

RATIONAL BELIEF PREPARATION

(A) ACTWATING EVENT (Common situation that results in my feeling frustrated and upset): _____

(C) CONSEQUENCES (Frustrating reactions or self-defeating behaviors that I produced and would like to change): _____

(B) IRRATIONAL BELIEFS (IB's) leading to my CONSEQUENCES (emotional disturbance or self-defeating behaviors) <i>Circle all beliefs that apply to this ACTIVATING EVENT (A).</i>	(D) DISPUTES for each circled IRRATIONAL BELIEF Examples: " <i>Why MUST I very well?</i> " " <i>Where is it written that I am a BAD PERSON?</i> " " <i>Where is the evidence that I MUST be approved or accepted?</i> "	(E) EFFECTIVE RATIONAL BELIEFS (RB's) to replace my IRRATIONAL BELIEFS (IB's) Examples: " <i>I'd PREFER to do very well but I don't HAVE TO.</i> " " <i>I am a PERSON WHO acted badly, not a BAD PERSON.</i> " " <i>There is no evidence that I HAVE to be approved of though I would LIKE to be.</i> "
1. I MUST do well or very well!
2. I am a BAD OR WORTHLESS PERSON when I act weakly or stupidly.
3. I MUST be approved of or accepted by people I find important.
4. People MUST treat me fairly and give me what I NEED.
5. People MUST live up to my expectations or it is TERRIBLE!