

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)**

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