

"Don't Be A Bad Egg": Egg Cognitions

Caroline Sigmon, MSW, LCSW

We find all the eggs first and then open them. Child has to state whether the thought is a warm fuzzy or cold prickly thought; identify the feeling that goes along with it. If the thought is a cold prickly then the child identifies either a coping strategy or a way to look at the thought differently.

You can also do this for telling the difference between thoughts and feelings. Have the child help you pick out thoughts and feelings to place in an Easter egg to hide for his therapeutic parent to find and then go through it together.

WARNING: Put only one jellybean in the egg, not two!

Positive cognitions:

It's O.K. to love other people.

I am a good kid.

I think I can.

My parents always love me.

I can calm down when I'm upset.

I can learn new things.

Negative cognitions

I am mean.

It's my fault.

My mom loves me more than my brother.

I am stupid.

I can't trust anyone.

I am bad if I love another grown up who takes care of me.

CPS wants to take me from my family.