

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

