Thoughts: Stop, Pause, and Play

I have thoughts. I think about what I see and hear.
I can think about what I am doing. I can think about what I am seeing and hearing.

I can think about what I have already done and seen and heard.
I can think about TV and movies and video games.
I can remember what I have seen and heard before.

Sometimes I like to repeat the words I have seen and heard.
I like to say some words over and over.
It sounds and feels good to say those words.

When I say words from a movie or TV or a game, I am thinking about the movie or TV or game.
Sometimes those words make sense to other people and sometimes they do not.
Other people do not know what I am thinking unless I tell them. I have to use my words to tell them.

When I am at school or work, I need to try to think about what I am doing. I try to think about where I am and what other people around me are saying and doing. I think about what I am doing now. If I think about movies and games and TV, I am not thinking about my work or who I am with. I have to think about what I am doing now so I can listen, learn, and be a part of what is happening.

I need to pause or stop my favorite thoughts, like movie and video game thoughts, when I am doing work, spending time with other people, or talking to other people. I especially need to pause or stop my favorite thoughts if someone is talking to me. I try to listen to others so that they know that I respect and care about them. When I can, I use my eyes to watch them and let them know I am listening.

I try to wait until I have a break to think about my favorite things.

Then I can play my thoughts and words.

Created by: Kristi A. Jordan, OTR
If I think about or say things from a movie or video game, or talk about my favorite things while I am doing my work or while they are talking about something different, others may not know what I am talking about. I also may not hear or see what the other person is saying.

If another person, like a coworker, family member, or friend, asks me to stop or pause, I should try to stop. I can say my favorite words later. If someone tells me to watch or listen, I should try to think about what I am doing and listen to what the person is saying. I can learn when I listen and watch what I am doing. I make other people feel happy and respected when I listen to them!

Pause: Think about what I am doing now. I can think about this later.

Stop: Turn off my other thoughts. Turn the video thoughts off.

Play! I can think about my thoughts and say my favorite words now.

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