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Parenting Press Optimistic Child

child who makes a small mistake while painting a picture might say: It's totally ruined! He then might crumple up the picture. The optimistic child will find a way to fix the mistake. Labeling: Attaching negative labels to oneself or to others. This is an extreme form of all-or-nothing thinking.

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I credit my glass-half-full way of thinking to both a natural personality trait and my even more optimistic mother. Call her a Pollyanna; I'll take her rainbows and sunshine way of thinking any day.

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