




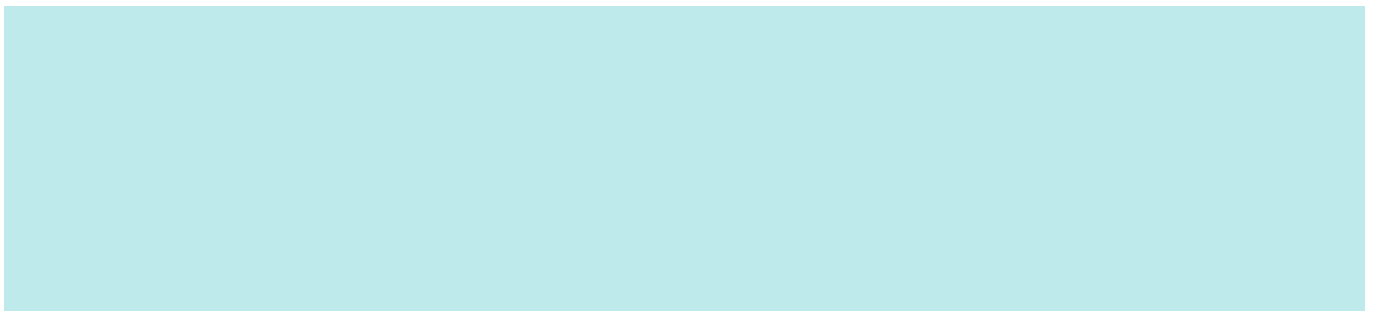
Module 1 Lecture 2

Potty Power Coursework

What are your current thoughts around your child learning to potty train?



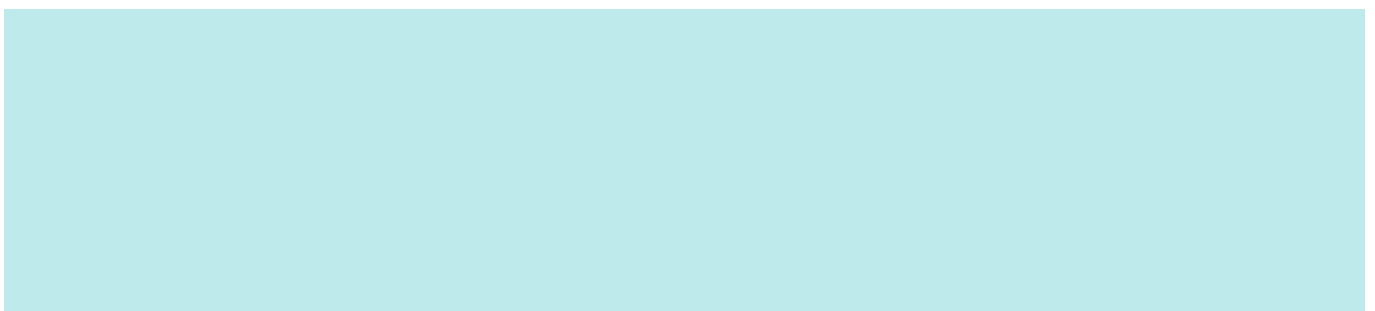
Do you think they are capable?



Do you think YOU are capable of getting them to fully potty train?



What does Autism mean about potty training your child?
Does Autism mean diapers for life in your mindset?



In your mind, what does potty training look like for a neuro typical child? And what does it look like for an Autism child?

Based on these answers, how does it make you feel to think about your child being capable of potty training?

How do you feel thinking about whether you are capable of potty training your autistic child?

How does it make you feel thinking about potty training a neurotypical child versus a child on the spectrum?

Now, what are some of the behaviors you are doing or not doing right now when it comes to potty training your child? Make a list of those actions or inactions.



So if we now know that our thinking is what's driving our behavior, can we think NEW thoughts to give us a new result?



A quick hack is to slap on something at the end of the existing thought.

Let's use the example.

“Potty training is hard” ... and I am open to thinking differently about it.

“Potty training is hard and I am willing to have a different experience”

Now it's your turn.

C: My child is not potty trained and it's time to train

T

E

A

Result: My child is potty trained!

Feel free to continue to explore your thoughts,
emotions and actions below:

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