

What is a Script?

Scripts help people by providing a structured and predictable framework for communication. They allow people who struggle to express themselves to share their thoughts and emotions.

Some autistic people prefer tools to help them engage or build social connections. These are authentic intentions to build relationships.

Other neurodivergent people might struggle with communication as well. Tools are for use in any field! If something helps you, that is a good thing. (:

The high rates of bullying and abuse can make it difficult to put yourself out there.

Please DOWNLOAD and SHARE. Tag when possible!! Reach out with questions.

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Scripts to End a Conversation

- Have a good one
- I have to go now, bye!
- It's been great, talk to you later.
- Thanks for talking, I have to go.
- I appreciate you but I have a busy day.
- Thank you for sharing I'll get back to you later. Gotta go.


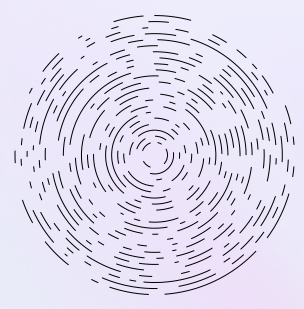

Give people 1-2-3-4-5 seconds to reply if you can manage. If you must abruptly leave, that is okay.

Talking to friends and family is easier when you are not overstimulated. It is okay to ask for space or time alone. Life will be easier when you COMMUNICATE. Active listening is needed and some people are not receptive. Communication is most important with partners and people in your living space.

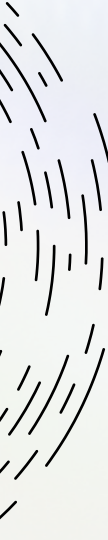
- I'm feeling overwhelmed, I need to step away.
- I'm going to take space to decompress.
- Can you help me find my ****insert tool**** to help me calm down.
- I'm going to my room because I'm overstimulated.



Scripts to Respond to Rude People

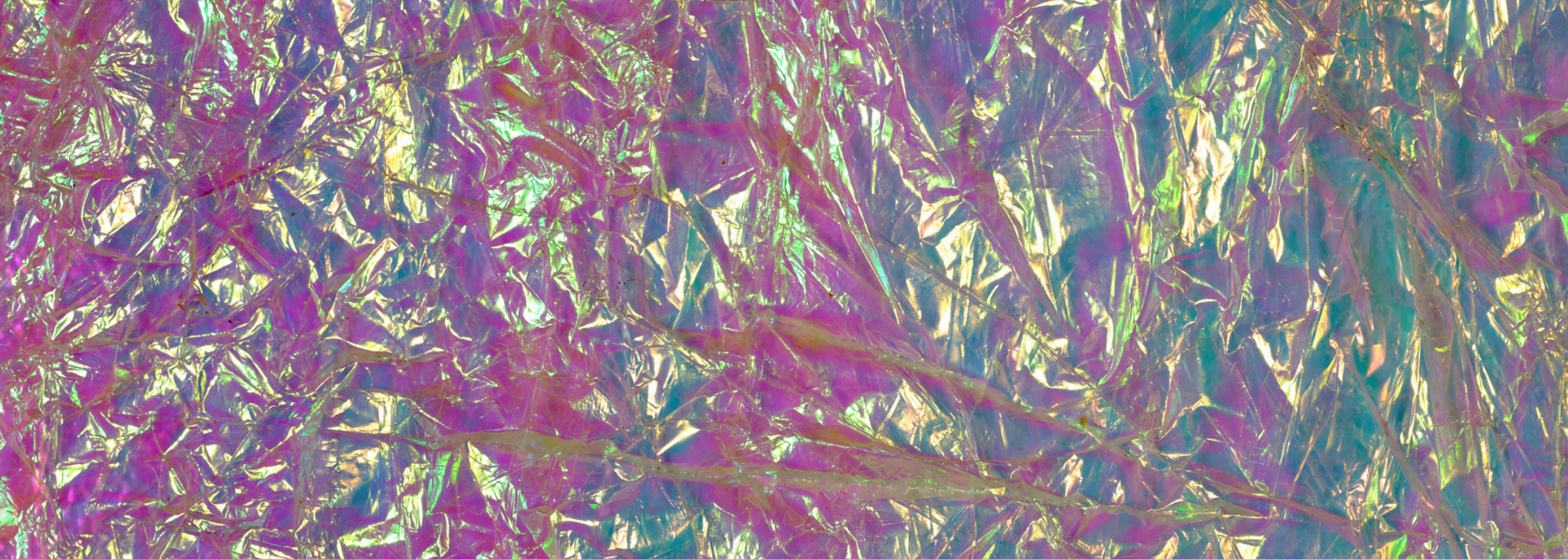
- I'm shocked you felt comfortable saying that. Did I hear you right?
 - Okay.
 - Sorry you hold onto so much negative energy.
 - Would you repeat that?
 - I don't think I could have heard you correctly, say that again.
 - Thank you for the feedback.
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I know it is HARD TO FIGHT THE URGE to respond but sometimes it is better to walk away. This is coming from a woman who will speak up for a stranger in the store. I've inserted myself in far too many things that led to me being annoyed, hot, and irritated.



We are not responsible for fixing the world or changing peoples minds.

Find happiness in your own life and let go of what we cannot change. Speaking up for others is important but timing and place can also matter. Your energy is limited and must be protected.



RESOURCES AND SCHEDULING

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