You Just Took A HUGE Step Forward

This lesson is about getting clear on your thoughts and beliefs about healing autism. Let your mind wander about autism. This week, start noticing your other thoughts around healing autism. When you are doing a mindless activity such as washing dishes, folding clothes, shoveling snow, mowing the yard or just go for a walk and ask yourself "What do I think about autism?" Listen to your thoughts and be kind to yourself.

Use this worksheet to record your thoughts on healing autism as you have them. Whatever they are, just write them down and be excited that you are noticing them. Don't judge them either. For example, I used to think "Healing autism is a pain in the ass."

1. _____
2. _____
3. _____
4. _____
5. _____

Complete the following sentence with your honest thoughts…just write down what first comes to your mind:

Healing autism is possible but _____.

Healing autism is possible but _____.

Healing autism is possible but _____.