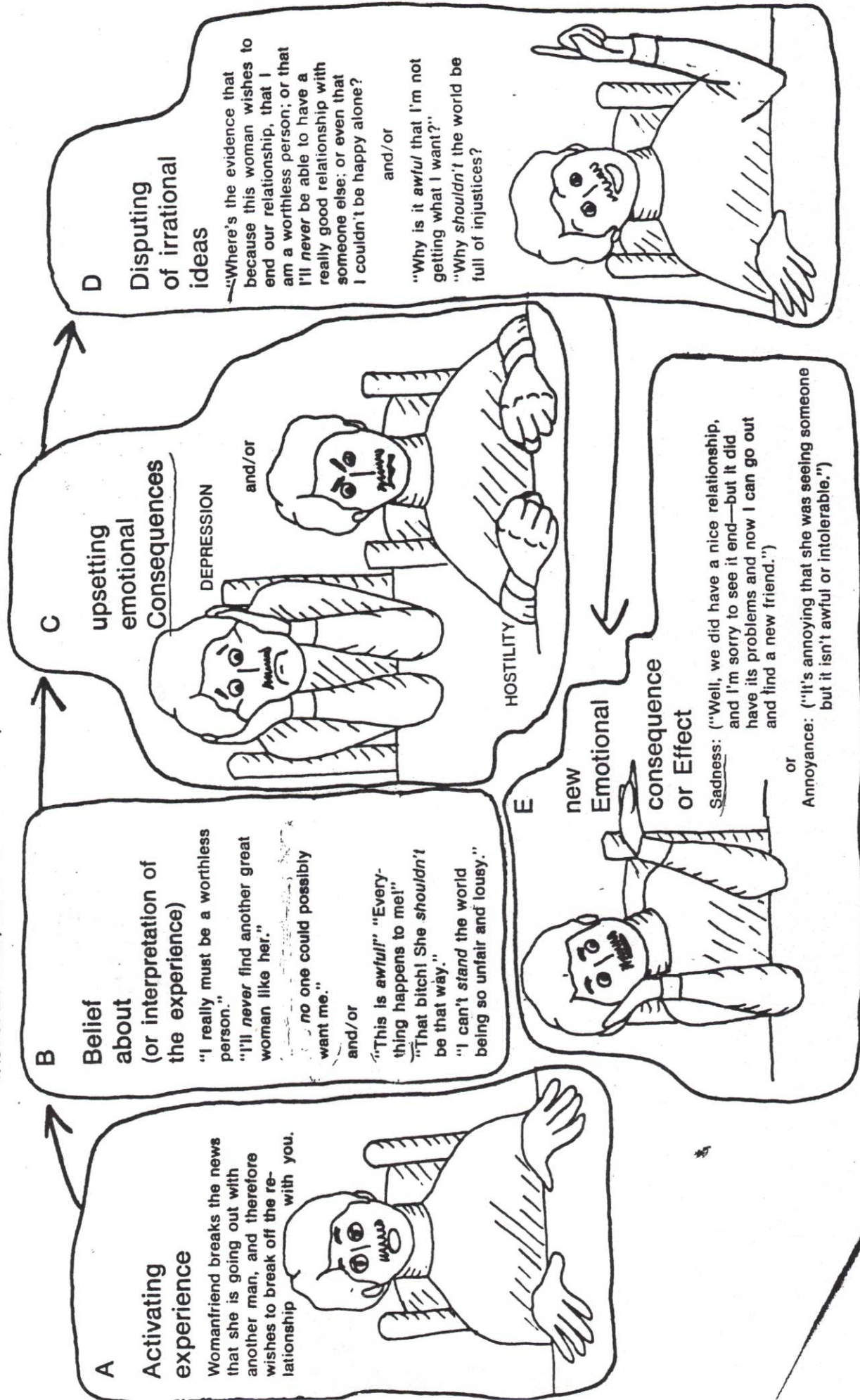


* "Men are disturbed not by things, but by the views which they take of them."

—Epictetus, 1st century A.D.

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



Rationale Emotive Behavior Therapy

Activating Event	Beliefs/Thoughts	Consequences/ Behavior/ Feelings	Dispute/ Reframe	Effect	Follow Up
	I'm not good enough (My best is not good enough)	depressed, sadness, crushed	I have worth	Happiness. Life is worth living. Life has meaning.	
	Feel like I've failed	Sad, withdrawn, tries too hard	I am fallible. It's okay that I make mistakes.	Relief, feels like brick is taken off my back.	
	I have to be Perfect	Frustrated, overwhelmed, tries too hard	I can try my best. My best is good enough. I don't have to be perfect	Takes pressure off; - over the years we start to try our best gain other responsibilities so we start auditing slack.	
	I'm not allowed to express emotions, thoughts or feelings.	Frustrated, angry, sadness, withdrawn, hide, cry	It's okay to express my feelings, thoughts assertively. I've started to express my thoughts, but I'm not always comfortable.	Positive, Happy, it's comforting to be able to talk freely. Don't feel like a time bomb, that's ready to go off.	
	I am Nothing/ I am a Nobody	Crushed, discouraged, alone, fearful, sad, defeated	I am something. Look at how far I have come and what I have already achieved.	There is something at the end of the rainbow. I am a very important somebody.	
	I am unloved and unlovable	Crushed, discouraged, sad, alone	I have worth. I am loved and lovable.	Happiness but I don't always buy it. *	
	I'm not Special	Sad, frustrated,	I am uniquely special.	It makes me laugh.	

Rationale Emotive Behavior Therapy

Activating Event	Beliefs/Thoughts	Consequences/ Behavior/ Feelings	Dispute/ Reframe	Effect	Follow Up
	I must have everyone's approval/ I have to please everyone	Belittled, small,	I can try to met other peoples needs, but I can choose which ones. (Assertively)	Taking a brick off my shoulder, but also very scary. I don't want to let people down. ✕	
	My feelings/ thoughts don't count	Crushed, alone <i>Invalidation</i>	I do count as a person. What I say can make a difference.	Wow! Wow! ✕	
	I am not Beautiful <i>I am ugly</i>	Sad, inferior	I am beautiful. <i>I am not ugly.</i>	<i>I feel better about me, happier</i> ✕	
	Children should be seen not heard	Mad, upset, little	I am not a child anymore. I have a voice and it is alright to use it. <i>assertively</i>	<i>Takes burden off, Proud; Control</i>	
	I need to take care of others needs before I take care of me	Frustration, confusion	I am as important as everyone else. I have needs, too.	✕	
	Everyone is always judging me	Mad, belittled, defensive			
	It is wrong to show weakness	Crushed, defeated, pointless	It is alright to seek help and to ask for guidance.	Confidence, makes me stronger, removes bricks	

REBT WORKSHEET

A	B	C	D	E	F
Activating Event	Belief (Negative belief; distorted/ exaggerated thoughts)	Consequence (Disturbing feelings/behaviors)	Dispute (Cognitive challenge of 'B' - "is <u>belief</u> <u>Factual</u> , <u>Reasonable</u> , <u>Healthy</u> , <u>Helpful</u> ?")	Effect (More tolerable, less disturbed feelings)	Follow Up (Further work to support 'D' and 'E')
			Worship		