

## Are You Explosive At School?

Teens with Asperger Syndrome are known to have sudden melt-downs, often without any clear provocation. Seemingly without warning, Asperger teens may “explode” causing a great deal of concern to all around them. If this kind of behavior is seen as a danger to themselves or others, it may result in a teen’s suspension pending a review of whether the teen’s current school is the most appropriate setting.

Asperger teens can learn to manage their explosive behavior if they are given feedback as to the consequences of this behavior, if they learn the triggers of this type of behavior, and if they learn to reduce the emotional pressures that can lead to a meltdown.

This form has been designed to help teens recognize the degree to that their sudden anger or other strong emotion will affect them at school and what the consequences may be to this type of behavior

Other tools that may be relevant:

*What Triggers Your Explosive Behavior*

*Ways to Control Your Meltdowns*

# Are You Explosive At School?

Look at the behaviors listed below, and rate each one as to how often you think you have them. Use the following scale to rate each behavior, with 1=Never 3=Sometimes and 7=Often.

\_\_\_\_ I yell at other students.

\_\_\_\_ I yell at teachers of other adults.

\_\_\_\_ I curse.

\_\_\_\_ I slam my fist on my desk.

\_\_\_\_ I throw objects.

\_\_\_\_ I cry over what other people might call "little things."

\_\_\_\_ I withdraw and refuse to talk to other people.

\_\_\_\_ I walk out of class without an explanation.

\_\_\_\_ I make dramatic accusations that I am being "tortured" by others or "hated by everyone"

\_\_\_\_ I mutter things under my breath.

\_\_\_\_ I threaten to harm myself.

\_\_\_\_ I threaten to harm others.

\_\_\_\_ I threaten to destroy property.

Total Number: \_\_\_\_\_

Are there other behaviors that get you into trouble at school?

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Are there things you know that can help you control your explosive behavior? List them below:

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