

# PREOCCUPIED PATTERN

## THE STUDENT WHO FEARS SEPARATION

IN TIMES OF STRESS/UNFAMILIAR  
FIGHT/ FLIGHT  
**ANXIOUS ANGRY FRUSTRATED**

LEADS WITH  
AFFECT

SAD

SCARED

MAD

FEELING  
OVER  
THINKING

**YOU WILL ALWAYS KNOW WHERE I AM**

CLINGY

DISSATISFIED

BOSSY

INTRUSIVE

I'M JUST TRYING TO  
KEEP EVERYONE SAFE +  
HAPPY SO THAT I CAN  
BE SAFE + HAPPY!

WHEN I AM NOT  
OKAY, I WILL DEMAND  
YOUR ATTENTION

**CANNOT TOLERATE DISTANCE**  
EVERY PROBLEM BECOMES MY PROBLEM

I CAN HELP! LET ME DO  
NOT DO IT THIS WAY! IT!  
THAT'S NOT FAIR!  
I MUST TAKE ACTION  
YOU SHOULD...

**CO-TEACHER**  
I WILL NOT BE ABANDONED

I KNOW WHAT  
EVERYONE SHOULD  
BE DOING!

I WILL MAKE  
YOU NEED ME!

**ROLE CONFUSION**

## INTERVENTIONS

-  FREQUENT CHECK INS
-  PUT ME IN CHARGE OF TASK  
NOT PEOPLE
-  USE TIMERS + TRANSITIONAL  
SPACES/OBJECTS
-  GROUPS HELP ME FEEL  
CONNECTED AND GET HELP
-  CELEBRATE SELF SUFFICIENCY
-  CALM DOWN SPOT  
(NEAR THE TEACHER)
-  I NEED A KIND +  
SAFE AUTHORITY
-  DON'T USE ME TO  
MEET YOUR NEEDS
-  HELP ME GET STARTED  
ON A TASK
-  REMIND ME TO FOCUS  
ON MYSELF

**YOU MIGHT FEEL EXPASPERATED+NEED SPACE**