

REBT Self-Help Form

A (ACTIVATING EVENTS OR ADVERSITIES)

- Briefly summarize the situation you are disturbed about (what would a camera see?)
- An A can be *internal* or *external*, *real* or *imagined*.
- An A can be an event in the *past*, *present*, or *future*.

IBs (IRRATIONAL BELIEFS)

To identify IBs, look for

- Dogmatic Demands
(musts, absolutes, shoulds)
- Awfulizing
(It's awful, terrible, horrible)
- Low Frustration Tolerance
(I can't stand it)
- Self/Other Rating
(I'm/he is/she is bad, worthless)

D (DISPUTING IBs)

To dispute, ask yourself:

- Where is holding this belief getting me? Is it *helpful* or *self-defeating*?
- Where is the evidence to support the existence of my irrational belief? Is it *consistent with social reality*?
- Is my belief *logical*? Does it follow from my preferences?
- Is it really *awful* (as bad as it could be)?
- Can I really not *stand* it?

REBT Self-Help Form *(continued)*

C (CONSEQUENCES)

<p>Major unhealthy negative emotions:</p> <p>Major self-defeating behaviors:</p>

Unhealthy negative emotions include

- Anxiety
- Depression
- Rage
- Low Frustration Tolerance
- Shame/Embarrassment
- Hurt
- Jealousy
- Guilt

E (EFFECTIVE NEW PHILOSOPHIES)

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E (EFFECTIVE EMOTIONS & BEHAVIORS)

<p>New healthy negative emotions:</p> <p>New constructive behaviors:</p>

To think more rationally, strive for:

- Non-Dogmatic Preferences
(wishes, wants, desires)
- Evaluating Badness
(it's bad, unfortunate)
- High Frustration Tolerance
(I don't like it, but I can stand it)
- Not Globally Rating Self or Others
(I—and others—are fallible human beings)

Healthy negative emotions include:

- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Frustration