

CBT WORKSHEET FOR AUTISM

Handling Changes in Routine

What Happened?

Describe the situation where something didn't go as expected.

(Example: "My schedule changed," "My teacher was absent," "The bus was late.")







What Was I Thinking?

What thought popped into your mind when the change happened?

(Example: "This is wrong," "I can't handle this," "Everything is ruined.")

What Did I Feel?

Circle your feelings and rate how strong they were (0–10):

 Worried ____  Angry ____  Sad ____  Overwhelmed ____
 Confused ____  Stuck ____ Other: _____

Let's Look at the Thought

Ask yourself:

- Was it the change itself or the surprise that upset me?
- Has something like this happened before? What helped then?

New helpful thought I can try:

(Example: "It's okay if things change sometimes.")

My Coping Plan for Next Time

What can I do when a change happens again?

- ☐ Ask what's happening next
- ☐ Look at my visual schedule or checklist
- ☐ Use a coping phrase: "It's different, but it's okay"
- ☐ Take 5 deep breaths
- ☐ Go to a quiet space
- ☐ Use my fidget or calming tool
- ☐ Other: _____

My plan:

My Coping Toolbox

- ☒ Deep breathing
- ☒ Fidget/stress toy
- ☒ Visual schedule
- ☒ Talking to a safe person
- ☒ Taking a break
- ☒ Listening to music