

IRRATIONAL VS. RATIONAL BELIEFS

6. It is easier to avoid than to face difficult and uncomfortable situations.

It may seem easier in the short run to avoid things, but in the long run it really turns out to create more difficulties and discomfort.

7. I need something or someone stronger than I on whom to depend.

It is better for me in the long run to take the risks of acting and thinking independently.

8. I must be thoroughly competent, intelligent, and achieving in all possible respects, or it's awful (and I'm awful).

I'm far better off accepting myself as a quite imperfect creature with general human limitations and fallibilities. Needing to do well frequently leads to not doing very much at all.

9. Because something once strongly affected my life (e.g., my childhood), it must indefinitely affect it.

I can learn from past experiences, and try my darnedest to have things go differently in the future.

10. I must have certainty and perfect control over things (right away and forever!).

Our world is full of probability and chance; but life can be enjoyed despite this. Being desperate to have perfect control actually leads to loss of control.

11. Happiness can be achieved by inertia and inaction or self-absorption.

People tend to be happiest when they're vitally absorbed in people or projects outside themselves.

12. I really can't control my feelings and behavior.

I can achieve enormous control over my destructive emotions and self-defeating behavior if I choose to work at changing the old rigid and nutty beliefs which create the disturbed feelings and behaviors.