



The Learning Community
for person centered practices

My Person Centered Description

*for use as part of
Person Centered Thinking
training*

Tiffany 's Person Centered Description

Date of the 1st Plan

December 22nd, 2022

Dates description changed

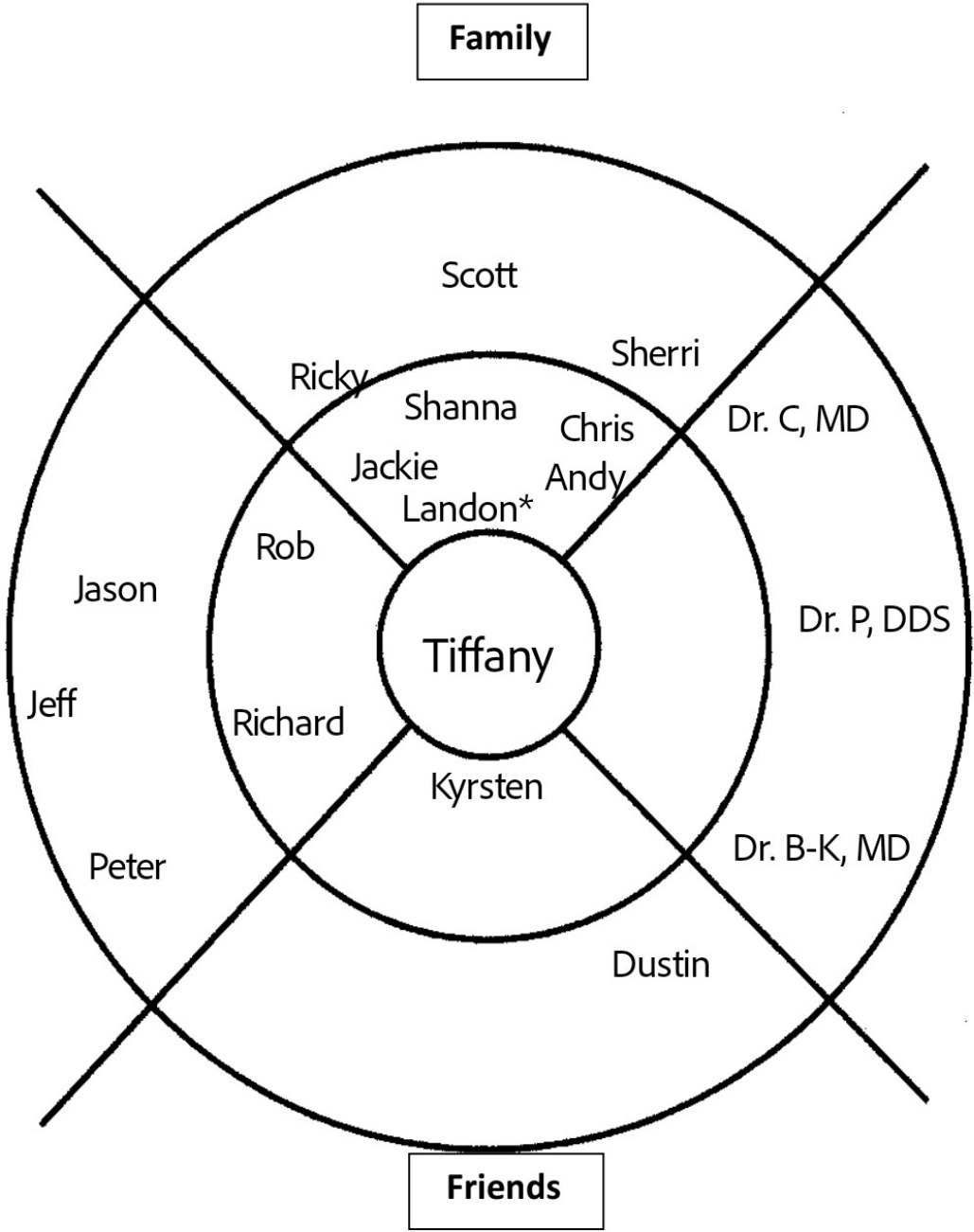
Purpose of the description:

To learn how to organize information from discovery conversations into a format that can be used to drive action.

People Map
for:

People who
support me
at work or
school

People
whose job is
to support
me at home
and other
places



Like and Admire

Quick wit

Empathetic honesty

Knowledgeable

Passionate

Great Story-teller

Funny (silly / sarcasm)

Important To Me

Waking up before my alarm

Alone time in the morning (self reflection)

Understand my limits and ask for help when needed

What others need to know and do to best support me

Don't disrupt my morning reflection time

Offer help if I ask--be honest if you can't help

Communication Chart

What is happening	I do this	It usually means	And I want you to
Talking about due dates	Right eye twitches	Feeling stressed, anxious	Let me talk myself through it
Talking politics	Right eye twitches	I'm annoyed	Give me space and time to adjust to the information
Chatting with a friend	Eyes blink slow & out of sync	I'm confused, speechless	Explain it again; help me understand
Chatting with a friend	My eyes narrow	I think you're lying, or embellishing the story	Let me know if it's true
Listening to someone talk	Flipping a pen or similar size item	Need physical stimulation; Have too much energy	Let me flip the thing and don't shame me

Matching For: _____

Supports Needed	Skills Required
Reliable transportation	Safe driver I can trust

PERSONALITY CHARACTERISTICS
Want Polite Intuitive
Don't Want Loud Aggressive

NICE TO HAVE (SHARED INTERESTS)
Punk, rock, alternative music Loves books and reading Similar taste in shows and movies (not horror)

Things to Figure Out

What else would you like to learn or know?

What other physical tells do I show?

How will this plan change and grow?