

Sample of Distortions and Alternative Cognitions

Panel A

Child Spills
Milk

Cognitive

- He's so clumsy
- He's trying to annoy me
- He is bad

Affective

- Anger
- Disgust
- Impatience

Behavioral

- Hurt child
- Refuse to give more milk

- It was an accident

- Displeasure
- Patience

- Help child clean-up
- Refill milk

Resource: Kolko, D. & Cupit Swenson, C.

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Panel B

Child comforts crying baby brother

Cognitive

- He's so jealous
- He's trying to hurt the baby
- He is mean

- He's trying to help
- He loves his brother
- He's nurturing

Affective

- Anger
- Impatience
- Displeasure

- Pleasure
- Pride
- Happy

Behavioral

- Pull child away
- Yell at child
- Hit child
- Take baby

- Give child a chance to be successful
- Praise child
- Assist child

Resource: Kolko, D. & Cupit Swenson, C.

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