

Responding To Questions and Interruptions - Social Narrative

Interruptions

Interruptions are when someone bothers or distracts me when I am in the middle of something. At school, a teacher or fellow student can interrupt me when I am working on a project, test, or assignment. At home, my parent can interrupt when I am busy doing homework or playing a video game. At work, a supervisor or co-worker can interrupt when I am trying to finish a job.

Interruptions can be annoying and frustrating. It is hard to focus and finish what I am working on if someone comes and distracts me. Interruptions will happen in all situations.

When someone bothers or interrupts me, I should:

- Take a deep breath
- Tell myself *"it is ok and this will only take a minute or two"*
- Listen to what they ask or say, then try to answer or help them out
- Possibly ask them if I can finish my task first
- Go back to what I was doing

When I am prepared for interruptions and know how to handle them appropriately, I will feel better and can be successful in all situations.