

Changes That Feel Hard For Me



Everyone experiences change differently. Some changes can feel exciting, and some can feel big, worrying, or exhausting.




1 Changes I Sometimes Find Difficult

Tick the changes that feel hard for you.



- | | |
|--|---|
| <input type="checkbox"/> changes in plans | <input type="checkbox"/> transitions between activities |
| <input type="checkbox"/> new places | <input type="checkbox"/> different foods / clothes |
| <input type="checkbox"/> different routines | <input type="checkbox"/> not knowing what will happen |
| <input type="checkbox"/> unexpected visitors | <input type="checkbox"/> saying goodbye |
| <input type="checkbox"/> busy environments | <input type="checkbox"/> loud surprises |


 Something else that feels hard for me...

2 Things That Help Me During Change

Tick the things that help you feel safer and more supported.




- | | |
|---|---|
| <input type="checkbox"/> knowing the plan | <input type="checkbox"/> reassurance |
| <input type="checkbox"/> extra time | <input type="checkbox"/> movement breaks |
| <input type="checkbox"/> visual reminders | <input type="checkbox"/> familiar people |
| <input type="checkbox"/> quiet spaces | <input type="checkbox"/> headphones / music |
| <input type="checkbox"/> comfort items | <input type="checkbox"/> breaks afterwards |

 Something that really helps me...

3 My Safe & Familiar Things

These are the people, places, activities, objects and routines that help me feel safe, calm and more prepared when change happens.

 **People**
 Who helps me feel safe?

 **Places**
 Where do I feel comfortable?

 **Activities**
 What do I enjoy or find calming?

 **Objects**
 What things bring me comfort?

 **Routines**
 What routines help me feel ready?



Change can feel big sometimes.
 Support, understanding, and preparation can help us feel safer.

