

REBT FORM #2

NAME: _____ **DATE:** _____

Consequences:

ueC (Undesirable emotional consequence): _____

ubC (Undesirable behavioral consequences/actions): _____

Activator: _____

Beliefs: irrational beliefs are: _____

Disputation (Debate and challenge the identified irrational beliefs):

(Remember debating requires putting the belief "on trial." Where is the evidence to support the beliefs? Can you PROVE IT! Is the thinking helping you feel and act better and in a healthier way? Are you telling yourself factual truth, or a bunch of defeating garbage and lies? Use factual, practical, logical forms of disputing.)

Effective beliefs (or enhancing new rational beliefs that you have created after effective debating and debunking of the irrational beliefs): _____

Feelings (that go along with rational beliefs): _____

Goals you can now reach with rational thinking: _____

COMPLETING THE REBT SELF-HELP FORM #2

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- (1) Start by identifying an undesirable, unhealthy emotion you want to change. For example, were you feeling depressed, anxious, angry, or inappropriately frustrated, not just sad, disappointed, concerned, annoyed, or mildly frustrated?
- (2) When you first start completing these forms, pick just one feeling that you want to eliminate. People sometimes want to change their anger, low frustration tolerance, anxiety, and depression, all at one time and on one form! So, for now, just one undesirable, defeating, unhealthy negative emotion per sheet.
- (3) Rate the emotion/feeling (the ueC) on the 0 (none) to 10 (extreme) scale, for example, depression (8).
- (4) Write down the behaviors or actions (the ubC) that go along with the feelings, like withdrawal, throwing things, yelling, drinking, using drugs, etc.
- (5) What triggered this emotional episode? What happened? Was it a particular event, or a memory, or a feeling? Please be as specific as possible when describing the activator.
- (6) Now, find the irrational belief sharks! Remember the "Big Four" — masturbation creates anger, awfulizing (etc.) and a sense of threat creates anxiety, "I-can't-stand-it-its" creates low frustration tolerance, and self-downing, a negative view of the future, world, and others creates depression.
- (7) Once identified, put the irrational belief(s) on trial by using the active disputing techniques discussed in other handouts. Can you prove it beyond a reasonable doubt? Where is the evidence? Is the belief helping you?
- (8) When you have not been able to prove your irrational beliefs, then you replace them with rational beliefs at E. Demandingness becomes preferring, self-downing becomes self-acceptance, I can't stand it become I CAN STAND IT, and awfulizing become "it's bad, but not 101% bad!"
- (9) Once you have successfully disputed, you will notice a change in your emotions. Depression will lessen and become regret, sadness, disappointment, etc. Inappropriate emotions become negative and appropriate such as concern, mildly frustrated, and annoyance. If strong feelings such as depression, anger, low frustration tolerance, and anxiety are still present, then that's a signal that "stinking thinking" is still there. Go back to B and look for the underlying irrational beliefs.
- (10) "Good thinking gets good results," and as you apply your rational thinking to this and other situations, you will be better able to reach your specific goals.

THE BIG FOUR!

MUSTURBATION CREATES ANGER

(Demandingness toward self, others, and life conditions)

I-CAN'T-STAND-IT-ITIS CREATES LOW FRUSTRATION TOLERANCE

GLOBAL SELF-RATING & SELF DOWNING CREATES DEPRESSION AND GUILT

AWFULIZING (101% BAD) AND "WHAT IFS" CREATES ANXIETY

TAKE THE "REBT CAB" TO UN-UPSETNESS

Consequences: I feel _____ (angry, frustrated, depressed, anxious, etc.) and what I'm doing is _____.

Activator: What happened, what was going on just before I had the emotional and behavioral consequences?

Beliefs: What I was thinking, believing, telling myself at point B about A was _____.

Disputation: Prove it! Where is it written? Is my belief logical, helpful, based on fact? Will it stand up in the "psychological court of law?"

Effect of Disputing: The new Rational Belief that I create that is logical, helpful, truthful, based on fact, & healthy is _____.

Feelings: The appropriate, healthy emotions that replace the undesirable, inappropriate, unhealthy emotions at point C are _____.

Goal: Rational thinking gets good results - increased happiness and overall effectiveness.

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