



Autism Solution

See RESULTS from day ONE

Autism Cure Series

Worksheet#17

Part A) : BEFORE watching the Video

1)Are you aware of any internal dialogue you may be having with yourself inside your head/ mind? If yes, what kind of conversation do you have with yourself about your child? If no, do you feel your mind is free of chatter/internal dialogue?

2)Have you at any time found yourself saying the same things as your parents/teachers/mentors or Has anyone told you at any time that you are "exactly like your mother/father/spouse", implying that you are saying the same things as any of them?

3)Do you feel there are "voices in my head" sometimes? If yes, whose "voice(s)" are they?

Part B) : AFTER watching the Video

1)Do you think/feel your child is listening to your "internal dialogue" and reacting and responding to that? If yes, why and if not, why do you think your child is not aware of your "internal dialogue"?

2) Do you think/feel that if you change your "internal dialogue" or minimize it or experience more moments of 'no thought', your child too will feel the difference and feel more relaxed and calmer? If yes, how can you 'achieve' that state of being. If no, why not?