

# Unleash Your Brilliance

Digital Companion to *Unleashed: What a Child With Autism Can Teach You*

## Worksheet I

*Complete this worksheet early in the book. Please be honest with yourself.*

1. How many times have you lost it and/or yelled at your child(ren) this week?

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2. What do you think are the main reasons you did this?

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3. Do you believe your child should be in full control of their emotions and actions?

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4. Do you struggle because one child responds well to your commands, but another does not?

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5. What parenting style did your parents use with you? Was it effective?

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6. If you could have your child change 3 things today, what would they be?

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