

Neurodifferent: Thoughts

Date: _____

Name: _____



Write in the item numbers in the list of boxes for each group

Busy Thoughts

Helpful Thoughts

Noticing Thoughts

1

I feel unsure.

2

I don't know where to start.

3

I feel stuck right now.

4

My thoughts are loud.

5

I can slow down.

6

My brain feels fast.

7

This is new.

8

People are focused on their own work.

9

Busy brains still learn.

10

I'll get it wrong.

11

I don't understand yet.

12

I can breathe.

13

I can start small.

14

I need a minute.

15

I don't understand.

16

This is too hard.

17

I can pause.

18

Everyone is better than me.

19

I don't need perfect.

20

Hard doesn't mean impossible.

21

I'm stuck.

22

I'll look silly.

23

Mistakes help learning.

24

I have to be perfect.

25

I can come back later.

26

My brain is too busy.

27

Everyone learns differently.

28

I can ask for help.

29

I can't do this.

30

I can try one step.