

Autism Meltdown Reflection

Complete this after experiencing an autistic meltdown

A moment I noticed myself becoming overwhelmed was...

Describe a recent time you felt things starting to build up. What was happening around you? What were you feeling physically or emotionally?

What signs showed me that I was nearing a meltdown?

Think about how your body or behavior changed. Did you get quieter, more irritated, more sensitive to sound or touch? Were you stimming more or withdrawing?

What was triggering me in that situation?

Consider sensory input, social expectations, change, exhaustion, or unmet needs like hunger or pain

Something that helped (or could help next time) is...

This might be leaving the space, using a fidget, deep breathing, putting on headphones, or asking for help. What could go in your sensory or emotional toolkit?