

## **REBT SELF HELP SHEET**

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**When you recognize that you are disturbing yourself – fill in the following, in the given sequence:**

**A (Activating Event) – Describe what you are disturbed about.**

**C (Consequences) – Identify the consequences (emotional and behavioral) which followed the “A” described above.**

**B (Beliefs) – Write down your Irrational Beliefs.**

**In particular, identify**

- **rigid demands and absolute “shoulds” and “musts”**
- **catastrophizing and awfulizing**
- **low frustration tolerance (L.F.T.): I-can’t-stand-it is !**
- **any rating or damning of oneself, others and/or life itself.**

**D (Disputing) – Dispute the Irrational Beliefs: Realistically, Logically and Pragmatically.**

**Ask questions such as:**

- **Will having this belief help me or hurt me?**
- **Where is it getting me to maintain this belief?**
- **Where is the evidence to support this belief?**
- **Is this belief logical?**
- **Is this belief realistic?**
- **Does it follow from my preferences?**

**E (Effective New Philosophies) – State new rational beliefs/philosophies, which emphasize:**

**\* Preferences**

**\* That you CAN stand what you don’t like**

**\* The evaluation of any bad actions but not of the worth or worthiness of you, others or life.**

**After completing the Self-Help Sheet, write down an action plan for the next 30 days – exercises or homework you will do daily to enable you to begin to effectively eliminate the unhealthy irrational beliefs, debilitating emotions and unhelpful behaviors which were identified,**

and to enforce and reinforce new healthy thoughts, emotions and actions which replace the harmful ones.

**Unhealthy Negative Emotions include:**

- **Anxiety**
- **Depression**
- **Rage**
- **Shame/Embarrassment**
- **Hurt**
- **Jealousy**
- **Guilt**
- **Low Frustration Tolerance (LFT)**

**Healthy Negative Emotions include:**

- **Concern**
- **Sadness and appropriate grief**
- **Appropriate annoyance**
- **Regret**
- **High Frustration Tolerance (HFT)**

**REFERENCES.**

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- \*Ellis, Albert with Ellis, Debbie Joffe (2010). *All Out! An Autobiography*. Amherst, NY: Prometheus Books.
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