

Abbreviated Emotional Regulation Profile
(Schall, 2000; Adapted from Prizant, 1999)

Name: _____

Date: _____

EMOTIONAL STATE	WHAT DOES IT LOOK LIKE AND SOUND LIKE WHEN PERSON IS IN STATE?	WHAT ACTIVITIES AND EVENTS CAN PERSON TOLERATE IN THIS STATE?	WHAT ACTIVITIES AND EVENTS HELP PERSON TRANSITION TO A STATE WHERE HE/SHE CAN BEST FOCUS OR COMMUNICATE?
OVERSTIMULATED, FRUSTRATED, ACTING OUT			
ALERT, CURIOUS, ENGAGED			
CALM, BUT NOT ENGAGED			
DISENGAGED, FUSSY, LOW TOLERANCE FOR DIRECTIONS			