

REBT Self-Help Form

A (ACTIVATING EVENT)

- 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*.

IB's (IRRATIONAL BELIEFS)

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)

D (DISPUTING IB'S)

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 reality*?
- Is my belief *logical*? Does it follow from my preferences?
- Is it really *awful* (as bad as it could be?)
- Can I really not *stand* it?

C (CONSEQUENCES)

Major unhealthy negative emotions:

Major self-defeating behaviors:

Unhealthy negative emotions include:

- Anxiously
- Depression
- Shame/Embarrassment
- Rage
- Hurt
- Low Frustration Tolerance
- Jealousy
- Guilt

RB's (RATIONAL BELIEFS)

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)

E (NEW EFFECT)

New healthy negative emotions:

New constructive behaviors:

Healthy negative emotions include:

- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Frustration