



Catastrophising

Negative thinking

He'll have poor nutrition because he won't eat vegetables. If that happens, he'll get sick easily, and his growth might be affected!



Situation: The child doesn't like to eat vegetables, and the parent needs to fight with the child at every meal.



Positive thinking

Positive thinking
Although he doesn't like eating vegetables, he still likes to eat fruit, so he'll get vitamins from other food.

