

Things I can Ask and Say

This guide is for you. It is about helping you share what is on your mind and how you are feeling so that you can get the most out of the time you spend with your therapists and support workers. Your ideas and feelings are important, and you can work together to make your sessions helpful and successful. You might also find that some of these questions are helpful for when you want to share your ideas with teachers, your friends and other people you know.

Starting a Conversation

It can be hard to find the right words, so here are some simple examples of ways you can express yourself.

Use "I Feel..." Statements

Using "I feel..." statements helps you talk about your emotions without blaming anyone.

For example, "I feel **frustrated** when we do this activity" or "I feel **happy** when we work on building with blocks."

Express Your Preferences

It is important to share what you like and what you do not like. Your opinion matters and can help to make supports and therapy sessions enjoyable. When we enjoy something we learn more.

You could say things like "I'd **prefer** to work on art today" or "I **don't really like** doing that activity."

Say "No"

It is okay to say "no" if you feel unsafe or uncomfortable. You can also say no if you really dislike an activity. If you say no, try to suggest a different activity or listen to other ideas from your therapist or support person.



Questions to Ask

Asking questions is a good thing. Asking questions is one of the best ways to get information. It can also help you understand why you are doing something. Asking questions can also help you feel more connected to the activities you are doing.

Here are some specific questions you can ask to better understand what is happening and speak up in your sessions.

“Why are we doing this?” Can help you understand yourself and how this will work help with your goals.

“What is happening in my brain or body when I have trouble with....?” This helps you understand yourself better.

“Can you show me how to practice this?” “How will I know I am doing it the right way?” This helps you practice on your own when they are not there.

“What are some real-life situations where I can use this [new skill]?” This helps you understand how the skills you are learning can be used in your everyday life, like at school or when you are with friends.

“Can you show me a different way to do this?”

This can help if you are finding something too difficult, are not enjoying it, or would just like to know some other ways to do something.

“Can we try something else?” This can help when you want to change activities or work on your goal in a different way.

“What is something I have gotten better at since we started working together?” This helps you understand your progress and builds your confidence.

“How can I tell you if something we are doing is not feeling right for me?” This helps you feel comfortable sharing what is working and what is not, so you can make changes together.

