

Irrational Beliefs of Psychotherapists:
The Essence of Countertransference

I must succeed, even with very difficult patients.

My patients must like me.

I must like my patients (but not too much).

My interpretations must be great.

I must be a better-than-average therapist.

I must never be weak or neurotic.

I must never be bored or burnt-out.

I must be totally disciplined.

It's awful when I fail.

I'm awful when I fail.

Failure is always my fault.

Failure is always the patient's fault.

Hard work should always result in success.

Therapy shouldn't be this hard.

Failure today cancels yesterday's successes.

Patients should:

work hard.

get better.

listen to me.

never resist.

be bright and attractive.

improve fairly easily.

When patients don't do what they should, they are:
resistant.

unsuitable for therapy.

trying to ruin my day.

character disorders.

cmhc material.

Major categories of irrational beliefs:

I must do very well almost all the time.

I must have my patient's love & approval.

Patients should be a certain way.

I musn't be human.