

NAME: _____

CPRI Brake Shop Clinic – Self-Management

What Fills My Beaker?

“Tic” the ones that sound like you. Put a star beside your *top 6* beaker fillers.

Leaky Brakes over my movements & sounds (“tics”)

- not being able to stop my tics!
- my tics hurt!
- being tired from holding in my tics for as long as I can!
- holding in my tics makes it hard to do other things!
- teased about my tics!
- getting in trouble because of my tics!
- other examples: _____

Leaky Brakes over my attention (“executive skills”)

- paying attention to what I’m supposed to!
- paying attention when there are other things going on!
- getting distracted by too many thoughts and ideas jumping into my head – it makes me forget stuff!
- getting in trouble for not finishing chores or homework because I got distracted!
- having a hard time following conversations because my attention is jumping around!
- other examples: _____

Leaky Brakes over my impulses (“executive skills”)

- I want things right away; having to wait (e.g. for my turn) is really hard!
- getting in trouble for blurting out and constantly interrupting people!
- not being able to slow down when I want to or I’m starting to mess up!
- I can’t turn my energy off when it’s time to go to sleep!
- reacting before I can think, so I do or say something dumb that I didn’t mean!
- it’s hard to know that my beaker is filling before it’s too late (“self-monitoring”)!
- other examples: _____

Leaky Brakes over my activity level

- I move around so much I get in other people’s space
- I feel restless often;
- I need to fidget with my hands or feet or squirm in my seat
- I am always “on the go”; I need to be moving all the time
- I talk excessively
- I have difficulty staying seated in situations where this is expected (classroom, assemblies, recreation activities, mealtimes, concerts, etc.)
- Other examples: _____

Leaky Brakes over my thoughts (“cognitive flexibility”)

- thoughts or pictures get stuck in my head!
- I have a hard time considering someone else’s ideas or point of view (“shifting cognitive set”)!
- stopping what I’m doing to do something else (“shifting cognitive set”)!
- being interrupted before I’m done!
- surprises, or plans that suddenly change, fill my beaker!
- being told to do something a different way (“cognitive flexibility skills”)!
- not being able to finish something, because it’s not “right” yet
- other examples:_____

Leaky Brakes over my sensory input (“sensory hypersensitivities”)

- things that I touch! (_____)
- things that I smell! (_____)
- things that I see! (_____)
- things that I hear! (_____)
- things that I taste! (_____)
- not having anything to chew on!
- other examples:_____

Leaky Brakes over my mood (“emotional regulation skills”)

- separating my feelings from my thoughts (“executive skills”)!
- feeling grumpy inside or easily irritated quite often!
- I can’t stop feeling worried, angry, or depressed!
- other examples:_____

Using words (“language processing skills”)

- having a hard time finding the words to tell people what I think or how I feel
- people get impatient or answer for me because I can’t respond fast enough
- I have a hard time understanding what others are saying
- other examples: _____

Understanding myself & other people (“social skills/empathy”)

- I don’t know why people don’t like me or get angry with me
- not knowing when or how my leaky brakes are messing up my relationships with others
- kids don’t include me or they reject me even when I’m trying hard
- others seem out to get me
- nobody seems to like me
- I always seem to get blamed; it’s not fair
- other examples: _____

Other things

- Leaky Brakes make me feel really tired!
- I hate the way my medications make me feel!
- Other examples: _____