7.1

WORKSHEET · CHAPTER 7

Your first signs

On a calm day, after the last one has passed. Never in the middle.

The last one was a ☐ meltdown ☐ shutdown

WHAT MY BODY DID JUST BEFORE

Hot face, tight jaw, sounds sharper, lights brighter, losing words, needing to move

WHAT I DID JUST BEFORE

Snapped, went quiet, paced, scrolled, said yes to everything

Before a meltdown	Before a shutdown

WHAT SOMEONE WHO KNOWS ME SEES

What do you notice before I go?

MY THREE, FOR THE BOTTOM OF MY MAP

1

2

3

On a bad day: one sign. The one you're most sure of.