

RATIONAL BELIEF PREPARATION

(A) **ACTIVATING EVENT** (Common situation that results in my feeling frustrated and upset):

(C) **CONSEQUENCES** (Frustrating reactions or self-defeating behaviors that I produced and would like to change):

(B) IRRATIONAL BELIEFS (IB's) leading to my CONSEQUENCES (emotional disturbance or self-defeating behaviors) <i>Circle all beliefs that apply to this ACTIVATING EVENT (A).</i>	(D) DISPUTES for each circled IRRATIONAL BELIEF Examples: "Why MUST I do very well?" "Where is it written that I am a BAD PERSON? " "Where is the evidence that I MUST be approved or accepted?"	(E) EFFECTIVE RATIONAL BELIEFS (RB's) to replace my IRRATIONAL BELIEFS (IB's) Examples: "I'd PREFER to do very well but I don't HAVE TO. " "I am a PERSON WHO acted badly, not a BAD PERSON. " "There is no evidence that I HAVE to be approved of, though I would LIKE to be."
1. I MUST do well or very well!
2. I am a BAD OR WORTHLESS PERSON when I act weakly or stupidly.
3. I MUST be approved of or accepted by people I find important.
4. People MUST treat me fairly and give me what I NEED.
5. People MUST live up to my expectations or it is TERRIBLE!

6. I CAN'T STAND really bad things or very difficult people!

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7. My work MUST have few major hassles or troubles.

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8. It's AWFUL or HORRIBLE when major things don't go my way.

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9. I CAN'T STAND IT when work is really unfair.

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10. I NEED a good deal of immediate gratification and HAVE to feel miserable when I don't get it.

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Additional Irrational Beliefs:

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(F) FEELINGS and BEHAVIORS I experienced after arriving at my EFFECTIVE RATIONAL BELIEFS: _____
