

National Autistic Society

Know yourself series



Worksheet

This is a worksheet to accompany the Understanding yourself guide. Make sure you watch the videos and read the guide first before attempting to complete the worksheet. It will help you consider ideas and situations when completing the worksheet.

What can you do to plan ahead to support yourself in situations that make you uncomfortable?

Below you will see our worksheet on When, Who, What and Where.

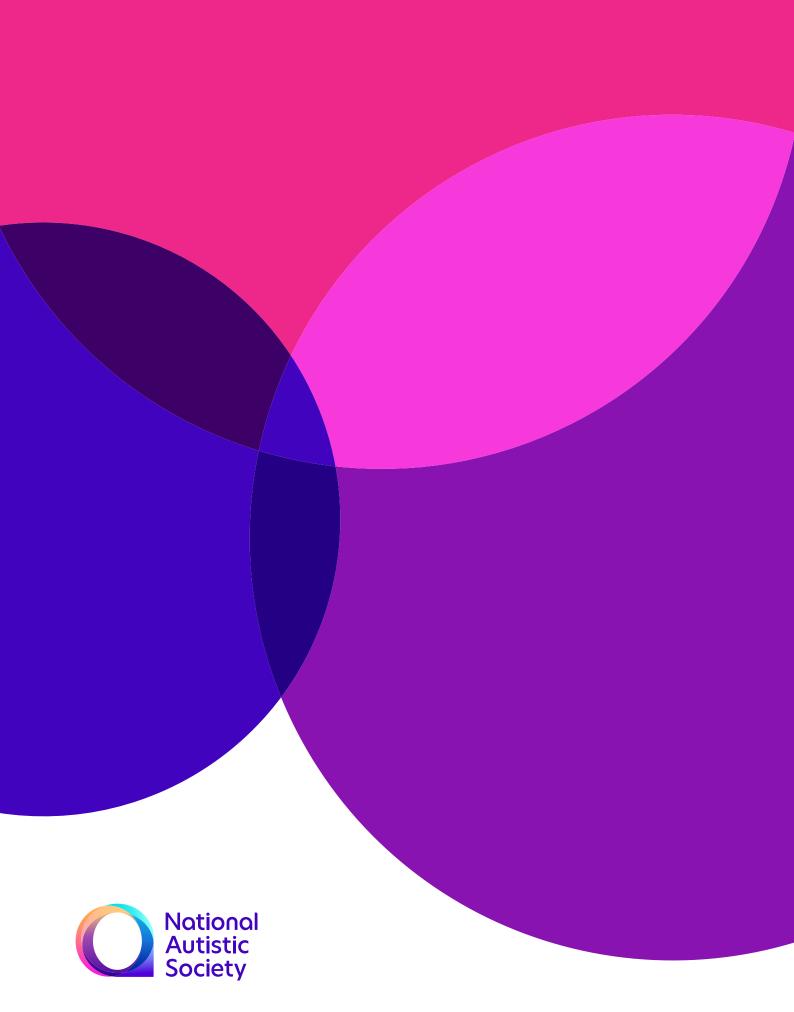
Planning ahead will allow you to feel more able and comfortable to use these strategies when they are needed.

The first thing to do is think about **when** you might need some pre-planned ideas.

Here are some examples: • people are pressuring you to do something you don't want to do When your environment is uncomfortable or overwhelming you don't want to do something but don't want to explain to others. When would a plan be useful for you? When do you think it would be useful for you to have a plan to get yourself out of a challenging situation?

Now that you have thought about when you need support, next, you need to think about **who** might be able to help, **what** is helpful and **where** is a safe place for you.

Who Who do you feel most comfortable with?	Here are some ideas:	mentortutorcounsellor.
Who can you talk to who will listen and act in your best interests?		
What	Here are some ideas:earplugstaking a breakshare your needs with trusted people	 knowing what is going to happen walk/excercise focus on interest/hobby.
What things can you use to help support you? What can you do to support yourself?	What might help you?	Ø
What can you ask others to do?		
Where	Here are some ideas: • sensory room • quiet areas • library • places you feel comfortable	 bedroom garden/park/ outside areas be with a trusted person.
Where can you go when you want or need to feel safe or alone?	Where can you go?	
Where can you go when you need some sensory regulation time?		
Where can you go if you are uncomfortable, overwhelmed or need a break?		



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