

# **Pitfall: Avoiding**

- Avoiding triggering conversation topics sends the message that certain topics are too taboo or frightening to discuss openly.**
- Avoiding triggering situations prevents a child from developing the resilience to handle discomfort and disappointment.**
- This can cause the child to develop “learned helplessness”**
- To counteract, use the PEAK techniques of Supportive Statements, Reflective Questions, and Unilateral Actions**