This plan is designed to support **[Insert Name]** in managing anxiety and demand avoidance in a way that respects their needs and preferences.

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| --- | --- | --- |
| Step | Focus | Personalised Strategies for [Insert Name] |
| 1. Identify Triggers & Early Signs | Understanding what increases anxiety or avoidance. | ✅ **Triggers:** [E.g., sudden changes, loud noises, direct instructions, unfamiliar environments]  ✅ **Early Signs:** [E.g., fidgeting, withdrawing, using humour to distract, getting irritable] |
| 2. Reducing Direct Demands | Encouraging cooperation through indirect approaches. | ✔ **Preferred choices:** [E.g., giving two options instead of instructions]  ✔ **Effective motivation techniques:** [E.g., turning tasks into a game, using humour, role-play]  🚫 **Avoiding:** [E.g., "must" or "now" language, overwhelming instructions] |
| 3. Anxiety Regulation Strategies | Helping [Insert Name] self-regulate in stressful situations. | ✅ **Sensory Supports:** [E.g., weighted blanket, fidget tools, noise-cancelling headphones]  ✅ **Emotional Regulation:** [E.g., breathing exercises, safe space for breaks, preferred calming activities] |
| 4. Flexible Routines & Safe Transitions | Making daily changes easier while maintaining a sense of control. | ✔ **Preferred routine structure:** [E.g., visual schedules, timers, first-then approach]  ✔ **Transition support:** [E.g., giving countdowns, allowing extra time, using a transitional object]  🚫 **Things to avoid:** [E.g., abrupt changes, rushing, unfamiliar last-minute plans] |
| 5. Coping with Shutdowns | Managing distress in a way that feels safe and supportive. | ✔ **Best responses to shutdowns:** [E.g., reducing pressure, using a quiet space, offering comfort items]  ✔ **Grounding techniques:** [E.g., deep pressure, sensory toys, repetitive movements]  🚫 **What not to do:** [E.g., forcing conversation, over-explaining, demanding compliance] |
| 6. Long-Term Support & Emotional Wellbeing | Encouraging self-awareness and confidence. | ✔ **Ways [Insert Name] communicates needs best:** [E.g., using a code word, writing it down, body language]  ✔ **Strengths to encourage:** [E.g., creativity, problem-solving, humour]  ✔ **Trusted support network:** [E.g., parents, teachers, a therapist, a friend] |

**Additional Notes & Adjustments:**

📌 **What works best for [Insert Name]:**  
📌 **What to avoid:**  
📌 **Any current challenges or goals:**