**Useful Tips**

Some useful tips for responding to someone experiencing disinhibition include:

* Being patient – allowing the individual time to reflect on what they have said and allowing them to make changes to their response.
* Being supportive – not laughing or making fun of their response/ behaviours.
* Being empathetic – how would you feel if you had said/ done what they had done and not been able to control it? Treat the individual as you would like to be treated in that situation.
* Explaining to the individual that what they have just said/ done was not appropriate but that you understand why they did it – especially when the behaviour/ comment has significance to the other person.
  + I.e. “I didn’t like what you just said as it made me feel uncomfortable, but I understand that you may not have been aware of this, could you please not say this again?”
* Trusted friends or family members could help by reminding individuals of what may be the most appropriate thing to do or say if they are struggling in social situations.
* It may help to mentally prepare an individual for social situations and to think about any difficult situations that have occurred before in similar environments to plan for these.