

# Unleash Your Brilliance

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

## Worksheet II

*Complete this worksheet a few weeks after you finish the book.*

1. Do you have another go-to instead of yelling when you are struggling as a parent? What is it?

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2. What's the difference for you and your child when you can come from a calmer space?

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3. What three things do you want to improve on as a parent? What's your plan to get there?

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