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Le yishedyuli ebonakalayo. Ishedyuli ebonakalayo inokunceda abantu ukuba baqonde ukuba inkqubo okanye elandelanayo isebenza njani. Iluncedo kakhulu kubantu abakhubazeke ngokwasengqondweni okanye kwi-Autism, kubanceda baqonde ukuba mabenze ntoni ngokulandelayo okanye okuza kwenzeka emva koko. Xa umntu ekwazi ukuqikelala ukuba kuya kwenzeka ntoni emva koko kunokwehlisa uxinzelelo kune nokwandisa inkululeko yakhe. Sebenzisa ishedyuli ebonakalayo, ngaphambi kokuba uhlale nomsebenzi kwaye ucacise inkqubo kubo inyathelo ngenyathelo, ukhombe kwimifanekiso njengoko usiya. Ngexesha Lenkqubo phambi kwenyathelo ngalinye bonisa umntu umfanekiso kwaye xa ligqityiwe elo nyathelo babonise ukuba uya kwinqanaba elilandelayo.

\*Symbols from www.Bildstod.se and ^https://www.vecteezy.com