

Social Thinking Vocabulary

Superflexible Thinking - Mental flexibility of your brain to interpret verbal and non-verbal information based on different points of view or different contexts. This is the opposite of Rigid Brain (Rock Brain) where one follows a rule all the time or cannot interpret subtle different meanings in language or expression.

Team of Unthinkables - try to sidetrack us in ways that are not socially acceptable and reduce our flexibility. They are NOT EVIL VILLIANS. Everyone is faced with their own team of Unthinkables and we all need to learn strategies to minimize their power.

Rock Brain, Rock Brain Thinking - being rigid, not willing to compromise or work out a solution, only sees situations one way. May be very rule-bound.

Superflexible strategy - strategies we use to adapt efficiently in each context. We have to read the hidden social rules in each context and regulate our physical presence, eyes, language, emotions, reactions, etc.

Expected behaviors - understanding a range of hidden rules in every situation; we have to figure out what those rules are and then follow them in order to keep other people feeling good about us.

Unexpected behaviors - failing to follow the set of rules, hidden or stated, in the environment

Thinking with your eyes - figuring out what people are planning to do by interpreting their movement or eye direction

Thinking about others - Idea that we are constantly considering what others are thinking and feeling in order to monitor and modify our behavior to keep people feeling good.

Hidden rules - not all rules are clearly announced. Most rules in our world are rules people figure out through observation and experience. If you are not sure of the rules, you can ask someone. For example, at school, you are usually supposed to leave your shoes on, even if you take them off at home.