THRIVE EMERGE

**Self-Check: How I Support My Neurodivergent Teen or Young Adult with PDA**

This self-assessment helps you reflect on how often you're using neuroaffirming habits in dealing with your child's cognitive rigidity or PDA. By noticing your strengths and growth areas, you can choose one or two small, practical shifts that will make your relationship with your child more supportive and sustainable.

Rate each item **0–4**
(0=Never, 1=Rarely, 2=Sometimes, 3=Often, 4=Always).
Circle honest answers for the **last two weeks**.

**A. How I See & Respond (0–32)**

1. I take a breath and calm myself before trying to problem-solve.
2. I show I get their feelings instead of rushing to fix.
3. I believe my teen is capable and look for hidden strengths.
4. I notice my own stress and try to stay grounded.
5. I remind myself their behavior is about protection, not defiance.
6. I use positive words to describe my teen in front of them.
7. I celebrate little wins.
8. I avoid sarcasm or shaming language.

**B. How I Shape Demands (0–36)**

9. I break things into very small steps.
10. I ask them to repeat back what the first step is.
11. I give real choices (or let them skip sometimes).
12. I leave buffer time so they can recharge.
13. We plan together how to handle transitions and reminders.
14. I keep sessions short and do a quick review.
15. I have scripts or templates ready when needed.
16. I stop after success instead of piling on more.
17. I use playful or sensory resets when things get stuck.

**C. How I Handle Logistics & Teamwork (0–24)**

18. I share calendars or checklists my teen will actually use.
19. I give warnings before changing tech rules or limits.
20. I stay on the same page with my partner/caregivers.
21. I ask my teen what would make things easier.
22. I reach out for help when we need it.
23. I take care of my own basics (sleep, movement, friends).
24. I repair after conflict by owning my part and reconnecting

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**Scoring & Next Steps**

- **72–92 points:** You've built strong habits. Pick one new stretch goal.
- **48–71 points:** Solid foundation. Choose 2 things to practice this week.
- **0–47 points:** Start small. Pick one item from each section (A, B, C).

**Write your practice plan:**

- This week I will practice items #, #, #____.
- Triggers that derail me & what I'll do instead: _____