

Lesson 4 Workbook: The Fleeting Nature of Thoughts

Overview

In this lesson, we uncovered the fleeting nature of thoughts. Thoughts are like clouds blowing through your conscious mind. You have about 60,000 thoughts per day. You can choose which ones you want to hang out with.

Insight #1: You don't have to believe everything that you think

Idea: Think of your thoughts like party-trick jellybeans. Some taste great, like cherry or chocolate, while others may taste like used bandages or rotten eggs. Those not-so-nice flavors represent the negative thoughts that sometimes sneak into your mind.

How It Works: Taste-test your thoughts. When a negative thought arises, ask yourself, "Do I like the flavor of this thought?"

Take Action: Don't hold onto a thought that tastes terrible. Imagine spitting it out and replacing it with a flavor that uplifts you.

Why it works: When you choose to savor positive, constructive thoughts, you feel better and function better, becoming more resourceful and creative.

Insight #2: You Don't Have to Keep Thinking What You're Thinking

Idea: Imagine your thoughts as buses.

How It Works: Sometimes, you might board a bus that takes you to a dark, scary destination, full of negative feelings.

Take action: You have the power to change buses. When you realize you're on a bus heading to a place that doesn't serve you, ring the bell and get off. You don't have to follow a train of thought all the way to its destination.

Action Steps

- Start paying attention to your thoughts.
- Use the jellybean analogy to gauge if a thought is uplifting.
- Use the bus analogy to change an unhelpful thought path.
- Aim to feel better so that you can take constructive actions on your journey with autism.

Preview of the Next Lesson

In our next lesson, we'll take a deep dive into the world of emotions.

We'll explore how understanding your emotions can be a powerful tool, helping you harness them to your advantage.

Blank Model Template

Circumstance: _____

Thought: _____

Emotion: _____

Actions: _____

Outcome: _____

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