

3. Emotional regulation: the ability to regulate emotions to realize goals, complete tasks or control behavior.
4. Sustained focus: the ability to maintain focus despite distractions, fatigue or boredom.
5. Task initiation: the ability to start projects without hesitation, on time, efficiently.
6. Planning: the ability to devise a plan to achieve a goal or complete a task.
7. Organize: the ability to arrange or order things according to a particular system.
8. Time management: the ability to estimate how much time you have, how to organize it, and how to adhere to time limits and deadlines.

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9. Goal-oriented perseverance: The ability to formulate a goal and achieve it without being distracted or deterred by other needs or opposing interests.
10. Flexibility: the ability to revise plans when obstacles or setbacks arise, new information emerges, or mistake are made.
11. Meta cognition: the ability to take step back to review yourself and the situation, to see how you approach a problem, such as self-monitoring and self-assessment.

At the end of the game, you can answer questions such as:

- What do you see now?
- How do you feel when you see these cards in front of you?
- What did the game give you?
- What else would you like to do with this?

*Idea, design and owner: Sandra Merkelbagh*  
*Way2control*  
[Way2control@outlook.com](mailto:Way2control@outlook.com)

# MAPPING AUTISM

## Manuel



Way2control

# Manuel

**Once a person is diagnosed with autism, the search actually begins. What does autism mean to me and my environment? What is classified as autism and what are my characteristics and what are normal for my age? Autism is different for everyone. Once you create a mind map, you will discover what it means for you.**

In order to deal better with autism, coaches, counsellors and therapists often spend a lot of time on psycho-education. After all, if you have a better understanding of what autism means for you or your loved one(s), you will be able to deal better with it. "Autism explained" is a tool that you can use if you want to explain the question about what autism is. It is a small selection of aspects that someone with autism may have to deal with on a daily basis. You can decide to add more cards to make it even more clear to yourself. You can take a photo of your mind map and show it to others to give them better insight too.

As an autism coach, I felt the need to be able to get started practically. Lots of books have been written about autism, but not everyone likes reading. I noticed that when I explained autism, words alone are not always enough. People with autism often think in images. The combination between literally seeing something in front of you and discussing it together is a great combination. What do you think? Do you recognize qualities, or do you recognize something that

you seem to have more difficulty with than people without autism?

## Start game

The game consists of four terms:

**Orange** = Executive functions. These functions regulate and control your thoughts, actions and emotions.

**Green** = Central coherence. Someone with autism is more focused on detail and therefore less focused on the bigger picture.

**Pink** = Theory of mind. It is difficult for someone with autism to identify what they or someone else feels, thinks or means.

**Blue** = Sensory processing. Someone with autism often suffers from under stimulation or overstimulation.

Place the largest card that says AUTISM and the four concepts in the center.

Choose a color you want to start with. Place the cards of that color down. Read every card.

If you recognize what is on the card, you can place the card with the same color, because this card belongs to this concept. This way you will immediately understand the question better and understand what it means to you. This is how you will create your mind map. If you do not recognize what the card says, place it separately on the table. The card is no longer in play.

The game is over when you have read all the cards of every color and place the cards applicable to you with the same puzzle piece.

After the questions of the executive functions, you will see words written in brackets. Executive functions can be subdivided into different sub-functions:

1. Reactie - inhibition: the ability to think before you do something.
2. Working memory: the ability to retain information in the memory while performing complex tasks.