

Self-Regulation: Repetitive Behaviors and Perseverative Questioning

Instructor: Present this short strengths assessment as the student participates in an employment experience, school-based vocational experience, community service or volunteer activity, extracurricular activity, individual or group assignment, etc.

Name: _____

Date: _____

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
1) Sometimes people may have behaviors that they do over and over such as flapping their arms or hands, making repetitive sounds, rocking, pacing back and forth, etc. Do I engage in repetitive behaviors when I am in class or at work?				
2) People may engage in repetitive behaviors when they are happy or excited. Do I engage in repetitive behaviors when I am happy or excited?				
3) People may engage in repetitive behaviors when they are anxious or upset. Do I engage in repetitive behaviors when I am anxious or upset?				
4) Do my repetitive behaviors ever interfere with my ability to do my work?				
5) Do my repetitive behaviors ever bother or interfere with the work of people around me?				
6) Am I able to stop my repetitive behaviors if they are bothering other people or if they are interfering with my work?				
7) Am I able to find other constructive or appropriate things to do instead of engaging in repetitive behaviors?				
8) Asking questions over and over can also be considered a repetitive behavior. Do I ask questions more than once after someone tells me the answer?				

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9) Do my repetitive questions bother people around me?				
10) Do I realize when I am asking too many questions and then limit how many questions I ask?				
11) We want to do a good job and want our work to be done correctly. Sometimes we can get overly worried about whether our work is correct. Do I get overly worried about my work being done correctly without any mistakes?				
12) Do I get upset if I make a mistake (even a small mistake) in my assignments at school or on the job?				
13) If something in school or work is not arranged or organized the way I want it to be, do I struggle to tolerate this?				
14) Do I feel the need to put things in a certain order, organize items, or clean areas over and over?				