**Habits of Patients Who**

**Derive The Most Benefit from REBT**

1. They supplement therapy sessions by learning the fundamental principles of REBT. They read REBT books, go to REBTDoctor.com listen to audio and watch video of me, Dr. Ellis[[1]](#footnote-1), and watch Dr. Dryden’s whiteboard presentation. You need to understand REBT before you can use it effectively.
2. They try to use REBT self-help forms at home when upsetting themselves, procrastinating, abusing substances, acting rigidly and perfectionistically, or engaging in avoidance behavior.
3. They review one or two of their self-help sheets with me during sessions. During this review I will give you feedback on how you completed it to do self-therapy at home when you are upset.
4. They identify one or two goals for therapy, clearly specify these goals and stick with those goals before adding new goals.
5. They give thought in advance of each session as to what they will discuss. They bring in examples of adversities and emotional episodes they have faced during the week.
6. They try to remain problem focused rather than just venting during therapy.
7. They are willing to do at least some homework and assume it is what largely determines progress in therapy. They look for opportunity to use REBT between sessions.
8. They are trusting and discuss uncomfortable topics while being open to feedback.
9. They provide feedback to me and let me know their doubts, reservations, and objections rather than keeping silent.
10. They stick with therapy and their goals even when the going gets tough.
11. They go to my website and sign up for my ***Intermittent Reinforcement emails*** and read them and reflect on them when they arrive.
12. They prepare difficult situations and deepen conviction in their rational attitudes using Rational Emotive Imagery
13. They challenge themselves to get out of their comfort zone and do things that are uncomfortable but therapeutic and otherwise worthwhile.
14. They hold themselves responsible for their emotions and behavioral reactions. They cease to blame others and life for making them upset.
15. They work on understanding the rationale for unconditional self-acceptance and strive to develop and enhance it regardless of how poorly they do.

1. I recommend either How to Make Yourself Happy and Remarkably Less Disturbable by Dr. Ellis or How to Stubbornly Refuse to Be Miserable About Anything, Yes Anything by Dr. Ellis [↑](#footnote-ref-1)