

Thinking Error:
My child always lies to me.

Evaluate and Choose

Believe the Thinking Error

"I'll never be able to trust him again."

"With his lack of integrity, he probably won't get into college or go on a mission."

"He'll never learn to be trustworthy."

Create More Accurate Thoughts

"He is usually honest."

"The Savior loves him and believes in his potential."

"The Savior wants me to use this as an opportunity to teach him honesty."