

# WORKBOOK FOR MINDSET LESSON 1

## FOR PARENTS WITH CHILDREN ON THE AUTISM SPECTRUM

### UNDERSTANDING THE TEA MODEL

- **The TEA Model** helps you understand how your thoughts, emotions, and actions work together to shape your life. Think of it as a superpower to take control of how you feel and what you do.

#### 1. Circumstances (C) :

Facts about your life—neutral, neither good nor bad.

Example: Your child has autism.

#### 2. Thoughts (T) :

Sentences in your mind about the circumstance. These create your emotions.

Example: "My child will never have a normal life."

#### 3. Emotions (E) :

Feelings are vibrations in your body caused by your thoughts.

Example: Sadness, hope, joy, frustration.

#### 4. Actions (A) :

What you do, don't do, or react to based on your emotions.

Example:

- Actions: Look for ways to teach your child.
- Inactions: Avoid trying new strategies.
- Reactions: Overreact or lose patience.

#### 5. Outcome (O) :

The result of your actions, inactions, and reactions.

Example: Your child progresses or stays the same.

#### • Unintentional vs. Intentional Thinking

Sometimes, we think negative thoughts without realizing it (unintentional). But when we intentionally change our thoughts, we create new emotions, actions, and results.

##### • Unintentional Model :

- **C** : Child has autism.
- **T** : "My child will never have a normal life."
- **E** : Sadness.
- **A** : Compare your child, avoid teaching them, overwork.
- **O** : Your child stays stuck.

##### • Intentional Model:

- **C** : Child has autism.
- **T** : "It is possible my child can thrive."
- **E** : Hope.
- **A** : Try new teaching methods, celebrate progress, stop comparing.
- **O** : Your child makes progress.

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## EXERCISE: PRACTICE THE TEA MODEL

Use this space to practice identifying your unintentional and intentional TEA Models:

- **Unintentional Model :**

C : \_\_\_\_\_  
T : \_\_\_\_\_  
E : \_\_\_\_\_  
A : \_\_\_\_\_  
O : \_\_\_\_\_

- **Intentional Model :**

C : \_\_\_\_\_  
T : \_\_\_\_\_  
E : \_\_\_\_\_  
A : \_\_\_\_\_  
O : \_\_\_\_\_

### Key Reminders:

- **Thoughts Create Emotions:** Your emotions come from what you think, not from the situation itself.
- **You Can Choose Your Thoughts:** Experiment with empowering thoughts to create positive emotions and actions.
- **Practice Makes Progress:** Use the TEA Model regularly to reframe your mindset and help your child thrive.