REBT Philosophical Model

Irrational\**Self-Defeating** **Extreme** Attitudes:

Core **Rigid** Attitudes:

Self

It is unbearable, I cannot stand it.

It is too hard to bear.

It is awful, terrible, the end of the world.

Must or must nots!

Shoulds and Should Nots!

Global devaluation due to a bad part: - I failed and I am totally worthless as a person. (self)  
- He misbehaved and is totally bad person. (others)  
- Life is hard in this way and therefore it is completely bad. (life)

Life

Others

Rational\**Self-Helping** **Non-Extreme** Attitudes:

**Flexible** Attitudes:

Self

It is uncomfortable, NOT unbearable.

It is very bad, not awful, terrible, or the end of the world

Negative evaluation without global devaluation: - I failed this time on this task but it does not mean I am a totally worthless person. (self)  
- He misbehaved in this way but it does not mean he is a totally bad person. (others)  
- Life is hard in this way but that does not make it completely bad. (life)

Wants, wishes, & preferences.

Others

Life