7.3

WORKSHEET · CHAPTER 7

What each one needs

What helps one can make the other worse. Mark anything that's different for you. Yours is the only list that counts.

	MELTDOWN	SHUTDOWN
What helps *Space, quiet, time*		
What makes it worse *Being reasoned with, pressed to explain*		
Afterward *Sleep, food, water, the familiar*		

OUR SIGNAL, AGREED CALMLY IN ADVANCE

A few taps, a code word: it's too much, help me get out

On a bad day: one line in each column: what helps.