

Repetitive Behaviors Social Narrative: Coping Card

"Wh	en I feel the need to	<i>"</i>
1. 2. 3. 4.	I will take 10 deep breaths. I will finish my current task. I will go to the restroom and can for I will return to my work.	⁻ 1 minute.

^{*}A coping plan should accompany this story.