

The Concept of an Emotion in Rational Therapy

EMOTION

Popular Concept

1. A person perceives an event.
2. A person experiences emotions and behaviors that are a logical extension of the event.

Self-Communication Using Popular Concept

1. "It" (the event) upset me.
2. It's normal to be upset in this horrible situation.
3. I'm so upset I can't do anything.
4. I sure hope "things" get better soon.

Popular Method of Problem Solving

1. Is the thinking I am doing and are my conclusions right or wrong regarding this problem?
2. I ought (should, am supposed to, have to) do what is right and ought not to do what is wrong.
3. I deserve punishment if I do not do what is right and praise if I do what is right.

EMOTION

RBT Concept

1. A person perceives an event.
2. A person thinks about the event.
3. The person experiences emotions and behaviors that are a logical extension of his thoughts about the event.

Self-Communication Using RBT Concept

1. I upset myself about the event.
2. What am I thinking that is causing me to upset myself?
3. How can I correct my faulty thinking so that I will stop upsetting myself?
4. What can I do to change the situation?

RBT Method of Problem Solving

1. Is the thinking I am doing based on objective reality, i.e. that which exists, as nearly as I can determine what that is?
2. Will the thinking I am doing be likely to lead me to action that will help me achieve my self-defined goals?
3. Will the thinking I am doing be likely to lead me to action that will tend to minimize emotional and/or environmental conflict that I do not wish to have?