

WORKBOOK FOR MINDSET LESSON 2

HOW CAN I THINK ABOUT THIS DIFFERENTLY?

A MINDSET SHIFT FOR PARENTING CHILDREN WITH AUTISM

KEY CONCEPTS:

1. Thoughts Shape Your Experience
 - In Lesson 1, we introduced the TEA Model: Thoughts create Emotions, which drive Actions, shaping our Outcomes.
 - How we think about autism influences how we feel and respond to it.
2. Resisting Change
 - Many parents worry: "I don't want to lie to myself."
 - But what if your current way of thinking isn't the only way to see things?
3. Autism is Complex—So Are Perspectives
 - Autism is multi-faceted, like the story of the four blind men and the elephant—each touching a different part and describing a different reality.
 - Why limit ourselves to only one way of thinking?
4. Two Movies, Two Mindsets
 - Rainman paints a limiting picture of autism.
 - Temple Grandin shows a woman with autism who thrives.
 - Same diagnosis, different futures—because of different perspectives.
5. The Rabbit-Duck Illusion
 - Our brain chooses what to see first, but both are always there.
 - Applying the TEA Model:
 - **Circumstance:** Your child has autism.
 - **Thought:** "My child will never have a normal life."
 - **Emotion:** Sadness
 - **Action:** Stop trying
 - **Outcome:** Stagnation

What if you shift your thought? "It's possible my child can thrive in their own way."
This leads to hope, constructive action, and progress.

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6. Selective Inattention – What Are You Missing?
 - The basketball experiment: People were so focused on counting passes that they missed a gorilla walking across the screen.
 - If you only focus on struggles, that's all you see.
 - But if you start looking for strengths and possibilities, new opportunities will appear.

7. The Walmart Parking Lot Story
 - A woman frantically pressed her remote, trying to open her car—until someone pointed out her actual car was three spaces away.
 - Stress narrows our thinking. Sometimes, the solution is right in front of us—we just need a tap on the shoulder.

8. The Power of Perspective
 - Mindset coaching is like that tap on the shoulder.
 - It's not about ignoring reality—it's about asking: "What else is here that I'm not seeing?"

9. Action Step – Your New Habit
 - The next time you feel overwhelmed, PAUSE and ask:
 - "How can I think about this differently?"
 - This simple question can transform your experience.

10. Next Lesson Preview
 - In the next lesson, we'll explore three simple strategies to help you shift your thinking in real time.

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BLANK MODEL TEMPLATE

(Use this template to explore how changing your thoughts can create different results.)

Circumstance: _____

Thought: _____

Emotion: _____

Actions: _____

Outcome: _____

