

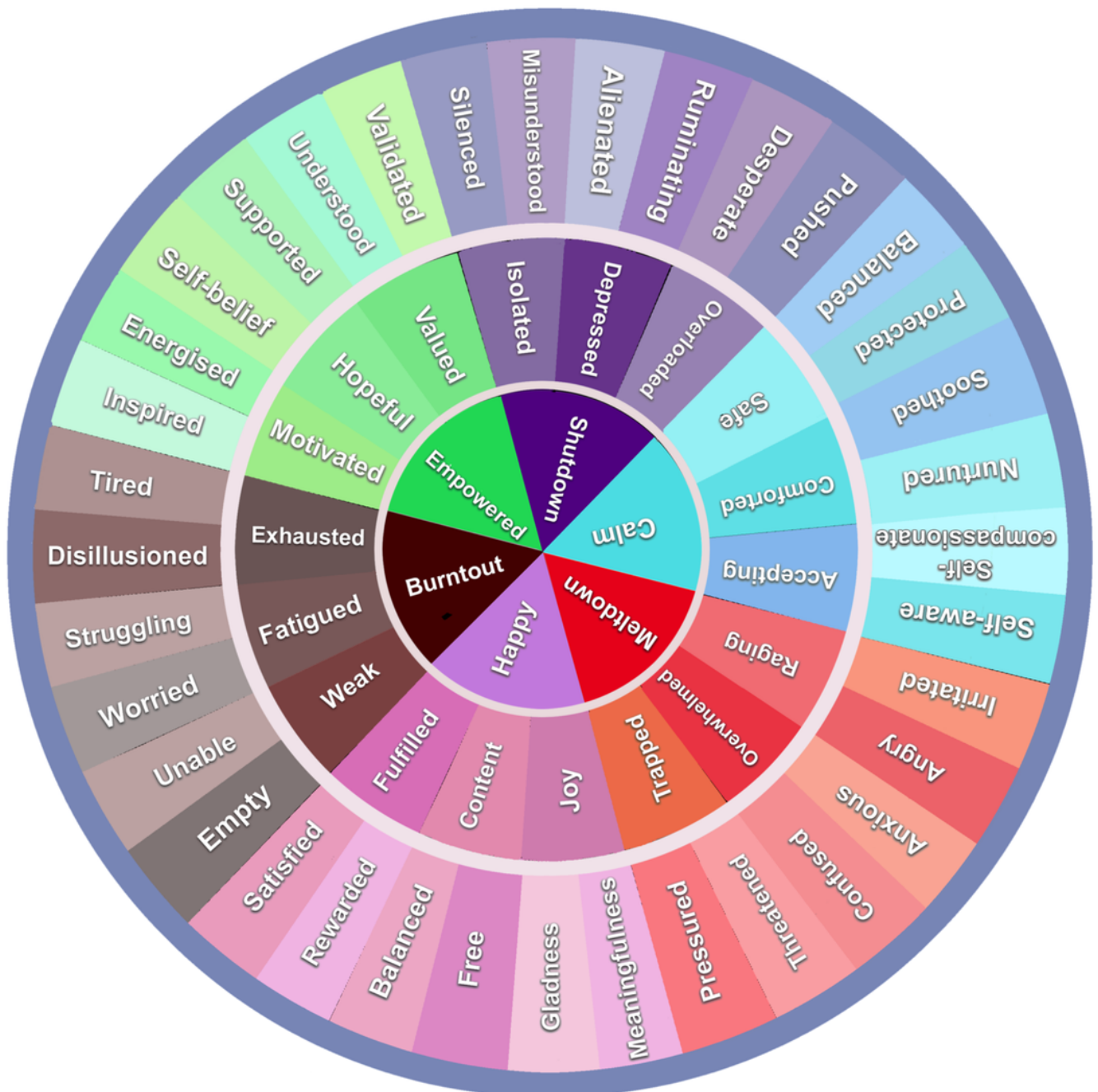
LATE-DIAGNOSED AUTISTIC WOMEN & AFABS



EMOTIONAL
REGULATION
RESOURCES

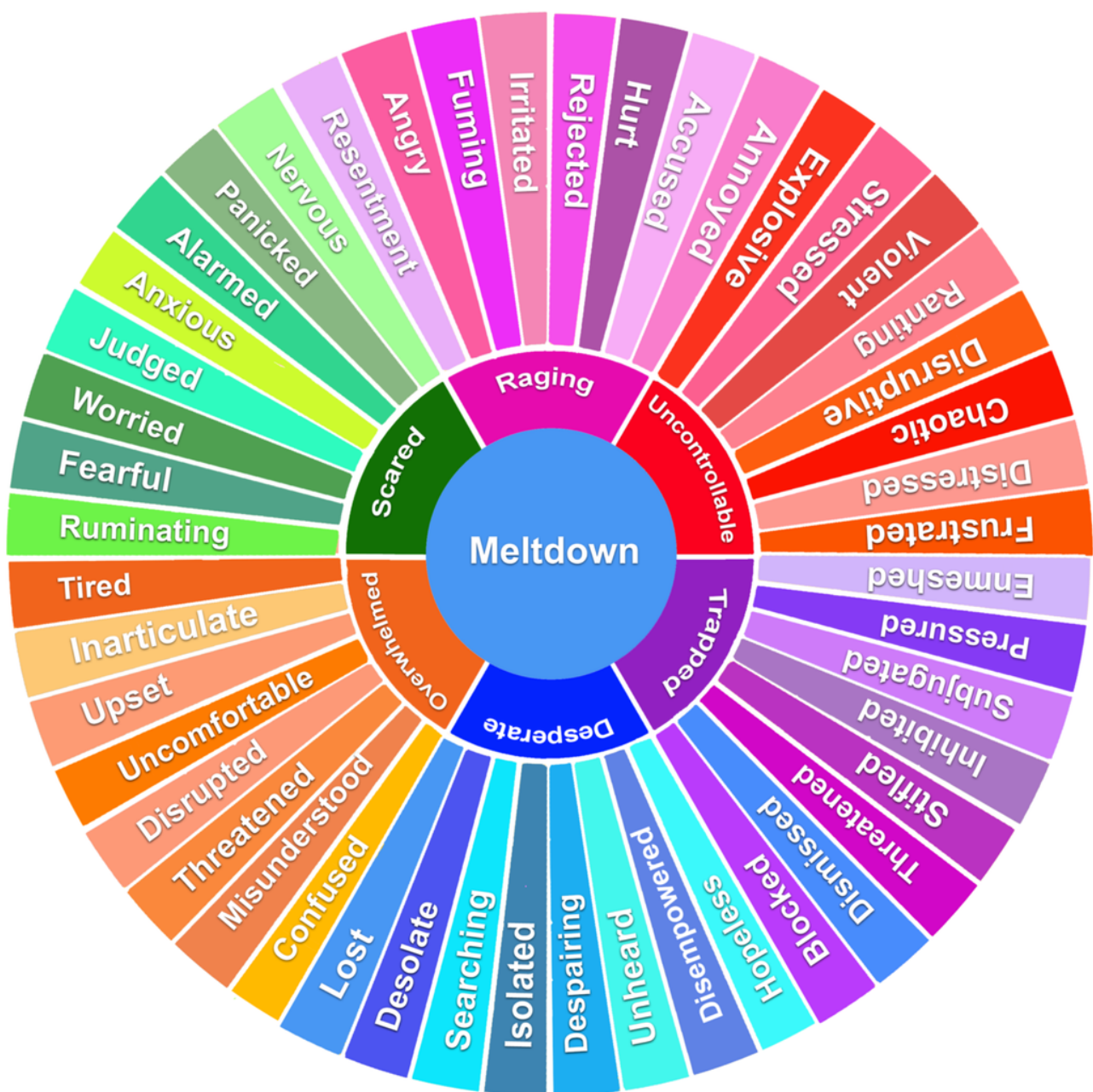
ATAA® Emotions Wheel © Claire Jack

It is often very difficult to know what we are feeling or to name what we feel. We sometimes just know we feel mad, depressed, raging, or joyful, content or happy. Being able to identify what is underneath these big emotions can help us identify when we are starting to feel overloaded, angry or exhausted and can help us explain to other people how we feel and what we need from them. Working with an Emotions Wheel can help you think about some of the other emotions you're experiencing when you feel really good or bad. Once you've learned how to name the emotions in this wheel, you can move onto exploring what a "Meltdown" or a "Shutdown" really mean to you and how to explain it to other people.



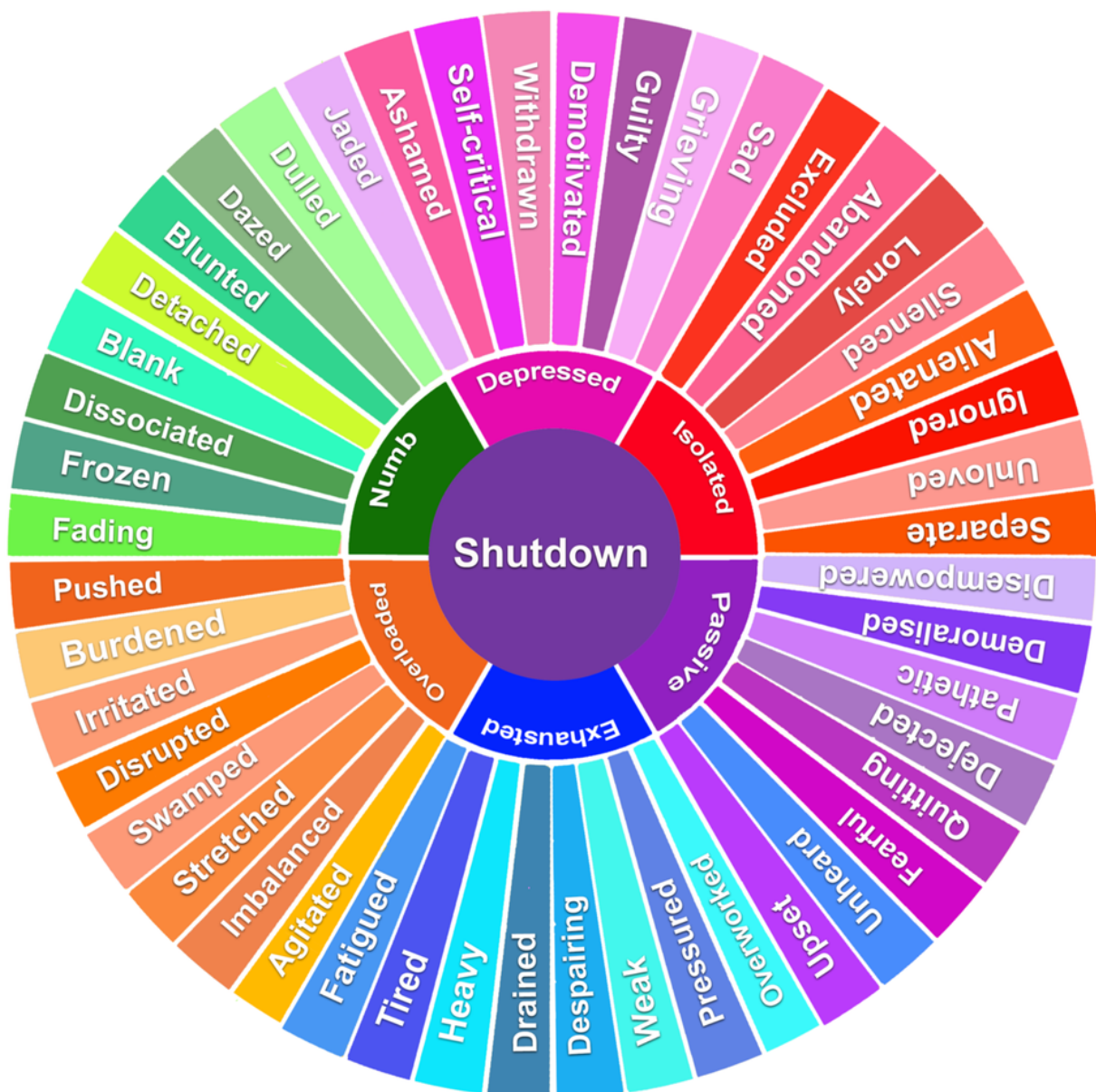
ATAA Meltdown Wheel © Claire Jack

If you have experienced meltdowns, you'll know how horrible they feel. Most people describe a sense of being out of control and, with hindsight, they realise that some very small triggers have caused them to experience that loss of control. When you are in the middle of a meltdown, it is impossible to describe what you're feeling. However, after a meltdown, you can use the Meltdown Wheel to help you identify what you were feeling beforehand. This can help you identify those feelings at an earlier stage in future. It can also help you explain to other people what led to a meltdown and help you identify areas where you might need help or to make changes in response to what your emotions are telling you.



ATAA Shutdown Wheel © Claire Jack

Shutdowns often happen when we feel overloaded at a sensory or emotional level. When things become too much, we cannot cope and feel ourselves withdrawing and shutting down. Most people find they cannot communicate at this stage. They may need to completely withdraw from a situation, including a complete sensory withdrawal. Being able to look after ourselves whilst we are shutting down and identify what is underlying a shutdown can help us learn our triggers and explain at an earlier stage in the process to other people what we are experiencing.



Emotional Timeline for Meltdowns

Your timeline will help you recognise some of the earlier stages in a meltdown and what can help you recover from a meltdown. If the earlier stages don't match with your experience, simply replace them with what you feel in the leadup to a meltdown.

