

6. I CAN'T STAND  
really bad things or  
very difficult people!

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7. My work MUST have  
few major hassles or  
troubles

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8. It's AWFUL or  
HORRIBLE when major  
things don't go my way

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9. I CAN'T STAND IT  
when work is really  
unfair.

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10. I NEED a good deal of  
immediate gratification  
and HAVE to feel  
miserable when I don't  
get it.

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Additional Irrational Beliefs

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**(F) CONSEQUENCES** (Frustrating reactions or self-defeating behaviors that I produced and would like to change): \_\_\_\_\_

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