

# In My Control, Out of My Control

'A strategy to support an autistic person experiencing anxiety'

In My Control 15%	Out of My Control 85%



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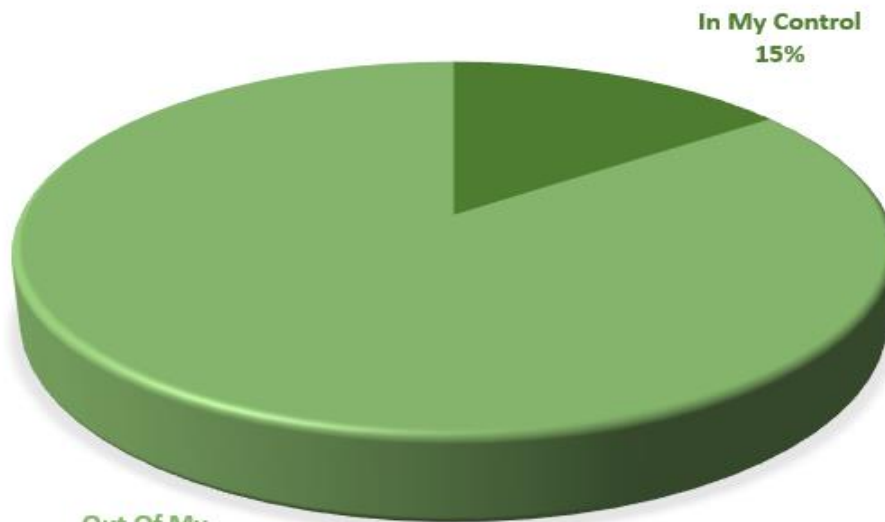
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**In My Control 15%**

**Out of My Control 85%**



Out Of My Control  
85%

In My Control  
15%



**In My Control 15%**

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## **In my Control, Out of my Control Board**

Everybody feels anxious sometimes. There are many reasons for this, from not knowing what is going to happen during the day to something suddenly changing. Autistic individuals in particular like knowing what is going to happen, feeling safest when a situation or environment is predictable. For example, when a young person in school has a visual schedule that clearly lists out what lessons to expect during the day, they will feel calmer and less anxious. When things become unpredictable or uncertain, as is seen in moments of sudden change, many autistic people face huge elevations in anxiety. Some will, because of a loss or lack of control, respond in an emotional or physical way.

One way in which to empower the autistic person in these moments is to provide visual representation of what is still in their control. The reality is that no-one has more than 15% control over any situation they find themselves in, ever. Using the in my control, out of my control visual tool allows the autistic individual to break down any situation and note what is in their control. It empowers them with the knowledge that there are things they can change, and it also will enable the person identify strategies to support them in moments where they feel out of control. Ultimately, using this visual strategy helps lower anxiety and supports the autistic individual during stressful moments.

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