

NAME IT FIRST

Circle what fits:

- 😊 Calm
- 😡 Frustrated
- 😡 Angry
- 😞 Sad
- 😞 Numb
- 😞 Confused
- 😞 Anxious
- 😞 Overwhelmed
- 😞 Burned out

Ask yourself:

- Am I hungry?
- Thirsty?
- Too hot/cold?
- In pain?
- Overstimulated?
- Understimulated?
- Masking?
- Behind on rest?

The feeling isn't the problem. The unmet need might be.

REGULATION CHECKLIST

If I'm ANGRY...

- ☐ Leave the room if possible
- ☐ Drink cold water
- ☐ Move my body
- ☐ Write before texting
- ☐ Delay big decisions

If I'm OVERWHELMED...

- ☐ Reduce noise/light
- ☐ One task only
- ☐ Timer: 10 minutes
- ☐ Ask for help
- ☐ Rest without guilt

If I'm STUCK...

- ☐ What's the smallest next step?
- ☐ Can I make it take under 2 minutes?
- ☐ Body double?
- ☐ Music?
- ☐ Different location?



EXECUTIVE DYSFUNCTION ≠ LAZINESS

TRY THIS:

Instead of:

✗ Clean the kitchen

Try:

- ☐ Pick up dishes
- ☐ Load dishwasher
- ☐ Wipe counter
- ☐ Done is enough.

TINY WINS

Fill in:

Today's smallest victory:

WHEN EVERYTHING FEELS LIKE TOO MUCH

- STOP
- Slow down.
- Take one breath.
- Observe one thing your body needs.
- Pick one tiny action.

Journal Prompt

Right now my brain needs:

One thing I can do next:

Self-Advocacy

You deserve accommodations.

Ask for:

- ☐ Written instructions
- ☐ Extra processing time
- ☐ Closed captions
- ☐ Flexible deadlines
- ☐ Quiet workspace
- ☐ Breaks
- ☐ Clarification



Scripts That Help

I need more time.

"I'm processing. Can I get back to you tomorrow?"

I'm overwhelmed.

"I want to answer thoughtfully, but my brain needs a break."

I can't commit.

"I'm not able to say yes right now."

I misunderstood.

"Can you explain that another way?"