### III. Narrow Range of Interests and Insistence on Set Routines. This refers to the individual's rigidity, obsessions, perseverations, and need for structure/routine/order.

#### A. Rules are very important as the world is seen as black or white.

- 1. Takes perfectionism to an extreme — one wrong answer is not tolerable and the individual must do things perfectly.
- 2. Has difficulty with any changes in the established routine.
- 3. Has a set routine for how activities are to be done.
- 4. Has rules for most activities, which must be followed (this can be extended to all involved).

#### B. The individual has few interests, but those present are unusual and treated as obsessions.

- 1. Patterns, routines, and rituals are evident and interfere with daily functioning (this is driven by the individual’s anxiety: the world is confusing for her, she is unsure what to do and how to do it — if she can impose structure she begins to have a feeling of control)
- 2. Has developed narrow and specific interests; the interests tend to be atypical (this gives a feeling of competence and order). Involvement with the area of special interest becomes all-consuming.
- 3. Displays rigid behavior.
  - a. Has unusual fears.
  - b. Has narrow food preferences.
  - c. Carries a specific object.
  - d. Plays games or completes activities in a repetitive manner or makes own rules for them.
  - e. Insists on driving a specific route.
  - f. Arranges toys/objects/furniture in a specific way.
  - g. Is unable to accept environmental changes (must always go to the same restaurant, same vacation spot).
  - h. Is unable to change the way she has been taught to complete a task.
  - i. Needs to be first in line, first selected, etc.
  - j. Erases over and over to make the letters just right.
  - k. Colors with so much pressure the crayons break (in order to cover all the white).
  - l. Only sits in one specific chair or one specific location.
  - m. Cannot extend the allotted time for an activity; activities must start and end at the times specified.
  - n. Selects play choices/interests not commonly shared by others (electricity, weather, advanced computer skills, scores of various sporting events [but not interested in the actual play; this could also be true for music, movies, and books]).
  - o. Has narrow clothing preferences.
  - p. Feels need to complete projects in one sitting, has difficulty with projects completed over time.

#### C. Failure to follow rules and routines results in behavioral difficulties. These can include:

- 1. Anxiety.
- 2. Tantrums/meltdowns (crying, aggression, property destruction, screaming.

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<td>verbal arguing).</td>
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<td>4. Increase in perseverative/obsessive/rigid/ritualistic behaviors or preoccupation with area of special interest, engaging in nonsense talk.</td>
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<td>5. Inability to prevent or lessen extreme behavioral reactions, inability to use coping or calming techniques.</td>
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<td>6. Emotional responses out of proportion to the situation, emotional responses that are more intense and tend to be negative (glass half-empty).</td>
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