

Pitfall: Misinterpreting

- **When a child becomes defiant, tries to withdraw from an interaction, or shows irritability, it can be tempting to misinterpret these behaviors as mere disobedience or moodiness**
- **Misinterpreting can contribute to a child's anxiety and negative parent-child interactions**
- **To counteract, use the PEAK technique of Reframing Thoughts/Shifting Emotions to learn how to recognize when you are Misinterpreting**