

Limiting Beliefs of the Autism Spectrum Parent

11 common beliefs about ourselves that can hold us back from being the best parent we can be.

1. I don't fit in.
2. I have to keep the family together/happy.
3. It all depends on me. (If I don't do it who will?)
4. I cannot ask for help (I should be able to do this.)
5. I don't have time for _____. (self-care, sleep, food, rest, relationship)
6. No one else can take care of my child like I can.
7. It's my job to make my child better.
8. I must be available at all times for my child.
9. I can't show my feelings. (I can't be sad about autism when my child has made so much progress.)
10. I'm not a good parent if my child misbehaves.
11. The experts know best, so I need to do what they tell me.

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