**Understanding the Theory and Learning to Dispute Rigid and Extreme Attitudes**

1. What is the rigid attitude I am holding to create my self-defeating emotion?
   1. **I must do well.**
   2. **You must treat me nicely.**
   3. **Life must be easy and comfortable and exactly as I want it to be.**
2. Does my rigid attitude, my “must” help me achieve my goals or contribute to emotions that undermine achievement of my goals?
   1. If my rigid attitude undermines my performance, what attitude in the form of a “wish” would help me function better?
3. Is my rigid attitude, my “must” true or false? What is the evidence to support my answer?
   1. If my rigid attitude is false, what would be a healthier attitude that would be true?
4. Would I teach my child to hold my rigid attitude towards this adversity?
   1. If not, why not?

Note: Also reflect on your thinking and see if you are holding a secondary, extreme attitude that REBT theory says derives from the rigid attitude you hold:

Secondary extreme attitudes:

* **It is unbearable…** extreme rating how hard something is to bear
* **It is awful…** extreme rating of how bad something is
* **Me\Others\Life are totally bad because of a part or parts are bad**… extreme rating about the whole because a part is bad

Questions for challenging your secondary attitudes:

1. Does my secondary attitude help me cope with life well?
2. If not, how could I change it so as to cope with life as it is?
3. Is my secondary attitude true or false?
4. If it is false, how could I change it to make it true and consistent with life as it is?
5. Would I teach my child to hold my secondary attitude?
   1. If not, why not?
   2. What secondary attitude would I teach them to hold instead which would allow them to cope effectively with this adversity?