

# POTTY POWER

## MODULE 2.2

### *The Power of Your Thoughts*





Life is a series of circumstances. By definition, a circumstance is a fact or condition connected with or relevant to an event or action. In simple terms, **it's just a fact.**

That doesn't sound so fun, right? Well the fun stuff behind when our brain creates a thought about these circumstances (or facts).

**That's when things can get fun or things get really ugly really fast.**

Each thought we have it creates an emotion in our body, a feeling.

And from that feeling we either do things or we choose to not do things or take action or inaction based on that feeling.

And that gives us the result we currently have.. In life ..and in this circumstance, potty training.





The circumstance or fact in this case may be:  
**“my child isn’t potty trained and it’s time to potty train”**

Your thought may be: *potty training is hard*  
Which creates a feeling of : **dread or frustration**

And so you avoid it or rush the process  
(inaction or shitty action)

So right now, **your current thoughts about potty training your child are creating the exact result you have in this realm** and if you bought this course, that tells me those thoughts aren’t so awesome.



Pause the program right here and get out your notebook and pen because it's crucial we unpack your current thinking when it comes to potty training your child.





What are your current thoughts around your child learning to potty train?

*Do you think they are capable?*

*Do you think **YOU** are capable of getting them to fully potty train?*

*What does Autism mean about potty training your child?*

*Does Autism mean diapers for life in your mindset?*

*In your mind, what does potty training look like for a neuro typical child?*

*What does it look like for an Autism child?*

How does it make you feel to think about your child being capable of potty training?

How do you feel thinking about whether you are capable of potty training your autistic child?

How does it make you feel thinking about potty training a neurotypical child versus a child on the spectrum?





**Now, what are some of the behaviors you are doing or not doing right now when it comes to potty training your child?**

Make a list of those actions or inactions.



**Thoughts, emotions and behaviors are what are creating your results.** Do you see how your results are the reality of your thoughts about potty training?

Our thinking is what's driving our behavior, **can we think NEW thoughts to give us a new result?**

**We want to make sure that these thoughts are believable. This isn't some mantra we're throwing against the wall hoping it will stick**

We want to have your brain buy in that this new thought can be believable.





"Potty training is hard" ... and **I am open to thinking differently about it.**

"Potty training is hard and **I am willing to have a different experience**"

C: My child is not potty trained and it's time to train

T

E

A

Result: My child is potty trained!

If you have attempted potty training multiple times before or if this is your first time.. **You have thoughts about it.**

Your thoughts are what's hindering you or what's going to help you.

By rinse and repeating new, empowering thoughts we are going to create new, empowering potty results.

