

OUTSIDE VS INSIDE

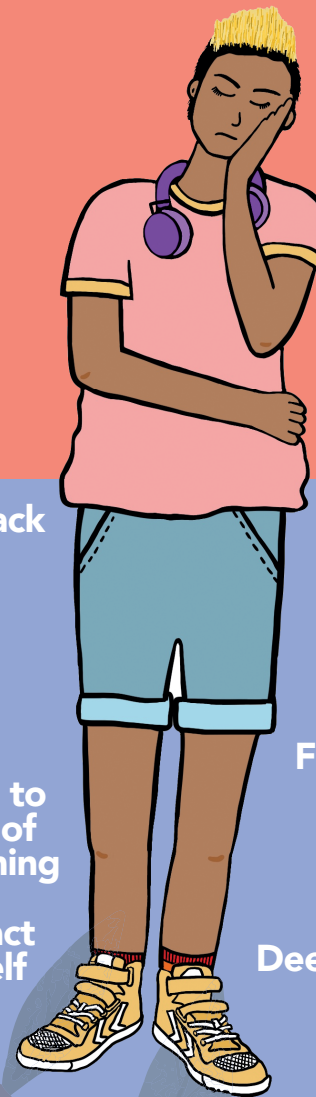
OUTSIDE VS INSIDE

ON THE OUTSIDE

Loud/Noisy
Disruptive
Hot and bothered
Confrontational
Controlling
Unable to concentrate
Angry
Argumentative

Hyperactive
Giddy/silly
Avoiding tasks
Baby talk or silly voices
Distracted

Not listening
Daydreaming
Not interested
Bored
Forgetful
Confused
Difficulty moving through tasks
Clumsy



I feel unsafe

I need to be in control because everything else feels so unpredictable

Panic

Under attack

Disconnected

I'm scared of losing people around me

I can't be cross at the people I really want to be cross at

Anxious

Worried about what is going to happen next

Frozen brain

Lonely

Trying to think of something to distract myself

Deeply anxious

Apprehensive

Jumpy/Tense

ON THE INSIDE