

Social Thinking Basics

Social Thinking occurs when more than one person share a space. It can occur in a large group (classroom), in a small group (with friends), in an elevator, in the hallways, walking along a street, in a store, etc. Mostly, social thinking is learned in your homes and in all the social settings that are part of your life.

Social Thinking can be harder for some people to learn than others. That is okay, because everyone is a unique learner, and each person has to work hard on what they need to learn. When you learn about social thinking, you will figure out why and how you might want to adjust some of your behaviors in situations where you share space with another person. BUT, your personality is awesome! You need to hold onto that. 😊

Social Thinking basics:

When people share space with others, they have thoughts about each other.

These thoughts can be positive, neutral or negative.

These thoughts can be powerful or fleeting (weak, will go away in a minute).

People may or may not be aware of exactly what their thoughts about others are, especially if they are neutral.

What generates thoughts is a person's body posture, body/hand movement, personal space, facial expression, words, intonation of voice, volume of voice, and eye contact.

People adapt their behavior because they are aware of other people and the impression they may make upon them. They want others to have positive or neutral thoughts about them.

When people engage in expected behavior, positive or neutral thoughts are usually generated.

When people engage in unexpected behavior, negative thoughts are usually generated.