

RATIONAL SELF-HELP FORM

(A) ACTIVATING EXPERIENCES (OR EVENTS)


(B) BELIEFS ABOUT YOUR ACTIVATING EXPERIENCES

rational beliefs (your wants, desires)


irrational beliefs (your demands)


(C) CONSEQUENCES OF YOUR BELIEFS ABOUT ACTIVATING EXPER.

deC appropriate bad feelings

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dbC desirable behaviors

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ueC inappropriate feelings

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ubC undesirable behaviors

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(D) DISPUTING OR DEBATING YOUR IRRATIONAL BELIEFS (state this in the form of questions)


(E) EFFECTS OF DISPUTING OR DEBATING YOUR IRRATIONAL BELIEFS  
COGNITIVE EFFECTS OF DISPUTING (similar to rb)      APPROPRIATE FEELINGS



DESIRABLE BEHAVIORS


1. FOLLOW-UP. What new GOALS would I now like to work on? \_\_\_\_\_

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What specific ACTIONS would I now like to take? \_\_\_\_\_

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2. How soon after feeling or noting your undesirable emotional CONSEQUENCES or your undesirable behavioral CONSEQUENCES or your irrational BELIEFS did you look for these IB's and dispute them? \_\_\_\_\_

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How vigorously did you dispute them? \_\_\_\_\_

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If you didn't dispute them, why did you not do so? \_\_\_\_\_

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3. Specific HOMEWORK ASSIGNMENTS given you by you therapist, group, or yourself: \_\_\_\_\_

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4. What did you actually do to carry out the assignment(s)? \_\_\_\_\_

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5. How many times have you actually worked at you assignments during the past week? \_\_\_\_\_

6. How many times have you actually worked at DISPUTING your irrational BELIEFS during the past week? \_\_\_\_\_

7. Things you would now like to discuss with you therapist or group: \_\_\_\_\_

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