



# Nothing about me without me

## When I'm anxious

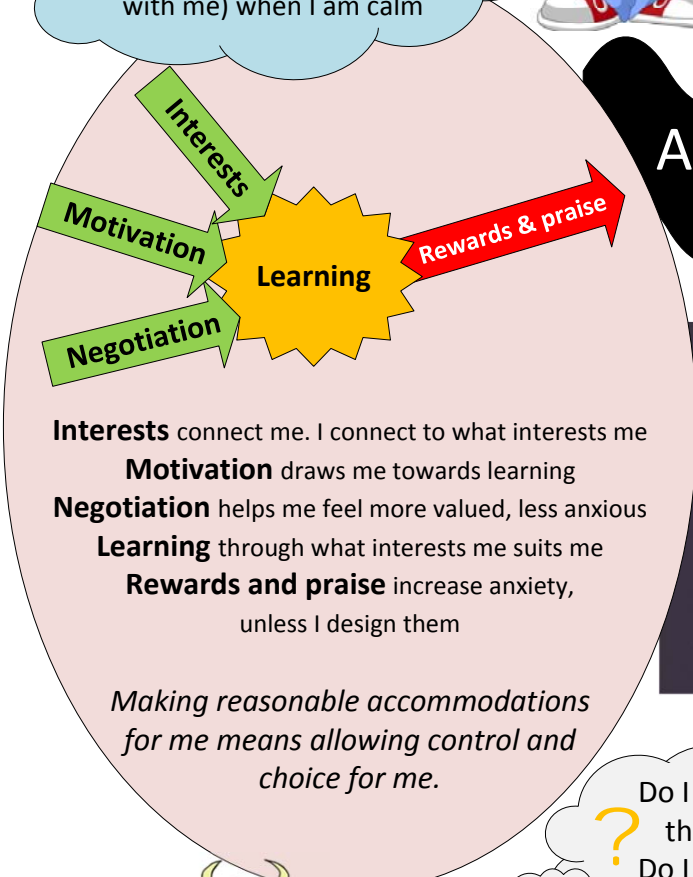


All action/activity plans should be developed with or by me, not without me

Action/activity plans should be 'practiced' (role-played, written, visually represented with me) when I am calm



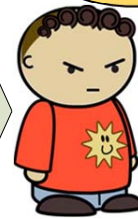
As an Autistic I am single minded.  
Learning is off-line unless I am interested.  
I cannot multi-task unless connected with interests that motivate me.  
I need my interests built into the curriculum not used as a reward.  
I need my interests built into relationships too!  
My interests facilitate and maintain learning for me.



Anxiety

Inward tension

Outward response



**Interests** connect me. I connect to what interests me  
**Motivation** draws me towards learning  
**Negotiation** helps me feel more valued, less anxious  
**Learning** through what interests me suits me  
**Rewards and praise** increase anxiety, unless I design them

*Making reasonable accommodations for me means allowing control and choice for me.*

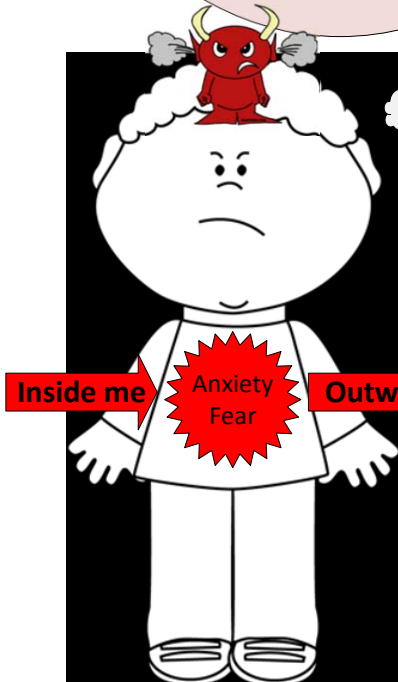
**STOP WORRYING ABOUT WHAT CAN GO WRONG, AND GET EXCITED ABOUT WHAT CAN GO RIGHT.**

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When I'm anxious reactive restrictive practices **CLOSE ME DOWN**

Interoception activities, knowledge, negotiation, value and respect **SUPPORT ME**

Do I know what the plan is?  
Do I need help?



Inside me

Anxiety Fear

Outward

Towards others  
Towards self

Anxiety  
Fear

Positive plan

Help me to help myself

Work with me  
Not against me

Interests

Motivation

Negotiation

Don't touch me. Show me.  
Don't speak to me. Show me.



Learning

Relief