

# Common Unreasonable Beliefs

*Our beliefs can impact the way we interact with each other. Look at these beliefs that parents and kids have. Give an example of what your beliefs are in each of these categories.*

## **PARENTS:**

- 1. Ruination:** *The belief that the child/teen's actions will ruin his/her life; get them in serious trouble or cause irreparable harm. I think \_\_\_\_\_*  
\_\_\_\_\_
- 2. Obedience/Perfectionism:** *My child/teen should never make mistakes and should always obey me. I think \_\_\_\_\_*  
\_\_\_\_\_
- 3. Malicious Intent:** *My child/teen acts that way on purpose to bug me. My child does these things because they are just plain bad. I think \_\_\_\_\_*  
\_\_\_\_\_

## **KIDS/TEENS:**

- 1. Unfairness/Ruination:** *My parents are totally unfair. They don't understand me. They are ruining my life. I think \_\_\_\_\_*  
\_\_\_\_\_
- 2. Autonomy:** *I should have as much freedom as I want. I'm mature enough to handle anything. I should be trusted. I think \_\_\_\_\_*  
\_\_\_\_\_

Adapted from: Problem solving Communication Training. Robin, Bedway & Gilroy.  
CBT+