

Out of Control or In-Control

Below is a list of reactions you might have when you are feeling out of control or in-control. Use the chart to sort through these reactions and if you cannot find what you are feeling, add your own reactions.

Reactions

- Pacing
- Taking Deep Breaths
- Counting Down in my Head
- Hitting/Punching
- Heart Racing
- Yelling and Screaming
- Breaking Things
- Playing Nicely
- Being Focused
- Sitting Quietly
- Feeling Dizzy
- Talking with Friends
- Playing by the Rules
- Running Away

Out-of-Control	In-Control	Both