

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*.

C (CONSEQUENCES)

Major unhealthy negative **emotions**:

Major self-defeating **behaviors**:

Unhealthy negative emotions include:

- Anxiety • Depression • Rage • Dysfunctional frustration
- Shame • Anger • Hurt • Jealousy • Guilt

IBs (IRRATIONAL BELIEFS)

D (DISPUTING IBs)

E (EFFECTIVE NEW PHILOSOPHIES)

E (EFFECTIVE EMOTIONS & BEHAVIORS)

New healthy **negative emotions**:

New constructive **behaviors**:

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 / she is bad, worthless.)

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?

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