

**10 Most Common Irrational Beliefs Of Children
The Problems They Can Cause Your Child
What The Fables Of Cosmos Crow Will Teach Them**



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A common misconception of most children and many adults is that they are powerless over their emotions and behaviors. We believe that emotions and behaviors are the result of something of which we have no access or control like the subconscious, or that we are simply reacting to someone else's behavior "what he said made me so mad."

Children learn their belief systems, emotional and behavioral reactions by modeling adults and by the reinforcement of others. All children start off with a deficit of what we would consider functional beliefs. They must be taught to be nice, to share, accept adversity, be fair etc., by the guidance and support of others. Unfortunately, some children do not have the opportunity to develop a functional, that is, a mature belief system. It may be part of their personality to be resistant to changing, or they may not have effective role models.

This program is designed to let you help those children learn how their thinking controls their feelings and behaviors. They need to understand how this works and how to control it. If their thinking is incorrect, they will be able to change it to something that makes sense and take control of their lives. This is done with fables and exercises that are designed to be fun and non-threatening. At the same time, quizzes are used to motivate and to ensure that your children understand the concepts being taught.

But learning more effective coping skills is just like learning a foreign language. You learn the basics and then you practice and practice. Better yet, immerse yourself in an environment where this new skill is expected and rewarded. It becomes your task as the instructor/teacher to ensure that the students learn the material and are in an environment where these new skills are used.

Here are the most common irrational beliefs of children (V. Waters 1982), the problems they may cause. You will also see what your children will learn through the easy and fun fables of Adventures of Cosmos Crow.

10 Common Irrational beliefs of children (V. Waters, 1982)
Some of the emotions, behaviors, and attitudes that they may cause

1. I'm bad if I make a mistake.

*Gets upset with any imperfection...hesitant to start/quick to quit
Find normal school and home expectations threatening*

2. Things should come easily to me.

*Easily frustrated and frequently angry
Unable to be patient or persistent*

3. It's awful if others don't like me.

*Anxious about any perceived criticism
Easily manipulated and unable to see others realistically*

4. There is only one right answer.

*Anxious in school situations may tend to isolate
Unable to see alternative solutions to problems...stubborn*

5. I shouldn't show my feelings.

*Unwilling to put self in "threatening situations" (reading aloud, apologizing)
Excessively shy and timid*

6. I shouldn't have to wait for anything.

*Impatient and Demanding...angry
Sees normal frustration as a confirmation of "That's not fair"*

7. Everything should go my way and I should always get what I want.

*Manipulative of others regardless of negative consequences
Whinny and passive aggressive with those "In Power"*

8. The world should be fair and bad people should be punished.

*Sees normal life frustrations as a serious personal problem
Hold grudges...vindictive...unable to see alternatives*

9. I must win.

*Unable to just "do your best" ...unrealistic in expectations
Views normal difficulties as unacceptable...prone to quit or bully*

10. Adults should be perfect.

*Unrealistic in expectations of self and others
Gravitate to those who will "Tell me what I want to hear"*

10 Common Irrational beliefs of children (Waters, 1982)

Examples of Cosmos Crow's alternative rational "Good Thinking" beliefs

1. I'm bad if I make a mistake.

I don't like to make mistakes but that does not mean I'm bad
Everyone makes mistakes that is how we learn

2. Things should come easily to me.

Just take it a little at a time and you can understand it
Nothing worth doing comes easily

3. It's awful if others don't like me.

Not everyone is going to like me all of the time
Did I cause this? If no...forget it. If yes...can I fix it?

4. There is only one right answer.

There may be other ways to do something...just try
It won't hurt anything to try something different

5. I shouldn't show my feelings.

Others can't hurt me unless I let myself be hurt
Be strong...be brave...do the right thing

6. I shouldn't have to wait for anything.

Everything good takes time...relax and breath slowly
If you don't get it this time, there will be other times

7. Everything should go my way and I should always get what I want.

It is okay to let others "win" because I am big enough to lose
Let them have it this time, it is really no big deal

8. The world should be fair and bad people should be punished.

People can be wrong or mean but I don't need to stay upset
I choose not to think about it and get upset...I am in control

9. I must win.

I did my best and that is all I can do
It's foolish to think you can always win and I am not foolish

10. Adults should be perfect.

People are just people and sometimes they are wrong or foolish
Always listen and decide if what others tell me makes sense