

SELF-CONTRACT

Date _____

Self: _____

Other: _____

Goal: _____

AGREEMENT

Self: _____

Others: _____

CONSEQUENCES

Provided by Self:

(if contract is kept) _____

(if contract is broken) _____

Provided by Other:

(if contract is kept) _____

(if contract is broken) _____

Signed _____

Review Date _____

Witness _____

WARNING SIGNS: BEHAVIORS CONSISTENT WITH IRRATIONAL THINKING

1. High degree of interpersonal difficulties
2. Persistence of emotionalism in reacting to daily problems
3. Desiring what one cannot have or is unlikely to get
4. Not wanting or appreciating what one has or could get
5. Tendency to attribute all one's difficulties to others
6. Tendency to see one's self as worthless
7. Pursuit of contradictory goals or behavior inconsistent with professed goals
8. Tolerating bad situations rather than taking steps to rectify or improve them
9. Prejudice against individuals as members of a group
10. Hypersensitivity to criticism
11. Using means antithetical to the goals being sought
12. Remaining dependent on others past the period when necessary
13. Remaining angry or hurt past a reasonable period of time
14. Inability to tolerate uncertainty
15. Demand for perfection in one's own behavior or in that of others
16. Demanding what others have without making efforts to get the same for one's self
17. Attempting to get what others have by stealth or aggression
18. Being in constant difficulties with the law
19. Indulgence in behavior that injures one's body or mind or impedes their functioning
20. Needless self-torment over past events or presumed failures
21. Engaging in extremely hazardous or exceptionally difficult activities for the purpose of proving one's self to be worthwhile or to overcome others' criticism or ridicule
22. Fear of or dislike for engaging in activities largely because they are considered vital or desirable by the large majority of people in one's own culture
23. Chronic or intermittent states of depression or anxiety
24. Unreasonable fears
25. Excessive angers
26. Persistent behavior that arouses hostility or avoidance on the part of other people
27. Excessive enthusiasms

RATIONAL SELF-HELP FORM

(A) ACTIVATING EXPERIENCES (OR EVENTS)

(B) BELIEFS ABOUT YOUR ACTIVATING EXPERIENCES

(C) CONSEQUENCES OF YOUR BELIEFS ABOUT ACTIVATING EXPER.

rational beliefs (your wants, desires)

deC appropriate bad feelings

irrational beliefs (your demands)

dbC desirable behaviors

ueC inappropriate feelings

ubC undesirable behaviors

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

(E) EFFECTS OF DISPUTING OR DEBATING YOUR IRRATIONAL BELIEFS

NITIVE EFFECTS OF DISPUTING (similar to rb)

APPROPRIATE FEELINGS

DESIRABLE BEHAVIORS

The form consists of several sections with boxes for writing:

- Section (A):** A vertical box on the left with five horizontal lines for writing activating experiences.
- Section (B):** Two vertical boxes in the middle. The top one is for rational beliefs (wants, desires) and the bottom one is for irrational beliefs (demands). Each has three horizontal lines.
- Section (C):** Four vertical boxes on the right. The top one is for appropriate bad feelings (deC), the second for desirable behaviors (dbC), the third for inappropriate feelings (ueC), and the bottom one for undesirable behaviors (ubC). Each has one horizontal line.
- Section (D):** A large horizontal box at the bottom left with three horizontal lines for disputing irrational beliefs.
- Section (E):** Three vertical boxes at the bottom right. The first is for effects of disputing (similar to rb), the second for appropriate feelings, and the third for desirable behaviors. Each has three horizontal lines.

Arrows indicate the flow: from (A) to (B), from (B) to (C), and from (D) to (E).

Consultation Center

Institute for Advanced Study in Rational Psychotherapy

45 East 65th Street, New York, N.Y. 10021 / (212) LEhigh 5-0822

Name Date Therapist

Instructions: Please draw a circle around the number in front of those feelings listed in the first column that troubled you *most* during the period since your last therapy session. Then, in the *second* column, indicate the amount of work you did on each circled item; and, in the *third* column, the results of the work you did.

	Amount of Work Done			Results of Work		
	Much	Some	Little or none	Good	Fair	Poor
Undesirable Emotional Feelings						
1a Anger or great irritability	1b	1c
2a Anxiety, severe worry, or fear	2b	2c
3a Boredom or dullness	3b	3c
4a Failure to achieve	4b	4c
5a Frustration	5b	5c
6a Guilt or self-condemnation	6b	6c
7a Hopelessness or depression	7b	7c
8a Great loneliness	8b	8c
9a Helplessness	9b	9c
10a Self-pity	10b	10c
11a Uncontrollability	11b	11c
12a Worthlessness or inferiority	12b	12c
13a Other (specify)	13b	13c
.....
.....
Undesirable Actions or Habits						
14a Avoiding responsibility	14b	14c
15a Acting unfairly to others	15b	15c
16a Being late to appointments	16b	16c
17a Being undisciplined	17b	17c
18a Demanding attention	18b	18c
19a Physically attacking others	19b	19c
20a Putting off important things	20b	20c
21a Telling people off harshly	21b	21c
22a Whining or crying	22b	22c
23a Withdrawing from activity	23b	23c
24a Overdrinking of alcohol	24b	24c
25a Overeating	25b	25c
26a Oversleeping	26b	26c
27a Undersleeping	27b	27c
28a Oversmoking	28b	28c
29a Taking too many drugs or pills	29b	29c
30a Other (specify)	30b	30c
.....
.....
Rational Ideas or Philosophies						
31a People must love or approve of me	31b	31c
32a Making mistakes is terrible	32b	32c
33a People should be condemned for their wrongdoings	33b	33c
34a It's terrible when things go wrong	34b	34c
35a My emotions can't be controlled	35b	35c
36a Threatening situations have to keep me terribly worried	36b	36c
37a Self-discipline is too hard to achieve	37b	37c
38a Bad effects of my childhood still have to control my life	38b	38c
39a I can't stand the way certain people act	39b	39c
40a Other (specify)	40b	40c
.....
.....

(please complete other side)

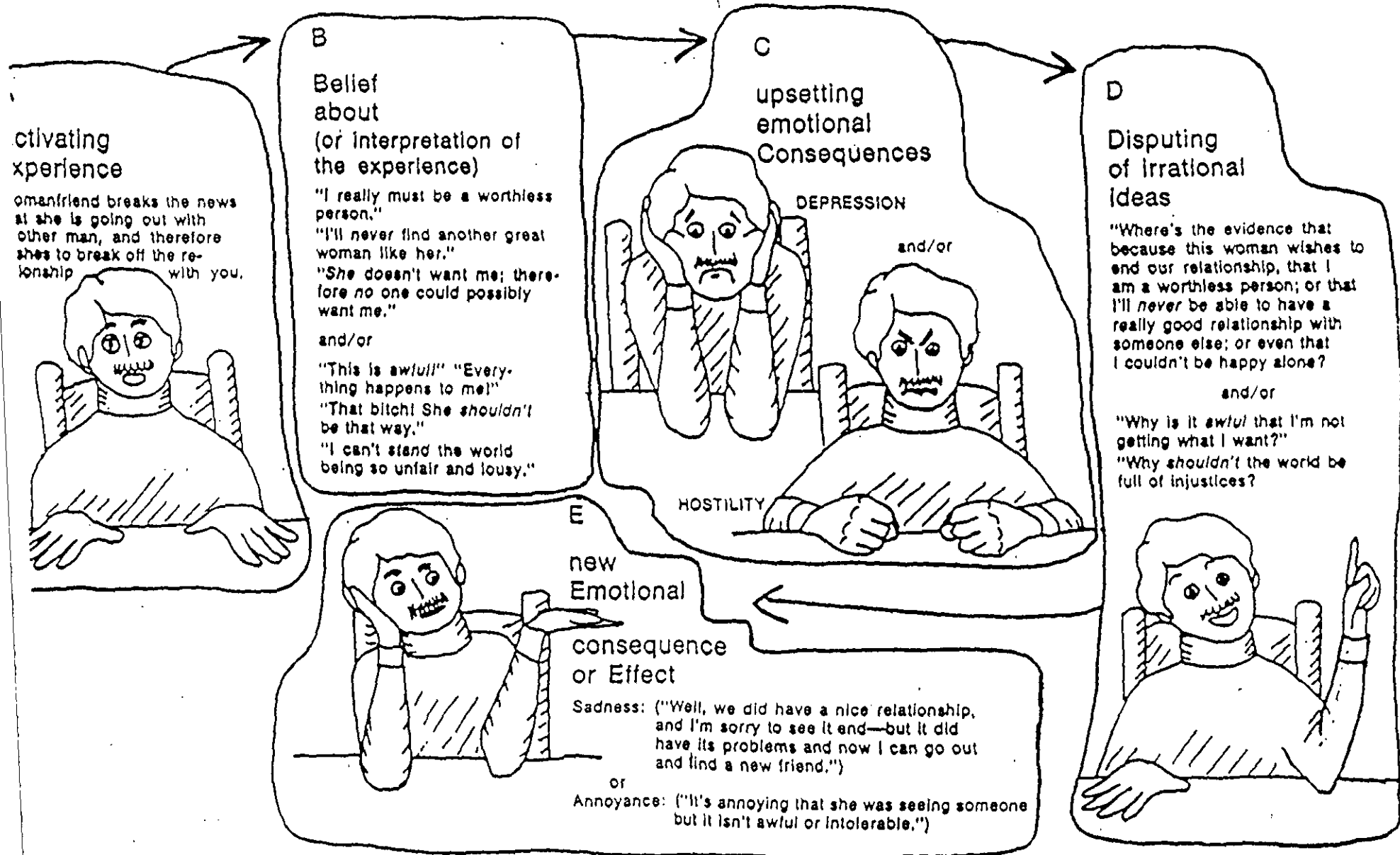
- A. **ACTIVATING EVENT** you recently experienced about which you became upset or disturbed. (Examples: "I went for a job interview." "My mate screamed at me.")
- rB. **Rational BELIEF** or idea you had about this Activating Event. (Examples: "It would be unfortunate if I were rejected for the job." "How annoying to have my mate scream at me!")
- iB. **Irrational BELIEF** or idea you had about this Activating Event. (Examples: "It would be catastrophic if I were rejected for the job; I would be pretty worthless as a person." "I can't stand my mate's screaming; she is horrible for screaming at me!")
- C. **CONSEQUENCES** of your irrational BELIEF (iB) about the Activating Event listed in Question A. State here the one most disturbing emotion, behavior, or CONSEQUENCE you experienced recently. (Examples: "I was anxious." "I was hostile." "I had stomach pains.")
- D. **DISPUTING**, questioning, or challenging you can use to change your irrational BELIEF (iB). (Examples: "Why would it be catastrophic and how would I become a worthless person if I were rejected for the job?" "Why can't I stand my mate's screaming and why is she horrible for screaming at me?")
- cE. **Cognitive EFFECT** or answer you obtained from DISPUTING your irrational BELIEF (iB). Examples: "It would not be catastrophic, but merely unfortunate, if I were rejected for the job; my giving a poor interview would not make me a worthless person." "Although I'll never like my mate's screaming, I can stand it; he or she is not horrible but merely a fallible person for screaming."
- bE. **Behavioral EFFECT** or result of your DISPUTING your irrational BELIEF (iB). (Examples: "I felt less anxious." "I felt less hostile to my mate." "My stomach pains vanished.")
- F. If you did not challenge your irrational BELIEF (iB), why did you not?
- G. Activities you would most like to *stop* that you are now doing
- H. Activities you would most like to *start* that you are not doing
- I. Emotions and ideas you would most like to change
- J. Specific homework assignment(s) given you by your therapist, your group, or yourself
- K. What did you actually do to carry out the assignment(s)?
- L. Check the item which describes how much you have worked at your last homework assignment(s):(a) almost every day (b) several times a week (c) occasionally (d) hardly ever.
- M. How many times in the past week have you specifically worked at changing and DISPUTING your irrational BELIEFS (iBs)?
- N. What other things have you specifically done to change your irrational BELIEFS and your disturbed emotional CONSEQUENCES?
- O. Check the item which describes how much reading you have recently done of the material on rational-emotive therapy: (a) a considerable amount (b) a moderate amount (c) little or none.
- P. Things you would now like to discuss most with your therapist or group

Rational-Emotive Therapy's A-B-C Theory of Emotional Disturbance

"Men are disturbed not by things, but by the views which they take of them."

— Epictetus, 1st century A.D.

It is not the event, but rather it is our interpretation of it, that causes our emotional reaction.



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(C) CONSEQUENCES OF YOUR BELIEFS ABOUT ACTIVATING EXPER.

rational beliefs (your wants, desires)

deC appropriate bad feelings

irrational beliefs (your demands)

--

dbC desirable behaviors

--

ueC inappropriate feelings

--

ubC undesirable behaviors

--

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

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

DESIRABLE BEHAVIORS

