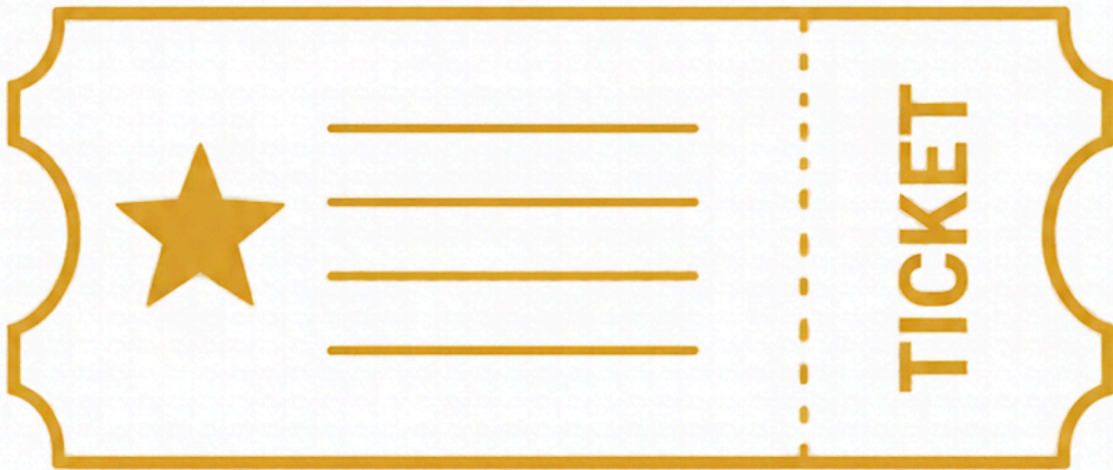


# How to use your tickets



## What Ticket Theory is

Created by Hilary Knutson and shared by Neuro Pride Ireland: each ride is a task with its own ticket. For monotropic minds with spiky profiles, tickets gather around our interests and can be scarce elsewhere.

## Ideas for individuals

- ☆ Write the task on a ticket.
- ☆ Keep a small stash of tickets for the day.
- ☆ Swap in a 'buddy ticket' for body doubling.
- ☆ Sort tickets into interest rides and no-ticket rides without blame.
- ☆ Use the tickets as a burnout check-in.

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## Ideas for families, parents and carers

Use tickets to make life more manageable, not to earn rest. Invite the Autistic person to help decide what spends and what saves their tickets. Respect their choices.

Encourage them to check in with their body and mind before spending. Celebrate when they use tickets in ways that help them feel safe, calm and connected.

Be flexible, as some days need more care than others. Kindness and understanding come first.



## Ideas for therapists and practitioners

Use tickets as a strengths-based conversation tool, not a compliance measure. Work collaboratively and follow the Autistic person's lead.

Explore their spiky profile and monotropic interests, plan supports and practise self-advocacy. Respect their communication style and processing needs.

Adapt examples, language and pace to fit the individual. This is their system, and your role is to support, not direct.



## Ideas for educators and workplaces

Offer tickets as a way to understand and support energy management, sensory needs and wellbeing.

Co-create practical adjustments that reduce unnecessary demands and increase inclusion.

Build a culture where needing support is normal. Listen, believe and adapt. Small changes can make a big difference.



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