Firstly, thank you for downloading this worksheet, we at Aspiring To Be You really appreciate your support. This worksheet is here to support you develop an understanding of what causes your energy to go into the red. For autistic people monitoring energy is really important, and while going into the red will inevitably happen, it really helps to see what drives this and what can stop this....you may be surprised. Unfortunately, some things that deplete energy are essential and that's why it is often a balancing act, sometimes you must choose, and sometimes this choice isn't necessarily the thing you want.

<u>Activity</u>	Social Communication																				
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
Talking on the phone																					
Talking to my friends																					
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<u>Activity</u>							<u>In</u>	scho	ol/wo	ork/ur	nivers	<u>sity e</u>	<u>tc.</u>								
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
Put hand up in class		L			L																
Eating lunch with others																					
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Going on the tube								-	~	-1	0		_								
									2	-1	0										
Listening favourite music									2	-1	•										
Listening favourite music										-1											
Listening favourite music										-1											
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Listening favourite music									Every	/day ⁻	Tasks										
Listening favourite music	-10	-9	-8	-7	-6	-5	-4						2	3	4	5	6	7	8	9	10
Listening favourite music	-10	-9	8	-7	-6	-5	-4		Every	/day ⁻	Tasks				4	5	6	7	8	9	10
Listening favourite music	-10	-9	8	-7	-6	-5	-4		Every	/day ⁻	Tasks				4	5	6	7	8	9	10
Listening favourite music	-10	-9	-8	-7	-6	-5	-4		Every	/day ⁻	Tasks				4	5	6	7	8	9	10
Listening favourite music	-10	-9	8	-7	-6	-5	-4		Every	/day ⁻	Tasks				4	5	6	7	8	9	10
Listening favourite music	-10	-9	-8	-7	-6	-5	-4		Every	/day ⁻	Tasks				4	5	6	7	8	9	10
Listening favourite music	-10	-9	8	-7	-6	5	-4		Every	/day ⁻	Tasks				4	5	6	7	8	9	10
Listening favourite music	-10	-9	8	-7	-6	5	-4		Every	/day ⁻	Tasks				4	5	6	7	8	9	10
Listening favourite music Activity Making dinner	-10	-9	8	-7	-6	-5	-4		Every	/day ⁻	Tasks				4	5	6	7	8	9	10

