

TOOL 3 - COGNITIVE TRIAD

Module: VISION Worksheet

Objectives:

Knowledge of thoughts as a phenomenon.
Knowledge of how thoughts impact emotions and behaviour.
Knowledge and practical experience in how it is possible to take more control of own thoughts, feelings and behaviour.

Materials required:

Flip chart
Markers
Tape
Books and pencils

Step by step facilitation instructions:

- Introduce thoughts and how it affects emotions and behaviour.
- Provide the experiment.
- Demonstrate through a cognitive triad.
- Ask them to visually define how they see a trap.
- Tape a cross on the floor to illustrate the trap.
- Create triads in the group.
- Let them all work with scenarios of mind traps, where they all represent one corner (thought, emotion, behaviour) and let them rotate.
- Let them all work with scenarios of **solutions**, where they all represent one corner (thought, emotion, behaviour) and let them rotate.
- Debrief of their experience.

Expected duration

80 minutes

Expected outcomes

Knowledge of thoughts and how they affect us.
Concrete tools of how to change focus and choose thoughts more wisely.
Experience group work and cooperation.
Practical ways of how to change a situation for the better.

Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress.

VISUAL AND WRITTEN SUPPORT

TYPICAL NEGATIVE THOUGHTS AND RELATED FEELINGS

Thought «I'm not good enough» - Feeling: Frustration, sadness, anger 😞

Thought «Nobody understands me» - Feeling: Upset, frustrated, demotivated 😞

Thought «I can't do this» - Feeling: Angry, guilty, scared 😞

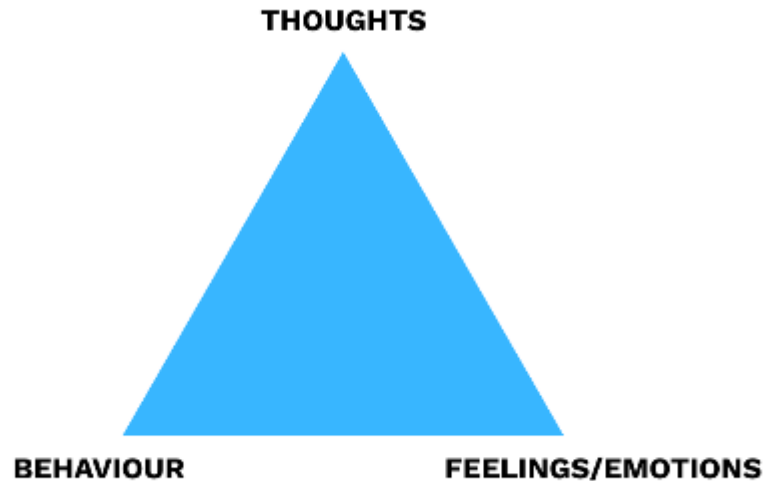
TYPICAL OPTIMISTIC/POSITIVE THOUGHTS AND RELATED FEELINGS

Thought “I am doing my best” – Feeling: Hopeful, content, happy 😊

Thought “I am strong and work hard” – Feeling: Optimistic, content 😊

Thought “I am unique” – Feeling: Happy, proud 😊

ILLUSTRATION OF A COGNITIVE TRIAD



CHECKLIST

- How many participants:
- What worked and why:
- What did not work as planned:
- Number of participants who engaged:
- Step 1 completed:
- Step 2 completed:
- Step 3 completed:
- Debrief completed: