

# REBT SELF-HELP FORM: Example

## A (Activating Events or Adversities)

**Briefly Summarize the Situation as Objectively as Possible:**

My boss asked to see me at the end of the day

**Critical A (What I Was Most Disturbed About):**

He is going to criticize me

**Examples:**

- A can be internal or external, real or imagined
- A can be an event in the past, present, or future

- **Situation:** "My wife and I disagreed about something"
- **Critical A:** "She criticized me badly"

## C (Consequences)

**Major Dysfunctional/Unhealthy Negative Emotion (Feeling):**

Anxiety

**Maladaptive/Unhelpful Behaviors (and/or Action Tendencies):**

Felt like going home

**Dysfunctional Negative Emotions include:**

- Anxiety/fear
- Shame/embarrassment
- Rage/anger
- Guilt
- Depression (depressed mood)
- Problematic jealousy
- Problematic envy
- Hurt

**Maladaptive Behaviors include:**

- Social avoidance
- Not taking care of yourself (e.g. not exercising, not resting)
- Being aggressive

**GOALS**

**B's (Beliefs): Irrational (Unhelpful/Dysfunctional) Beliefs**

**My boss must not criticize me (Demand)**

**It will be awful if he criticizes me (Awfulizing)**

**D's (Disputation): Debate Your Irrational (Unhelpful/Dysfunctional) Beliefs**

**Do I have to be immune from such criticism?**

**Is it bad or is it awful if he criticizes me?**

**E's (Effective): Rational (Helpful/Functional) Beliefs**

**No, I don't want him to criticize me, but that does not mean that he must not do so (Flexible preference)**

**It would be bad, but hardly the end of the world (Anti-awfulizing)**

**F's (Functional): Major Functional/Healthy Emotion and Adaptive/Helpful Behaviors**

**(Goal): New Functional/Healthy Negative Emotion:**

**Concerned but not anxious**

**(Goals): New Adaptive/Helpful Behaviors:**

**See boss & be assertive**

**To Identify Irrational Beliefs, Look For:**

- 1) **Demands** (musts/absolute shoulds/oughts)
- 2) **Awfulizing/Catastrophizing** (It's awful, terrible, horrible!)
- 3) **Frustration Intolerance** (I can't stand it!)
- 4) **Self-Downing, Other-Downing, or Life-Downing** (I'm bad or worthless, He/she is bad or worthless, or Life is not worthwhile)

**To Change Irrational Beliefs, Ask Yourself:**

- Where is holding this belief getting me? **Is it helpful** or getting me into trouble?
- **Where is the evidence** to support my irrational belief?
  - Is it really awful (as bad as it could be)?
  - Can I really not stand it?
  - Am I really a totally bad person?
- **Is it logical?** Does it follow from my preferences?
- **Use metaphorical disputation** (e.g. metaphors, stories, humor)

**To Think More Rationally, Strive For:**

- 1) **Flexible Preferences** (e.g. I want to do well, but I don't have to do so.)
- 2) **Anti-Awfulizing** (e.g. It may be bad or unfortunate, but it is not awful, and I can still enjoy some things.)
- 3) **High Frustration Tolerance** (e.g. I don't like it, but I can stand it, and I can still enjoy many things.)
- 4) **Self-Acceptance, Other-Acceptance, Life-Acceptance** (e.g. I can accept myself as a fallible human being.)

**Functional/Healthy Negative Emotions include:**

- Concern
- Disappointment
- Healthy anger/annoyance
- Remorse/regret
- Sadness
- Healthy concern for relationship
- Healthy envy
- Sorrow

**Adaptive/Helpful Behaviors include:**

- Meeting friends or seeking support
- Exercising
- Assertive behaviors

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**(Goal): New Functional/Healthy Negative Emotion:**

**(Goals): New Adaptive/Helpful Behaviors:**

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