

## 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.

