

Emotional Regulation Strategies

Autistic adults may struggle to regulate emotions when overstimulated, anxious, or frustrated.

A client living independently may have used a range of coping skills to overcome emotional dysregulation in the past.

But it can be almost impossible for an autistic adult to remember *which* coping skill worked in the past at the moment when they are triggered.

Using this worksheet can help them design emotional regulation strategies by building on their unique strengths.

Step 1: Identifying triggers of emotional dysregulation

First, ask your client to recall a recent or previous event that triggered them, which they managed to cope with anyway.

Ask them to write it down in the worksheet box below. It could be while using a crowded train or bus, meeting a new person, or going to a new place.

Step 2: Remember coping with previous challenges

Next, ask the client to recall the way they coped. Examples could include taking a break in a quiet place, using headphones, listening to soothing music, going for a walk, using a stim or fidget toy, deep breathing, or calling or messaging a loved one.

Step 3: Identify your client's top emotional regulation skills

Ask your client to reflect on their most effective coping strategies and list them here as a useful reminder. You can share this pdf and suggest they store it on their phone or input these strategies into a calendar or diary app for easy access when needed.

Created by Dr. Jo Nash

Situations I struggled with in the past:

1.	
2.	
3.	
4.	

Coping strategies I used:

1.	
2.	
3.	
4.	

My top 3 most effective emotional regulation skills are:

1.	
2.	
3.	