

## **Are You Explosive At Work?**

People with Asperger Syndrome are known to have sudden melt-downs, often without any clear provocation. Seemingly without warning, people with Asperger Syndrome may “explode” causing a great deal of concern to all around them, and even threatening their employment.

People with Asperger Syndrome can learn to manage their explosive behavior if they are given feedback as to the consequences of their behavior, if they learn the things that trigger 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 people recognize the degree to that their sudden anger or other strong emotion will affect them at work. It can serve as a way to help them discuss this problem and explore ways to avoid melt-downs.

Other tools that may be relevant:

*What Triggers Your Explosive Behavior?*

*Ways to Control Your Meltdowns*

# Are You Explosive At Work?

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 2=Sometimes and 3=Often.

\_\_\_\_\_ I yell at co-workers.

\_\_\_\_\_ I curse.

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

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

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

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

\_\_\_\_\_ I walk out of meetings 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 company property.

Are there other behaviors that get you into trouble at work? List them below:

---

---

---

---

---

---

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

---

---

---

---

---

---