CLÍNICA VIVALDI · FREE SHEET · IMPULSE CONTROL AND CONDUCT

Intermittent explosive disorder

Repeated outbursts of disproportionate anger (verbal or physical) that the person cannot control and usually regrets.

COMMON SIGNS

- Disproportionate outbursts of anger
- Damage to objects or others
- Guilt or shame afterwards

TIPS FOR YOU

1. Spot the early signs of anger
2. Step away and breathe before responding
3. Emotion regulation therapy

FOR FAMILY AND FRIENDS

1. Step away during the outburst and pick up the conversation calmly later
2. Set clear limits on violence

WHEN TO ASK FOR HELP

1. If there is aggression: protect yourself and call 112 or 016
2. If alcohol or drugs are involved

TO OBSERVE AND NOTE DOWN

☐ I have outbursts of anger I can't control

☐ My reaction is out of proportion

☐ I shout, insult or break things

☐ I have ended up attacking someone

☐ Afterwards I regret it

☐ The outbursts come on suddenly

☐ They have caused me problems at home or at work

☐ It happens to me several times a month

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-explosivo-intermitente
- Free guidance call with our team: clinicavivaldi.com/#orienta
- 016: support for victims of gender-based violence (Spain): https://violenciagenero.igualdad.gob.es/informacionUtil/recursos/telefono016/home.htm
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112