

# Neuro-states in Autism

Regulated

Responsive  
Productive  
Flexible

Imposed Situations

Dysregulating

Agitated environment  
Lack of personal space  
Sensory overload  
Processing overload  
Excessive social demands  
Unpredictability  
Sudden obligations  
Unmet bodily needs

Regulating

Co-regulation  
Stimming  
Repetitive behaviors  
Controlling behaviors  
Insistence on sameness  
Non-verbal withdrawal  
High intensity interests

Creative Control / Choice

Dysregulated

Neuro-crash

BIMS (Burnout, inertia, meltdown, shutdown)

Adapted from: Kaufman, R. K. (2023, December 2). Autism Intel: What your child/adult wishes you knew about their brain. Conference presentation. 2023 World Autism Conference, Loveland, CO, USA.