

# THE FLOAT CHECK-IN

A Neurodiversity-Affirming Self-Regulation Check for ND Brains

When you feel a sudden surge of rage, anxiety, brain fog, or shutdown, pause and check your **FLOAT**. Standard tools like HALT miss sensory overload and interoception lag, FLOAT helps you track what your body actually needs.

## F

### FUEL

Interoception Check

Interoception lag means hunger and thirst often present as sudden irritability or panic rather than stomach rumbles.

💡 Ask: When did I last drink water or eat protein? Grab a snack or a drink.

## L

### LONELINESS

Connection vs. Capacity

Unmet needs for connection drain energy, but high demand socializing burns your battery. Seek low masking contact.

💡 Ask: Am I isolated? Send a voice note, text a meme, or hang out in parallel presence.

## O

### OVERWHELMED

Sensory Load Check

Sensory gating differences mean background noise, bright lights, or itchy clothes constantly overload your nervous system.

💡 Ask: What is in my room right now? Dim lights, put on noise-canceling headphones, change clothing.

## A

### AGITATED

Sympathetic Activation

Anxiety or irritation is frequently the body's reaction to unaddressed physical or sensory stress, not just thoughts.

💡 Ask: Where am I clenching? Discharge energy with shaking, heavy pressure, or cold water (TIPP skill).

## T

### TIRED

Executive & Social Battery

Fatigue is not just lack of sleep it is executive dysfunction and social burnout from constantly masking and task switching.

💡 Ask: Is my brain battery empty? Give yourself permission to pause, close your eyes, and unmask.

#### How to Use Your FLOAT Check-In

##### 1. PAUSE

Stop trying to fix your thoughts.

##### 2. SCAN

Run through F-L-O-A-T top to bottom.

##### 3. ADJUST

Fix physical & sensory needs first.