

When You Cannot Stop Scanning

For the on-guard feeling in shops, buses, and crowds, and what makes it easier.

WHEN TO USE THIS

Use this after a time out in public when you felt watchful the whole way through.

How on guard were you the last time you went out?

0

1

2

3

4

5

6

7

8

9

10

Relaxed

Watching everything

What makes it worse for you?

- ☐ Crowds
- ☐ People behind me
- ☐ Loud rooms
- ☐ Not knowing the way out
- ☐ Being on my own
- ☐ Strangers getting close
- ☐ Bright lights or noise
- ☐ Not knowing how long it will take

What helps you feel steadier out there, and what does not.

HELPS

MAKES IT HARDER

Where is one place you would like to go? What would make the first visit easier?

Skip anything you want to. You can fill this in on your own, or with someone you trust.

Being watchful kept you going once. It can ease off with time and practice.