

Making a Choice and Permission Plan

Trauma and stabilization | Adults and teens 13+ | 10 to 15 minutes

Create a practical participation plan that makes consent and choice visible.

Support can feel more usable when you know what choices are available. This page helps you tell a clinician or trusted support person what helps you participate and what you want them to ask before doing.

Name preferences without explaining everything

You can state a preference without sharing the experience behind it. Examples include keeping the door in view, receiving a description before an exercise, choosing whether to close your eyes, or being asked before someone moves closer. Preferences can change.

Agree on a way to pause

Choose a word, gesture, written message, or other signal that means pause. Decide what should happen next, such as quiet, an explanation, a different activity, or ending the exercise. The plan works best when the other person confirms what they can provide.

Things that help me participate comfortably

Things I want someone to ask permission for first

My pause signal and what I would like to happen next

What we agreed on and when we will review it