Actions: Fear or Love Motivated?

This lesson is about getting clear on your perspective. Why are you doing what you are doing for your child? This is not about the action itself, this is about the perspective you have on why you are taking action. You know your child best. You are taking action. Let's work on making sure it's the most efficient action possible. Healing autism with ease is possible so let's do it!

Let's focus on the actions you are taking to heal your child's autism. On the lines below, write down 3 actions that you are taking to heal your child's autism. This can be a school, or a prescription/supplement, a therapy or anything. I'm sure you are doing more than three actions but for now let's just focus on three. Then for each action reflect on why you are taking that action. Do your thoughts about this action feel good? If not, it doesn't mean to stop taking action although you could. We just want to get to a place that whatever action you take feels good!

1. Action:_____
    a. Thoughts on why you are taking this action:_____

    _____

2. Action:_____
    a. Thoughts on why you are taking this action:_____

    _____

3. Action:_____
    a. Thoughts on why you are taking this action:_____

    _____

Navigating AWEtism
with Theresa Lyons, PhD