

Check list for Adults

Name _____ Date _____

- may not fit previous family patterns or expectations
 - have a major health, emotional or behavioural difference
 - may feel extreme sadness, anger or scare – expressed or internalised
 - may pick up on others feelings to a marked degree but be unable to use this purposefully
 - however much love and attention is given out or received, there is still an empty feeling inside
 - may have permanent anxiety or depression
-
- many feel excessively overwhelmed or over loaded at times/ often
 - hence may not be aware of short/ long term action/ consequence
 - inner pre-occupation cuts out inner and external awareness
 - may not be able to predict future events outcomings
 - when locked in feelings, may not be able to use words to adapt/ adjust world, family life
-
- may need others to understand and be able to follow one's own path
 - may need other to do what you want, but inhibit them from doing so
 - may crave love and attention from other adults (and children), yet subconsciously push them away
 - may chat or talk without getting over what you want to express
 - may tend to dominate despite a gentle and passive personality
 - may withdraw due to a gentle and passive personality
-
- do best when left to do own activities/ interest
 - usual boundaries and sanctions don't make a lot of sense to you, so you may need to do things your own way, sometimes to the detriment of others
 - your discussions seem to have little effect, especially regarding sorting out situations with others
 - explanations about understanding others lives have little effect on you, even if you get it on one level
 - extreme procrastination
 - can't get a chore done, even if you want to
 - delay doing everyday chores by doing something different that fills up your time
 - getting a chore over and done with to free up time for an enjoyable activity doesn't work
 - can't work or wait for rewards/ manage delayed gratification

- may be highly intelligent in some areas, and have extreme difficulty in something very easy for others
 - may have a rich inner world, preferring this to everyday life
 - may have insights, knowing and wisdom at times
 - may not be able to use insights or carry out actions
 - level of focus varies from hours to not at all
 - may prefer intellectual experiences to intellectual tasks
 - may like outdoors/ nature/ animals/ the elements more than most, as they bring relief
 - may like art/ crafts/ making and doing, to bring relief
 - may like music/ singing/ dancing/, to bring relief
 - may like sports or physical activity, to bring relief
 - may be uncertain in new situation
 - when absorbed in own activity, may find it difficult to do a necessary task for self or others
 - may not like changing from one activity to another
-
- more aware of smells/ tastes/ textures of food/ the feel of materials and clothes/ sounds
 - vision is different (noticing small things and ignoring the whole) disordered (needs glasses)
 - eye tracking and convergence are poor (leading to Dyslexia/ Hyperlexia)
 - sleep may be longer or shorter or different to usual patterns
 - may need to be on the phone, computer or watching TV instead of being in the present
 - may shy away from certain places/people

These criteria are collected from my work with children, parents, young people and adults over many years.

Young people and adults find these criteria, when used without judgement, a useful starting point for a discussion.

This enables them to move from what may be challenging in life, to coming into the fullness of themselves and enjoying life, when necessary with the aid of various natural therapies and appropriate ongoing support.

Felicity Evans, Flint Farm, West End, Essendon, Herts, AL9 5RQ

felicity@naturekids.co.uk 01707 275451 / 07711 946058