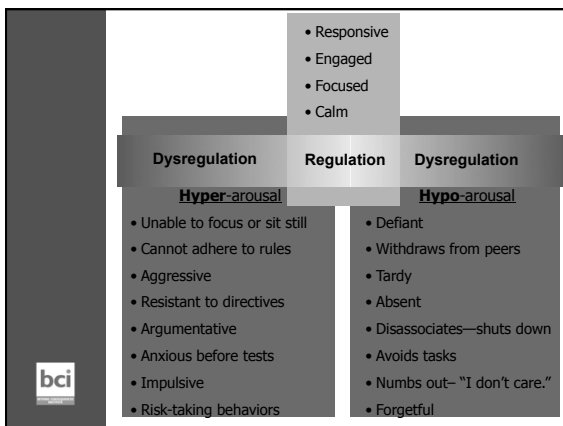
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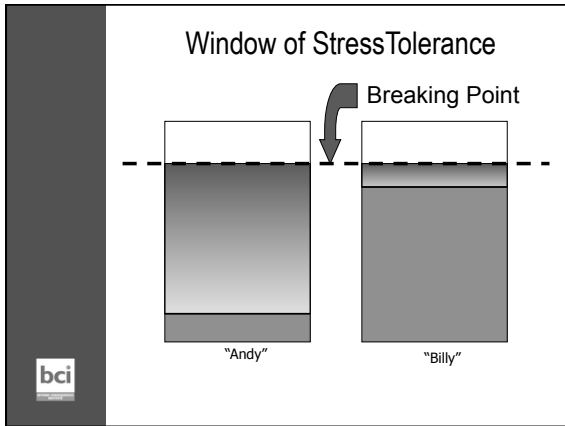
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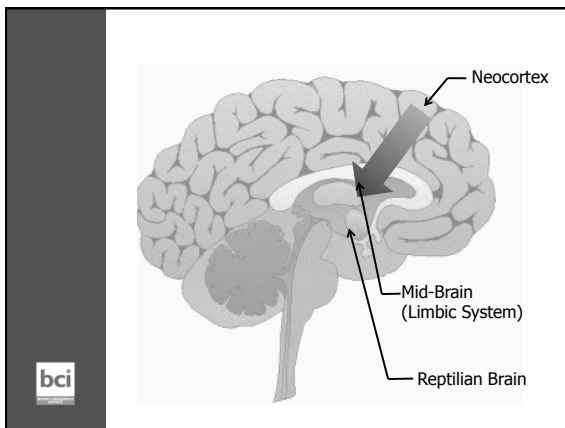
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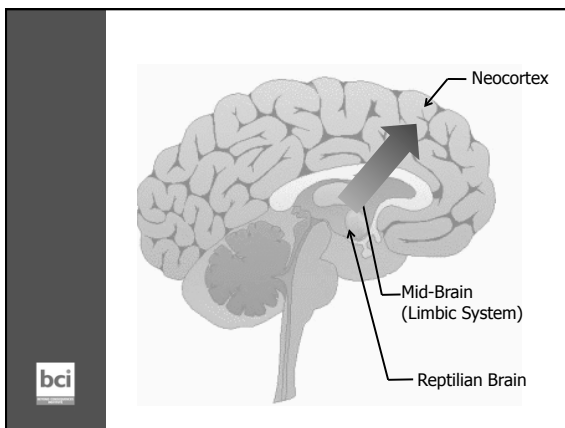
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Traditional

How do I get Billy to change his behavior?



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New View

1. What is driving Billy's behavior?
2. What can I do at this very moment to improve my relationship with this student?



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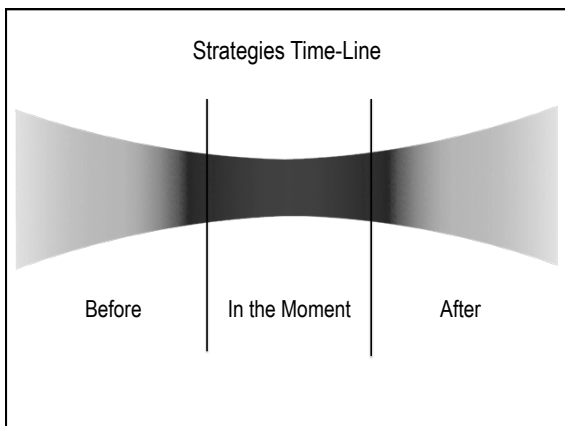
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