

Examples of incorrect responses to emotions	
Distracting	<ul style="list-style-type: none"> • "Come on, let's play with your new toy lorry" • "Let's have your favourite ice cream. That will make you feel better." • "Go do something useful. You'll feel better."
Interrogating	<ul style="list-style-type: none"> • "Why are you feeling like this?" • "I won't help you if you don't tell me why you feel like this."
Making fun of the child for feeling something / mocking / shaming / humiliating	<ul style="list-style-type: none"> • "Oh, look at her, she is a sour puss again..." • "Here start the waterworks again..." • "Always with the drama"... • "Oh, God, here we go again" ... • "What are you a girl? You're such a wuss?" • "Crying makes you weak"
Dismissing	<ul style="list-style-type: none"> • "Do not be silly, of course your friends like you" • "Do you have any idea what it was like for me when I was your age? I had something to be sad about, but you have everything. You don't have any reason to be upset." • "Are you upset again? I really do not have time for your drama and moods!" • "It's all in your head."
Demonstrating impatience / lack of interest	<ul style="list-style-type: none"> • "I do not have time for one of your moods now. You know how busy I am..."
Belittling, minimising	<ul style="list-style-type: none"> • "Are you still upset about this? Don't be silly, it's nothing." • "You always make such a big deal of things..." • "Silly billy" • "Children are starving in the world. You think you have problems?"
Comparing	<ul style="list-style-type: none"> • "Your sister doesn't react like this! Why cannot you be more like her?" • "Only stupid people feel like this." • "I was much braver than you at your age"
Controlling	<ul style="list-style-type: none"> • "What are you so happy about? We both know it will end up in tears." • "We all know what is going to happen now"... • "In this family I am the only one who is allowed to be angry." • "You know we don't like a sad face in this family"... • "Stop this right now, and go do your homework!"

Criticising	<ul style="list-style-type: none"> • "Why do you always have to be upset?" • "What's wrong with you?" • "Are you stupid or something?" • "You shouldn't feel like this." • "You need to be braver than this"
Accusing	<ul style="list-style-type: none"> • "You must have done something to deserve it..."
Using emotional pressure	<ul style="list-style-type: none"> • "You know that I do not like to see you sad. It makes me upset." • "Look what you did. You made everyone upset now." • "Are you saying that I am not a good mother?" • "You are upsetting your father." • "You're ruining it for everyone."
Threatening	<ul style="list-style-type: none"> • "Don't you dare be angry with me, I am your mother/father". • "Just do as you are told, or else" ... • "I'll give you something to cry about!" • "If you keep being like this, I'm going to send you away."
Rationalising	<ul style="list-style-type: none"> • "It doesn't make sense to feel upset about this. You need to think about this differently..." • "You're overreacting." • "What is the point of feeling like this? It won't change anything". • "You need to concentrate on the positives."
Ignoring	The adult caregiver is there, but is indifferent, does not engage with the child at all, walks out of the room, continues to do their activity, turns their face away from the child, or keeps their back turned, etc.
Rejecting	<ul style="list-style-type: none"> • "Go to your room, and come back when you can put a smile on your face." • "If you are going to cry, go somewhere else." • "I do not want to see you like this. Go wash your face and come back here." • "I wish I wasn't your father/mother" • "I didn't ask for this"
Punishing	The adult punishes the child for feeling something the adult doesn't like, for example, by giving the child the 'cold shoulder' and withdrawing. Other examples are locking the child away in their room, and depriving them of food, or other forms of violence. Punishing

	children for how they feel is a form of rejection and control.
*Brutalising / using violence Violence against children is a crime, but it is still done behind closed doors.)	<ul style="list-style-type: none"> • "This (slap, smack, or other brutal behaviour) will give you something to cry about." • Locking a child away in a room or worse.
Pathologising the feelings (making someone believe that their feelings are sick)	<ul style="list-style-type: none"> • "You're not well. We need to take you to the doctor" • "You need therapy" • "We need to get you pills. How you feel is not right"
Teasing	<ul style="list-style-type: none"> • "You'd be so much prettier if you had a smile on your face." • "No wonder no one likes you."
Feel free to add your own examples	