

Scripting?

What it is, Where it helps and How
to make your own scripts

Why do ASD People need Scripts?

Because Shit Happens.....

On a good day, an ASD person can juggle one orange. Life constantly tosses us too many oranges to juggle.

What is a script?

In our session, a script is a series of simple steps that are learned in order to prepare an ASD person to do what would be too much to handle if he had to do it spontaneously.

Social Scripts....

In my definition, the script can be a series of actions, spoken words or a combination of both.

Commonly, scripts that are learned sentences and responses are known as social scripts.

Some of Jerry's Scripts....

“I lost something”

“ I hate this e-mail....”

“I gotta travel again...”

“I'm bored”

“I feel blue..”

“There's a bird loose in my room”

“Invite someone to share an activity”

“I lost my erection....”

Sample Script....

“ I lost ----- (in this case, my car keys...)

1. Pull duplicate key out of wallet 😊

2. Now that you know you aren't stranded, try to remember where you last saw your car keys and look in all of those places until you find them....

Important Footnote....

1. The duplicate key in the example is what I call a backup plan. Backup plans can take the pain out of many surprises...

A Locally Inspired Example...

“I can’t remember where I parked my car at Tiger Stadium”

1. Reach into your wallet for the paper that notes the aisle and space.

OR.....

If you didn't do that....

2. Buy some beer and food.

3. Wait until the stadium traffic has left and...

4. Hope nobody stole your car while you waited and 5. Find your lonely car.

Warning....

You can't have a script for everything

BUT

Scripts can reduce the accumulated stress in your life so you are more able to handle the stuff you haven't scripted!!!

Group Exercise....

Next Three Minutes....

Write down as many situations as you have endured, where a script might help..

Let's Write a script....

1. Identify the most stressful parts of the situation.

2. Consider various outcomes, depending on how some steps go.

3. Write simple steps

Our List of Local Scripts That Need to Be Written and Shared

If You Want More Information on Scripts and/or Social Coping etc...

Read My Books 😊

Read other books...

Navigating the Social World

The Social Skills Picture Book

Solving the Relationship Jungle

Gray's Guide to Bullying

All Available at Future Horizons:

1-800-489-0727

Or You can E-Mail Me....

Wholphin48@Hotmail.com

This Script is a wrap!