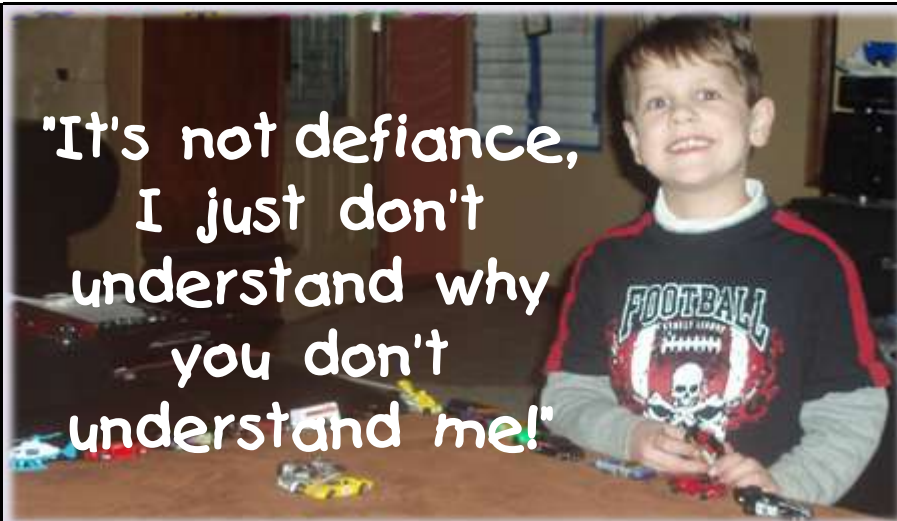


AUTISM

The Incredible 5-Point Scale: Emotional Regulation

"I'm as predictable as the weather!"

"Using inappropriate language is the feeble attempt of an immature mind trying unsuccessfully to make itself accepted and understood"



"It's not defiance, I just don't understand why you don't understand me!"

Rating	Trigger	I feel	Feels like	Sounds like	Looks like	So I	How to help	But I can	I can learn to
5	Get tormented! Don't try to catch me!	Angry Scared Sorry	Out of control!	 I'm Twisted!	 I'm Twisted!	I run!	Prevent Protect	Ask to call or go home	Learn it's okay to feel
4	I'm being bullied! Someone cut in line! You don't understand me! Someone cheated!	Mad Afraid	I've had it!	 I'm Exploding!	 I'm Exploding!	I hit and kick!	Stay calm understand support	Ask to take a break.	Learn it's okay to tell
3	I'm being taunted! Don't look at me! That wasn't fair! I've been disrupted! Someone else started it! I don't know how! I'm not ready to learn!	Jealous Hurt Embarrassed Stressed Upset	Now I'm frustrated! I'm Irritated Now!	 I'm Impulsive!	 I'm Impulsive!	I use bad words!	Realize Redirect Alternatives Choices	Use more appropriate words.	Learn it's okay to ignore
2	I got teased! I'm tired! Something new was introduced! I don't understand! The bus was late! It's too loud!	Worried Anxious Nervous Confused Excited Sad	Fidgety Agitated	 I'm unpredictable!	 I'm unpredictable!	I can't learn!	Recognize Encourage Explain	Take 3 breaths and relax.	Learn it's okay to ask for help
1	I understand! I had my favorite cereal! The bus was on time!	Cooperative Accepting Happy Ready	Relaxed	 I'm Calm!	 I'm Calm!	I learn!	Teach acknowledge reward	Enjoy!	Learn it's okay to have fun learning