REBT Self-Help Form

A (ACTIVATING EVENT)		C (CONSEQUENCES)	
		Major unhealthy negative emot	
		Major self-defeating behavlors:	
 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. 		Unhealthy negative emotions inc Anxiety Shame/Embarassment	clude: • Rage • Low Frustration Tolerance • Hurt • Jealousy • Guill
IB's (IRRATIONAL BELIEFS)	D (DISPUTING IB'S)	RB's (RATIONAL BELIEFS)	E (NEW EFFECT)
			New healthy negative emotions:
			New constructive behaviors:
To Identify IB's, look for: • DOGMATIC DEMANDS	To dispute ask yourself: • Where is holding this betief getting	To think more rationally, strive for: NON-DOGMATIC PREFERENCES	Healthy negative emotions includ Disappointment

- (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)

- me? Is it helpful or self-defeating?
- Where is the evidence to support the existence of my irrational belief? Is it consistent with 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?

- (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)

- Concern
- Annoyance
- Sadness
- Regret
- Frustration

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