

WORKBOOK FOR MINDSET LESSON 3

MANAGING NEGATIVE THOUGHTS

OVERVIEW

In this lesson, we focus on simple ways to change negative thoughts and build a mindset that helps you become your child's biggest champion. We'll work with three techniques that help you see progress and stay positive. By using these techniques, you can turn worries into hope and small setbacks into stepping stones for growth.

Technique #1: Add the Word "Yet"

- Idea: A small word can create a big change.
- How It Works: Instead of saying, "My child can't do this," say, "My child can't do this yet." This tiny word reminds us that progress takes time.

o Example 1:

- Original Thought: "My child can't ride a bike."
- Revised Thought: "My child can't ride a bike yet."

o Example 2:

- Original Thought: "I'm not good at helping my child."
- Revised Thought: "I'm not good at this yet."

Technique #2: Focus on the Gain, Not the Gap

- Idea: Instead of concentrating on what hasn't improved, notice the small wins.
- How It Works: In our program, we work on three key areas, potty-training, communication and dealing with problem behaviors. Look for progress—even small steps are important.

o Communication Example:

- Original Thought: "My child still struggles with communication."
- Revised Thought: "My child is making small improvements. He is starting to use gestures and sounds that we can build on."

o Potty-Training Example:

- Original Thought: "We haven't made any progress with potty-training."
- Revised Thought: "We have seen small improvements. He might stay dry a little longer or show signs that he is ready."

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Technique #3: Be Careful of Overgeneralization

- Idea: Avoid using words like “always” or “never” because they can make problems seem bigger than they are.
- How It Works: Look at the situation carefully. Instead of saying something happens all the time, be specific about what you’ve observed.

o Example:

- Original Thought: “My child always has complete meltdowns.”
- Revised Thought: “My child sometimes has meltdowns, and I’ve seen him calm down with a little support.”

Action Step

Take a few minutes this week to pick one negative thought you often have about your child’s progress—whether it’s in communication or potty-training. Write it down. Then, choose one of the techniques above to change that thought into one that shows hope and progress. Notice how this new way of thinking makes you feel and what actions it inspires.

Preview of the Next Lesson

In our next lesson, we will explore “2 New Ways to Think About Thinking.” This session will introduce fresh ideas to further reshape your mindset and help you support your child in even more powerful ways. Stay tuned for new strategies that can make a big difference in viewing challenges and celebrating progress.

Keep this workbook handy as you practice these techniques. Remember, every small change in thought can lead to a big change in life—and you are the key champion in your child’s journey!

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CHANGE ONE NEGATIVE THOUGHT TODAY

BLANK MODEL TEMPLATE

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

Circumstance: _____

Thought: _____

Emotion: _____

Actions: _____

Outcome: _____

