REBT SELF-HELP FORM

Step 1 A (ACTIVATING EVENTS)

- Briefly summarize the situation you are disturbed about (what would a camera see?)
- An A can be internal or external, real or imagined.
- An A can be an event in the past, present, or future.

Step 3 C (CONSEQUENCES)

Major unhealthy negative emotions:

Major self-defeating **behaviors:**

Unhealthy negative emotions include:

- Anxiety
- Depression
- Rage
- Jealousy
- High
- Shame
- Anger
- Hurt
- Guilt
- Frustration

Step 2 B (IRRATIONAL) BELIEFS

Step 4 D (DISPUTING IB'S

Step 5 E (EFFECTIVE NEW PHILOSOPHIES & BEHAVIORS)

New healthy
negative emotions:

New constructive
behaviors:

To identify IB's, look for:

- DOGMATIC DEMANDS (musts, absolutes, shoulds)
- AWFULIZING (It's awful, terrible, horrible)
- LOW FRUSTRATION TOLERANCE (I can't stand it)
- SELF/OTHER RATING (I'm / he / she is bad, worthless)

To dispute ask yourself:

- Where is holding this belief getting me? Is it helpful or self-defeating?
- Where is the evidence to support the existence of my irrational belief? Is it consistent with social reality?
- Is my belief logicaP Does it follow from my preferences?
- Is it really awful (as bad as it could be?)
- Can I really not stand it?

To think more rationally, strive for:

- NON-DOGMATIC PREFERENCES (wishes, wants, desires)
- EVALUATING BADNESS (it's bad, unfortunate)
- HIGH FRUSTRATION TOLERANCE (I don't like it, but I can stand it)
- NOT GLOBALLY RATING SELF OR OTHERS (I—and others—are fallible human beings)

Healthy negative emotions include:

- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Moderate frustration

By Albert Ellis. From *REBT Resource Book for Practitioners*. © 2000 Albert Ellis Institute. www.rebt.org