

Anxiety Shutdown	ASD Meltdown	Behavioral Tantrums
Feelings of being overwhelmed	Usually a result of feeling overwhelmed	Exaggerated behaviors
Feelings of fear	Unaware of how behavior affects others	Seeks an audience to perform in front of
Tension in the body	Lack of personal safety	Looks for the reactions of others
Repetitive behaviors	No interest in what is going on around them	Goal-directed: The child wants something, often stated verbally
Changes in mood	Repetitive behaviors	Ends quickly when goal is obtained
Wanting to be left alone	Sudden and drastic changes in mood	
Sweating	Increased heart rate	
Tingling feeling	Slow winding down	
Increased heart rate		
Typically not goal-orientated		
Slow winding down		