



PRESSURE IS NOT DEFIANCE

A 12-PAGE ORKY FIELD STORY FROM THE ORIGINAL VIDEO

Low-demand support // genuine choice // safe exits // usable re-entry

ANXIETY IS THE WEATHER

Direct demands, unexpected change, lost control, fear of failure, social expectation, complex tasks, time pressure and public attention can all raise the signal.



USE INDIRECT, COLLABORATIVE LANGUAGE

"I wonder which activity you would like to start with."

PREPARE CHANGE

Preview transitions and offer visual warnings.

REGULATE BEFORE COMPLETION

A break or sensory support can come before the work.

REDUCE THE DEMAND SIGNAL

Pressure falls when the route restores autonomy, predictability and a believable way out.



ONE THING AT A TIME

Limit simultaneous demands and make the first step manageable.

REAL CHOICES

Different routes—not two disguises for the same command.

NO THREATS

Solve the problem together instead of escalating consequences.

MOVE EXECUTIVE LOAD OUTSIDE

Task initiation, planning, organisation, time, working memory, flexibility and follow-through can all become bottlenecks under pressure.



ROUTE-GIT HOLDS THE SEQUENCE

Use a short checklist, map, timer or visual step card.

BUILD IN MOVEMENT

Movement is regulation, not a prize after regulation.

CELEBRATE SMALL COMPLETIONS

Notice the usable step without turning it into surveillance.

PARTICIPATION HAS MANY FORMS

Engagement does not always require speaking, presenting, joining a group or raising a hand.



ALLOW NON-VERBAL RESPONSE

Pointing, writing, drawing, light-code or response cards all count.

OFFER AN OBSERVER ROLE

Joining can begin at the edge of the group.

CONNECT THROUGH INTEREST

A preferred topic can be the bridge, not a bribe.

LOW-DEMAND COMMUNICATION

Tone, pace and question-shape can either lower the signal or turn conversation into another test.



WARM, NEUTRAL TONE

"I'm here if you need anything."

WAIT WITHOUT FILLING SILENCE

Processing time is part of communication.

LET THEM LEAD

Offer now/later, speech/text, together/alone and an easy pause.

WHEN THE SYSTEM SHUTS DOWN

Stopping speech, eye contact or movement can be a survival response to overload—not proof of indifference.



REMOVE DEMANDS

Reduce words and allow silence and space.

ACCEPT NO EYE CONTACT

Stay nearby without requiring performance.

RECOVER AT THEIR PACE

Reconnect through safety or shared interest before tasks return.

PREVENT ESCALATION EARLY

Meltdowns often arrive after pressure has accumulated across time, noise, uncertainty, hunger, social scrutiny and unmet needs.



LOWER THE STACK

Reduce demands and choose one thing, if any.

WARN BEFORE CHANGE

Predictability can return control to the nervous system.

CHECK THE BODY

Offer food, movement, quiet and sensory support without making them payment.

SOCIAL ACCESS WITHOUT THE STAGE

Groups, turn-taking, unexpected calling-on and fear of mistakes can make participation feel publicly dangerous.



PRIVATE FIRST

Offer written or one-to-one routes before public sharing.

MAKE ENTRY SCRIPTABLE

Provide an invitation, sentence starter or trusted buddy.

DECOMPRESS AFTER MASKING

A successful social moment can still cost energy.

RELATIONSHIP BEFORE COMPLIANCE

Trust, autonomy, respectful language, strengths, predictability and emotional regulation create the conditions for useful participation.



CONNECT WITHOUT EXPECTATION

Spend time together before expecting output.

PRAISE EFFORT, NOT NORMALITY

Notice courage, communication, repair and self-knowledge.

COLLABORATE ON THE BARRIER

Ask what would make the route easier.

COMPLETE WITHOUT A POWER STRUGGLE

Completion improves when pressure is reduced and the learner keeps meaningful control over pace, route and exit.



BREAK IT SMALL

One clear, achievable part can be enough for now.

REMOVE FALSE DEADLINES

Use flexible timing when the clock is only adding threat.

BUILD TRUST FIRST

A calm, trusting connection makes work easier to approach.

BUILD A ROUTE THAT CAN CHANGE

The video gives strategies. Your version still has to fit one real person, one real day and one real environment.



ASK

What is adding pressure? Which signal says enough?

OFFER

Two genuinely different routes, plus pause and exit.

NOTICE

What restored communication, access or safe re-entry?

SUPERVISE

Individualise for the learner. Clinical use belongs within appropriate training, consent, safeguarding and professional supervision.