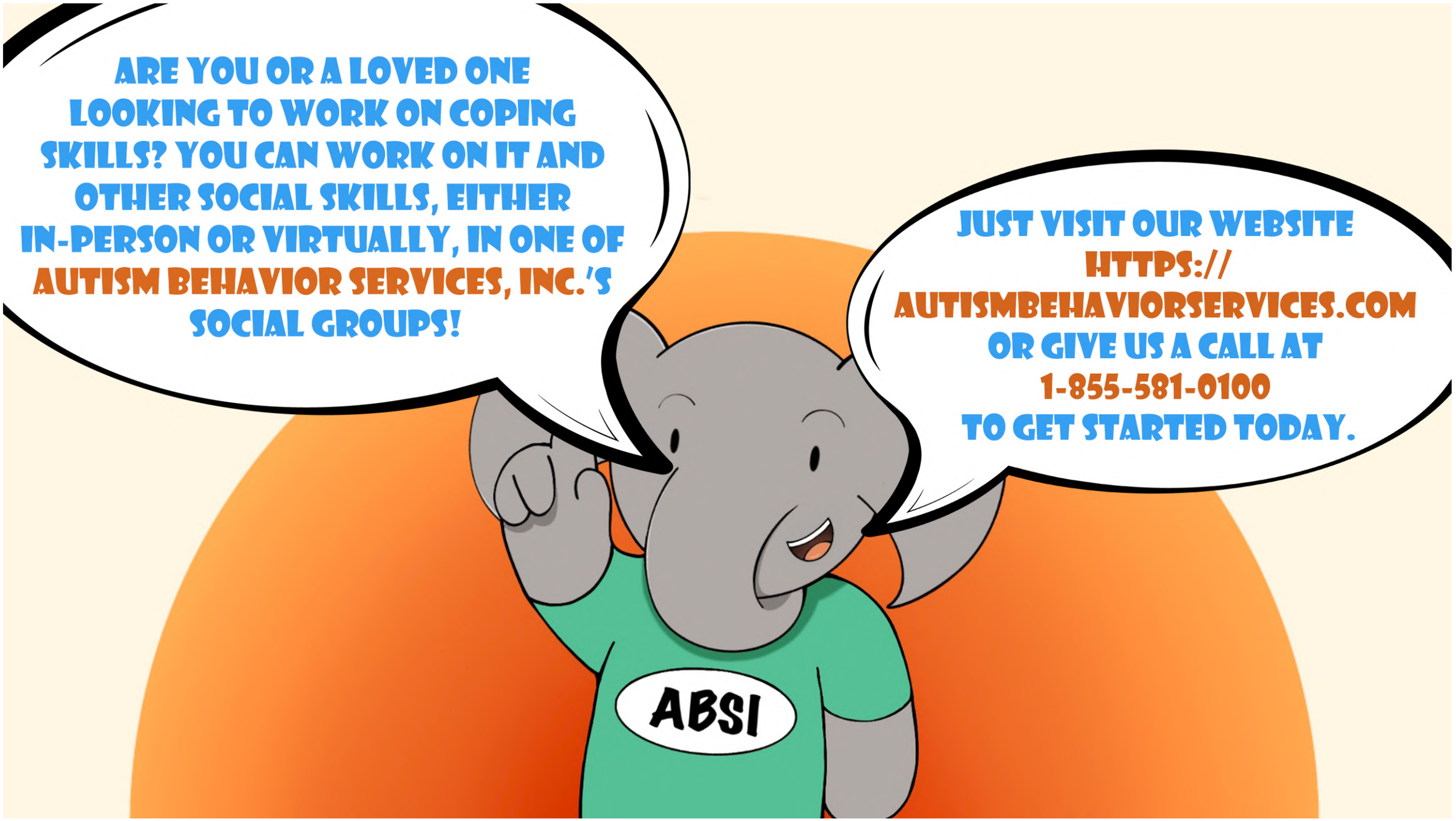
autism

behavior services inc

Accepting No

From Autism Behavior Services, Inc.


ARE YOU OR A LOVED ONE LOOKING TO WORK ON COPING SKILLS? YOU CAN WORK ON IT AND OTHER SOCIAL SKILLS, EITHER IN-PERSON OR VIRTUALLY, IN ONE OF AUTISM BEHAVIOR SERVICES, INC.'S SOCIAL GROUPS!
JUST VISIT OUR WEBSITE HTTPS://AUTISMBEHAVIORSERVICES.COM OR GIVE US A CALL AT 1-855-581-0100 TO GET STARTED TODAY.
ABSI

NO, DANIEL. I'D LOVE TO GET IT FOR YOU BUT WE BOUGHT A TOY YESTERDAY. IF YOU WANT TO BUY ANOTHER ONE, YOU'LL NEED YOUR OWN MONEY.
MOM, CAN I GET THIS TOY CAR, PLEASE?

WAAHHHHHHHHHHH
!!!!

yummy
DINER
FOOD
OPEN

MOM, CAN WE STOP OFF AND GET A HAMBURGER?
DANIEL, IT'S ALMOST 5 O'CLOCK. WE'RE GOING TO BE HAVING DINNER WHEN WE GET HOME.

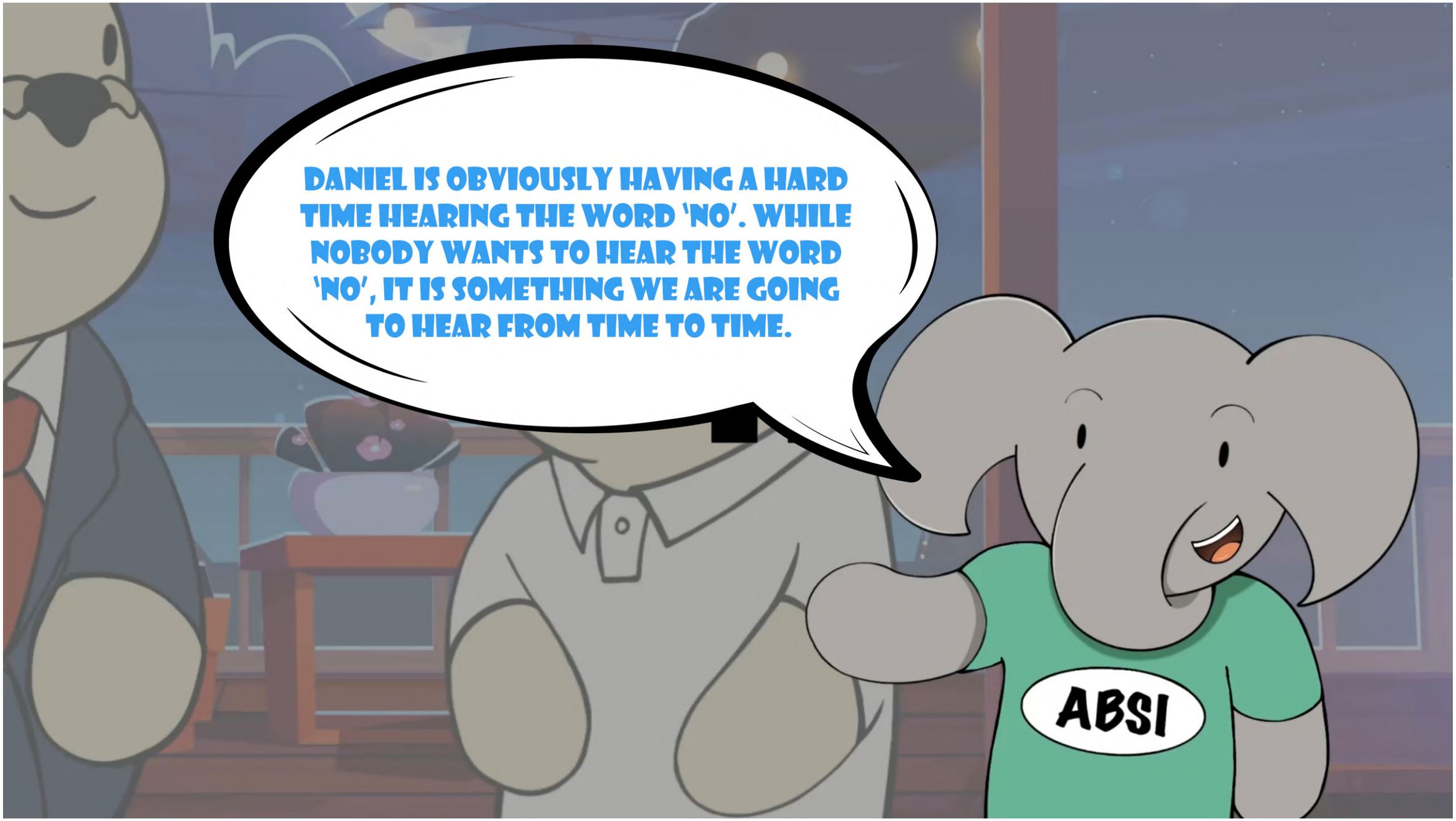
WAAHHHHHHHHHHHH!!!!

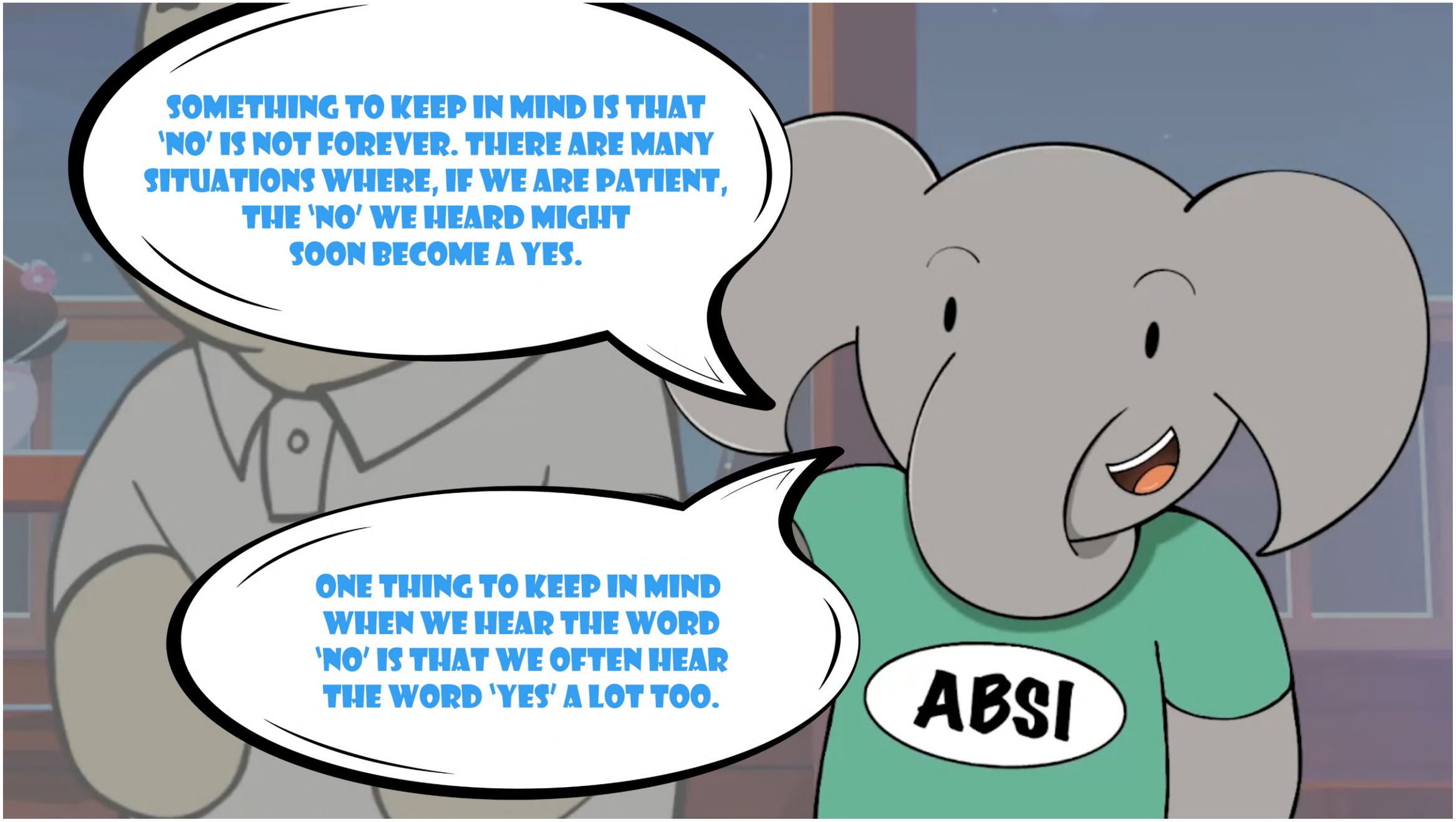
Join ABSI's Social Groups! In Person or Vitual !

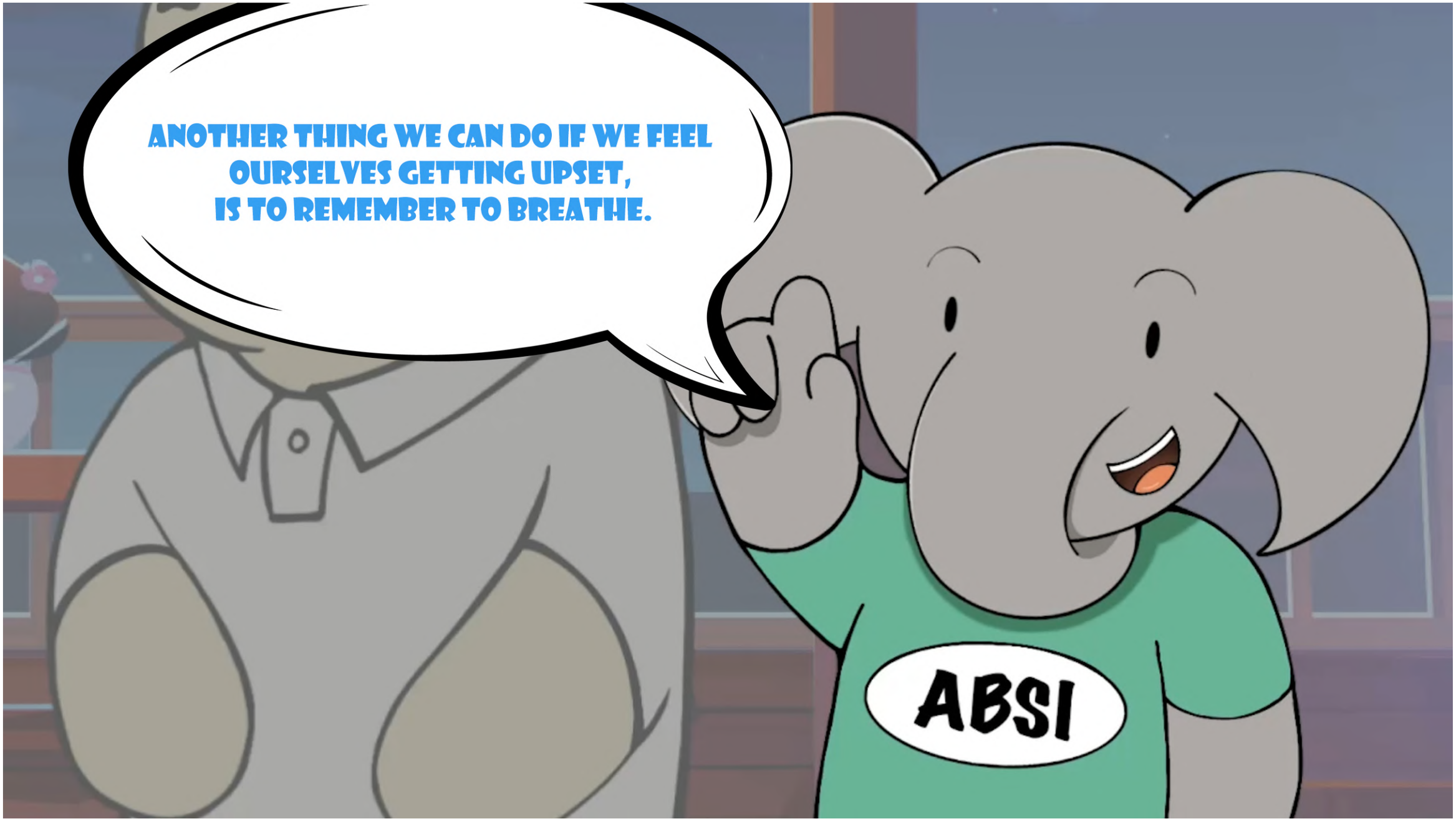
Call 855-581-0100

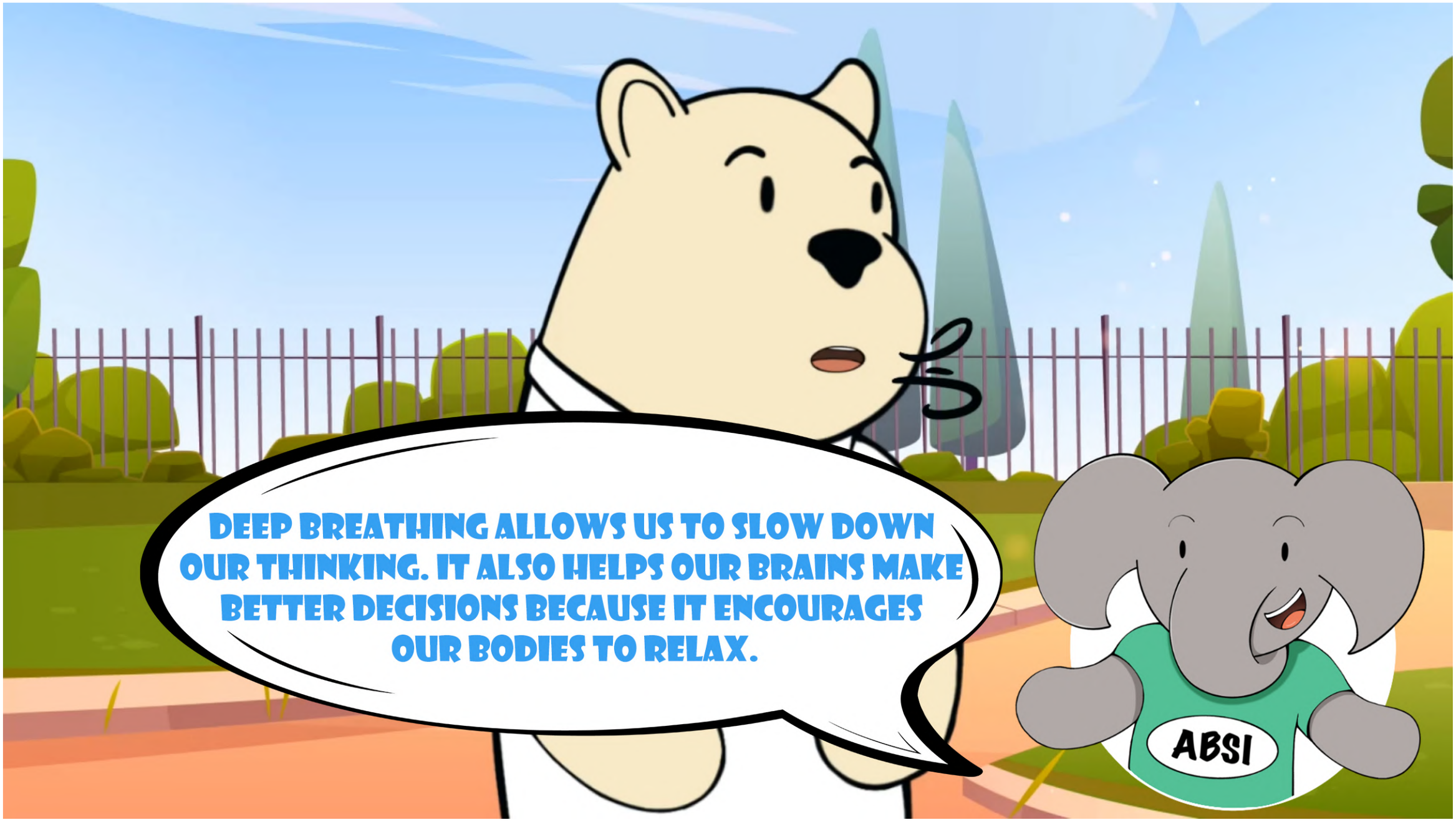
..
NO DANIEL, WE'RE GOING HIKING TOMORROW.
.
CAN I SLEEP OVER GEORGE'S TONIGHT?

BUT....
WAHHHHHHHHHHHH!!!


DANIEL IS OBVIOUSLY HAVING A HARD TIME HEARING THE WORD 'NO'. WHILE NOBODY WANTS TO HEAR THE WORD 'NO', IT IS SOMETHING WE ARE GOING TO HEAR FROM TIME TO TIME.
ABSI


SOMETHING TO KEEP IN MIND IS THAT 'NO' IS NOT FOREVER. THERE ARE MANY SITUATIONS WHERE, IF WE ARE PATIENT, THE 'NO' WE HEARD MIGHT SOON BECOME A YES.
ONE THING TO KEEP IN MIND WHEN WE HEAR THE WORD 'NO' IS THAT WE OFTEN HEAR THE WORD 'YES' A LOT TOO.
ABSI


ANOTHER THING WE CAN DO IF WE FEEL OURSELVES GETTING UPSET, IS TO REMEMBER TO BREATHE.
ABSI


DEEP BREATHING ALLOWS US TO SLOW DOWN OUR THINKING. IT ALSO HELPS OUR BRAINS MAKE BETTER DECISIONS BECAUSE IT ENCOURAGES OUR BODIES TO RELAX.
ABSI

YOU CAN ALSO COUNT DOWN FROM 10 TO 1. THIS WILL ALLOW YOU TO INTERRUPT YOUR OVERTHINKING CYCLE, FOCUS YOUR THOUGHTS ON SOMETHING ELSE, AND BRING YOU BACK INTO THE PRESENT MOMENT.
ABSI

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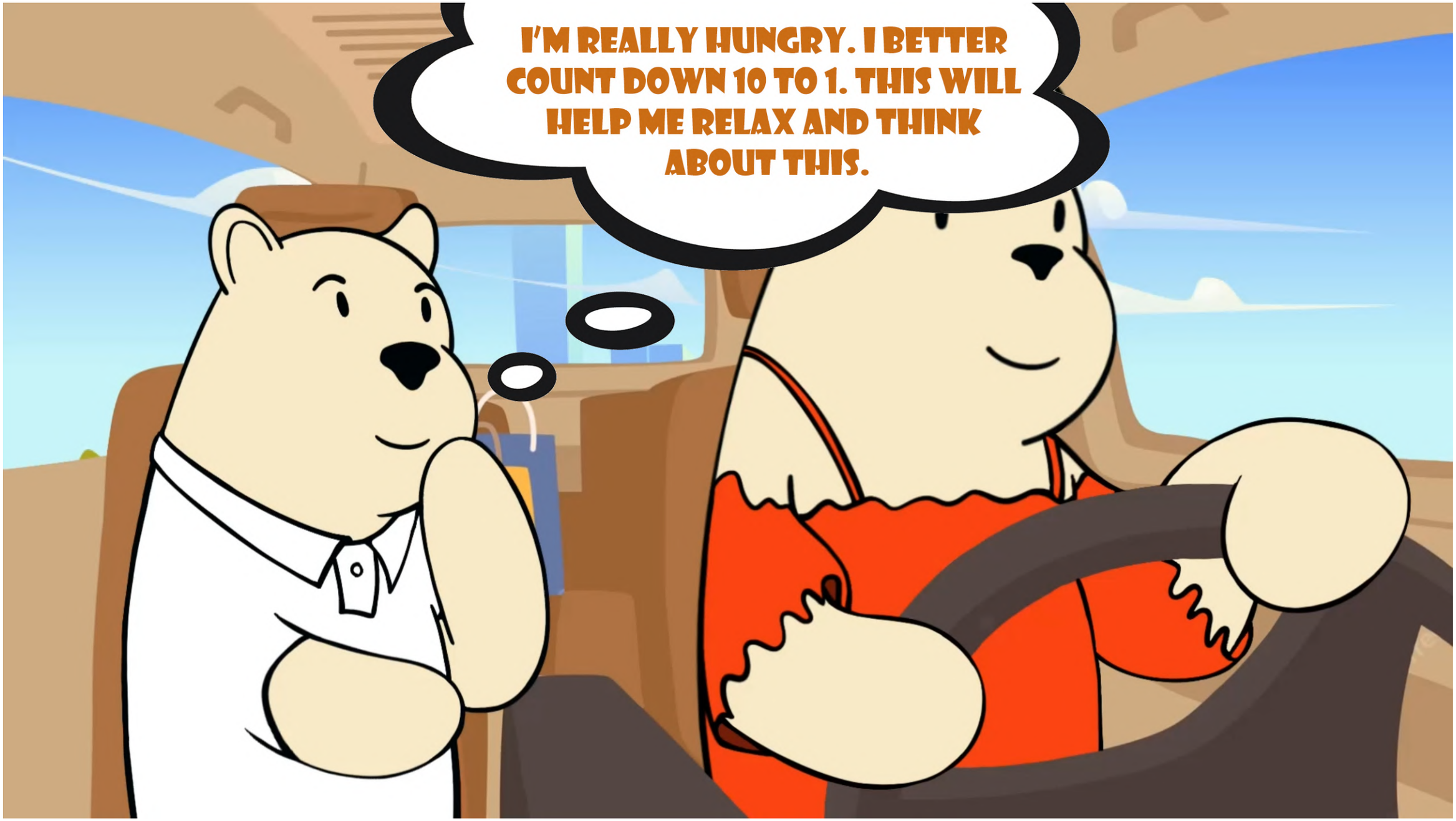
SADLY, THE ANSWER'S NO RIGHT NOW, DANIEL. HOW MUCH IS THE TOY CAR?
5 DOLLARS.

I REALLY WANT TO GET THIS TOY. WHAT IF I TAKE SOME DEEP BREATHS AND TRY TO CALM DOWN?

GOOD JOB, DANIEL.
THANKS MOM. I JUST NEED TO DO SOME CHORES. THEN I CAN EARN THE MONEY AND GET IT. I'LL BUY THE TOY CAR WHEN I GET MY ALLOWANCE ON FRIDAY.

MOM, CAN WE STOP OFF AND GET A HAMBURGER?
DANIEL, IT'S ALMOST 5 O'CLOCK. WE'RE GOING TO BE HAVING DINNER WHEN WE GET HOME.

BUT I'M REALLY HUNGRY NOW.
YOU CAN HAVE A SNACK WHEN WE GET HOME. ALSO, I'M MAKING YOUR FAVORITE DISH, PASTA WITH SAUSAGE.

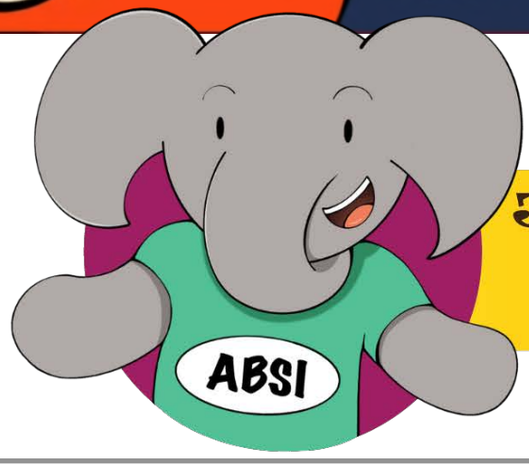

I'M REALLY HUNGRY. I BETTER COUNT DOWN 10 TO 1. THIS WILL HELP ME RELAX AND THINK ABOUT THIS.

OKAY MOM, I'LL HAVE A SNACK WHEN I GET HOME.
GREAT JOB ACCEPTING NO, DANIEL.

NO DANIEL, WE'RE GOING HIKING TOMORROW.
CAN I SLEEP OVER GEORGE'S TONIGHT?

DANIEL, YOU DID A GREAT JOB ACCEPTING 'NO' TODAY. WHY DON'T YOU ASK DANIEL TO SLEEP OVER AFTER THE HIKE TOMORROW?
OKAY, I UNDERSTAND. CAN I DO IT NEXT WEEK?

EVEN BETTER! THANKS MOM AND DAD!



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WH Questions

1) What word is Daniel having trouble accepting?

2) What is one coping strategy Daniel can use when he hears this?

3) When Daniel uses his coping strategies, what happens?

For More Resources
and Information please visit:

www.autismbehaviorservices.com

For More Information on
Autism or Careers in autism please contact:

1-855-581-0100

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