

## Feeling overwhelmed:

I need some  
space and time  
to calm down



## Needing time alone:

Sorry I can't cope  
with people right  
now



I would like  
company



**Different communication:**

I use assisted  
communication.  
I may use my  
phone, tablet or  
communication boards  
to interact with you



I'm ok to talk:

Please initiate  
conversation  
with me



I'm not ok to talk:

Please don't initiate  
any interaction  
with me



Neutral:

I can regulate my  
own interaction

