

## APPENDIX

### Irrational Ideas Which Cause and Sustain Emotional Disturbances (Ellis)

#### Idea No. 1:

The idea that it is a dire necessity for an adult human being to be loved or approved by virtually every significant other person in his community.

#### Idea No. 2:

The idea that one should be thoroughly competent, adequate, and achieving in all possible respects if one is to consider oneself worthwhile.

#### Idea No. 3:

The idea that certain people are bad, wicked, or villainous and that they should be severely blamed and punished for their villainy.

#### Idea No. 4:

The idea that it is awful and catastrophic when things are not the way one would very much like them to be.

#### Idea No. 5:

The idea that human unhappiness is externally caused and that people have little or no ability to control their sorrows and disturbances.

#### Idea No. 6:

The idea that if something is or may be dangerous or fearsome one should keep dwelling on the possibility of its occurring.

#### Idea No. 7:

The idea that it is easier to avoid than to face certain life difficulties and self-responsibilities.

#### Idea No. 8:

The idea that one should be dependent on others and needs someone stronger than oneself on whom to rely.

#### Idea No. 9:

The idea that one's past history is an all-important determiner of one's present behavior and that because something once strongly affected one's life, it should indefinitely have a similar effect.

#### Idea No. 10:

The idea that one should become quite upset over other people's problems and disturbances.

#### Idea No. 11:

The idea that there is invariably a right, precise, and perfect solution to human problems and that it is catastrophic if this perfect solution is not found.