

# AVALON AUTISM PARENTAL SUPPORT & RESPITE

Registered Charity No: SC048395



## GUIDED REFLECTION

Guided reflection is a powerful tool that can support both personal growth and caregiving, especially when navigating the challenges and rewards of raising a child with autism spectrum disorder (ASD). Taking time to pause, reflect, and write can offer clarity during overwhelming moments, helping you to better understand your child's needs and your own emotional responses. For parents and carers of neurodiverse children, guided reflection can provide space to process behaviour patterns, emotional triggers, and what strategies have or have not worked. It also helps to acknowledge progress—yours and your child's—and encourages a more compassionate, informed approach. Beyond parenting, guided reflection allows you to reconnect with your own identity, check in with your well-being, and intentionally shape the direction of your life. Whether used for managing day-to-day challenges or for broader life reflection, this letter template invites honesty, intention, and self-care.

**As I take a moment to reflect, I want to acknowledge where I am right now.**

### **1. Current State:**

- How am I feeling at this moment?
- What emotions or thoughts have been most present in my life lately?
- What has been taking up most of my energy and attention?

### **2. Recent Experiences:**

- What significant experiences have I had recently?
- What have I learnt from them?
- Have these experiences changed the way I see myself or the world around me?

### **3. Challenges and Growth:**

- What challenges have I faced?
- How have I responded to them?
- What strengths have I shown in handling difficulties?

### **Mini Reflection Exercise:**

Think of a recent challenge that left you feeling stretched, emotional or unsure. Write down:

- What happened?
- What did I feel in that moment?
- How did I respond?
- What would I tell a friend in my shoes?
- What small action could help if something similar happened again?

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## 4. Gratitude and Positive Moments:

- What moments, big or small, have brought me joy or peace?
- Who or what am I grateful for?
- How can I bring more of these positive moments into my life?

## 5. Intentions Moving Forward:

- What do I want to focus on in the coming days or weeks?
- What habits or mindset shifts would help me feel more aligned with my values?
- How can I be kinder to myself or others?

## 6. Final Thoughts:

- What words of encouragement or reminders do I want to leave myself with?
- What do I need to release or let go of?

With honesty and care, I acknowledge where I am and embrace the journey ahead. I give myself permission to grow at my own pace and appreciate the progress I have already made. Challenges are a natural part of any journey, especially when navigating both your own needs and the needs of your child. They do not define you, but rather shape your resilience, creativity, and compassion. By reflecting with openness, you allow yourself the space to process, reset, and move forward with purpose.