

RET SELF-HELP FORM

Institute for Rational-Emotive Therapy
45 East 65th Street, New York, N.Y. 10021
(212) 535-0822

(A) **ACTIVATING EVENTS**, thoughts, or feelings that happened just before I felt emotionally disturbed or acted self-defeatingly: _____

(C) **CONSEQUENCE** or **CONDITION**—disturbed feeling or self-defeating behavior—that I produced and would like to change: _____

| (B) BELIEFS—Irrational BELIEFS (IBs) leading to my CONSEQUENCE (emotional disturbance or self-defeating behavior). Circle all that apply to these ACTIVATING EVENTS (A) . | (D) DISPUTES for each circled IRRATIONAL BELIEF . Examples: "Why MUST I do very well?" "Where is it written that I am a BAD PERSON ?" "Where is the evidence that I MUST be approved or accepted?" | (E) EFFECTIVE RATIONAL BELIEFS (RBs) to replace my IRRATIONAL BELIEFS (IBs) . Examples: "I'd PREFER to do very well but I don't HAVE TO ." "I am a PERSON WHO acted badly, not a BAD PERSON ." "There is no evidence that I HAVE TO be approved, though I would LIKE to be." |
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| 1. I MUST do well or very well! | | |
| 2. I am a BAD OR WORTHLESS PERSON when I act weakly or stupidly. | | |
| 3. I MUST be approved or accepted by people I find important! | | |
| 4. I NEED to be loved by someone who matters to me a lot! | | |
| 5. I am a BAD, UNLOVABLE PERSON if I get rejected. | | |
| 6. People MUST treat me fairly and give me what I NEED ! | | |

(OVER)

7. People MUST live up to my expectations or it is TERRIBLE!

8. People who act immorally are undeserving. ROTTEN PEOPLE!

9. I CAN'T STAND really bad things or very difficult people!

10. My life MUST have few major hassles or troubles.

11. It's AWFUL or HORRIBLE when major things don't go my way!

12. I CAN'T STAND IT when life is really unfair!

13. I NEED a good deal of immediate gratification and HAVE to feel miserable when I don't get it!

Additional Irrational Beliefs:

(F) FEELINGS and BEHAVIORS I experienced after arriving at my EFFECTIVE RATIONAL BELIEFS: _____

I WILL WORK HARD TO REPEAT MY EFFECTIVE RATIONAL BELIEFS FORCEFULLY TO MYSELF ON MANY OCCASIONS SO THAT I CAN MAKE MYSELF LESS DISTURBED NOW AND ACT LESS SELF-DEFEATINGLY IN THE FUTURE.

Joyce Sichel, Ph.D. and Albert Ellis, Ph.D.
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