My Autism & Self-Injury Coping Plan

A colorful, printable support tool for autistic adults

This plan is for me. It is not a punishment plan. It helps me stay safer, understand my needs, and ask for the right support.

1. My Early Warning Signs

I may notice:

■ Rising irritability or tension	■ Difficulty speaking or finding words
■ Feeling trapped or overwhelmed	■ Needing to escape noise/people
■ Exhaustion after masking	■ Racing thoughts or shutdown
■ Sleep, food, or pain changes	■ Strong urge to hurt myself

My own warning signs: _____

2. My Triggers

■ Loud noise	■ Bright lights	■ Crowds
■ Conflict or criticism	■ Too many demands	■ Changes in routine
■ Pain or illness	■ Hunger / poor sleep	■ Masking for too long
■ Loneliness or grief	■ Sensory discomfort	■ Other: _____

3. Safer Coping Tools

When I feel the urge to hurt myself, I can try:

■ Go to a quiet, dim space	■ Use headphones or earplugs
■ Hold ice or splash cool water	■ Squeeze a stress ball
■ Rock, pace, walk, or stretch	■ Listen to familiar music
■ Use a weighted blanket	■ Use a safe chewable/fidget
■ Text a safe person	■ Use my calm phrase or script

4. My Support People

Name	How to contact	What I need from them

5. What Others Should Do

■ Reduce noise and demands ■ Give me space ■ Stay calm ■ Do not force eye contact
■ Do not touch me unless I agree ■ Use short, simple sentences ■ Take injuries seriously

6. Emergency Safety

If I cannot stay safe, I will:

Call: _____ • Go to: _____ • Crisis line: Umang Pakistan 0311-7786264

If there is immediate danger, serious injury, or thoughts of ending my life, contact emergency services or go to the nearest emergency department.

This worksheet is educational and does not replace professional care. Keep it somewhere easy to find, and update it after difficult experiences.