

# Desensitization Log

Individuals with autism and/or intellectual disabilities may have a hard time trying new things, especially when a new skill has a sensory component. Desensitization is a way to gradually build up tolerance of a new behavior or activity.

A desensitization log can be used to track someone's progress when learning to tolerate new things, like using hand sanitizer or wearing a face mask. The purpose of this resource is to provide families and caregivers with a tool to help their loved one become more comfortable with new tasks in relation to coronavirus guidelines, such as wearing a mask, handwashing, coughing into the arm, etc.



## HOW TO USE:

- Think of ways to gradually introduce the new skill:
  - Start small, even just seeing or touching items involved in the new skill.
  - Start with what the person can already do!
  - Build up the amount of time doing the task over time.
  - Pair the skill with something fun, like music
  - Reward and reinforce the individual for trying
  - Practice multiple times over multiple days, building up over time to get to the new behavior.
- Use the log on the next page to write out small steps, gradually building up to the full skill
- Use visuals, pictures, demonstrate it yourself, or a list to show the learner.

## Example Log

How to _____	✓
1.	
2.	
3.	
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11.	
12.	