

FREE QUICK-START GUIDE

The Emotional Intensity Pattern Map

A three-page reset for understanding what happened and choosing a safer
next step.

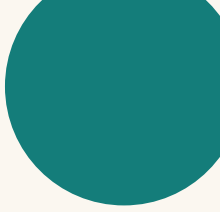
What this is

Use this map after an intense moment or with a professional. It is educational, not diagnostic, and it is not a crisis or safety plan.

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Map the sequence

Patterns become more interruptible when the links are visible.

1. Observable trigger

What could a camera, message, or calendar verify?

2. Body signal

What changed physically first?

3. Story or alarm

What did the moment seem to mean?

4. Urge and action

What did you want to do, and what did you do?

5. Impact

What happened next?

6. Earlier exit

Where could the sequence be interrupted next time?



Choose one next step

Do not turn one insight into fifteen assignments.

Safety

If you may hurt yourself or someone else, cannot stay safe, or are in immediate danger, call 911. In the United States, call or text 988 for crisis support.

- ☐ Name the intensity level earlier
- ☐ Use a body-based regulation action
- ☐ Separate fact from story
- ☐ Write a pause and return plan
- ☐ Make one behavioral request
- ☐ Set one boundary you control
- ☐ Discuss the pattern with a licensed professional

The one change I will try

When I will review what happened

The person or professional I can contact

Evidence, scope, and next steps

Use professional help when a self-guided tool is not enough.

This resource is educational. It does not diagnose, prescribe treatment, replace individualized clinical care, determine legal obligations, or guarantee outcomes. Adapt each tool to the person, setting, culture, role, and level of risk.

Selected public sources

- National Institute of Mental Health. Borderline Personality Disorder. <https://www.nimh.nih.gov/health/publications/borderline-personality-disorder>
- 988 Suicide & Crisis Lifeline. <https://988lifeline.org/>

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Keep the next step small

Choose one page, one conversation, or one system change. Review what happened before adding another tool.

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