

R.E.B.T. Rational Emotive Behavioral Therapy: Albert Ellis

It's not the events taking place...not the things that happen in our lives that upset us, but rather it is our beliefs that we hold, or the meanings that we assign to the events causing us to become depressed, anxious, enraged, etc.

The Goal of Happiness

Satisfactions (The juice that inspires a life worth living) can be compromised or thwarted at any time and for any or no reason.

When our goals are blocked, we can respond in ways that are healthy and helpful **OR** we can react in ways that are unhealthy and unhelpful.

“ It's not the things that happen to us but rather the way we respond to the things that happen to us, that can make life blessed”.

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The ABC Model

Our beliefs determine our reactions to having our goals blocked or even the anticipation of having them blocked.

Our Beliefs cause our emotional and behavioral responses.

A. Something happens (Prompting event)

B. You have a belief about the situation (assignment of meaning)

C. You have an emotional reaction to the belief  ACTION

Something happens (and always does) and the facts about what happened cannot change (what is so). However, your belief about what happened, or what it means, is open to interpretation and can change instantly (we are always making meaning)

IT IS NOT **A (prompting event)** THAT CAUSES **C (outcome)**, BUT RATHER IT IS **B(belief)** THAT CAUSES **C (outcome)**.

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The Three Basic Musts

The beliefs that upset us are ALL VARIATIONS OF THREE COMMON IRRATIONAL BELIEFS. These are all demands....

1. Of ourselves
2. Of other people
3. Of the world in general

I must do well and win the approval of others or else I am no good

Other people must treat me considerately, fairly and kindly, and in exactly the way that I want them to treat me. If they don't then they are no good & deserve to be condemned and punished.

I must get what I want, when I want it; and I must not get what I don't want.

Life is otherwise unbearable

“MUST” Belief about Self: Often leads to anxiety, depression, shame, and guilt.

“MUST” Belief about others: Often leads to rage, passive/aggression and violence.

“MUST” Belief about the world Often leads to self-pity and procrastination

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Disputing

The goal of REBT is to help change unhealthy irrational beliefs into healthy and rational beliefs.

DISPUTATION is the D of the ABC Model.

A. Event **B.** Assignment of meaning **C.** Emotional response to action

Insight

Reducing the tendency to think irrationally: Frequency, duration & Intensity

1. Inflexible beliefs will cause upset: Being right/ no possibility
2. Clinging to irrational beliefs will cause continuation of upset: Being right.
3. Work hard at changing beliefs....Practice, Practice, Practice

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Emotionally healthy human beings develop an **acceptance of reality** even when reality is highly unfortunate and unpleasant.

Three types of acceptance based on **Core Beliefs**: Root of personal life outlook.

I. Unconditional self-acceptance

1. I am a fallible human being; I have my good and bad points
2. There is no reason why I should not have flaws.
3. I am no more worthy or less worthy than any other human being.

II. Unconditional Other-Acceptance

1. Other people will treat me unfairly from time to time.
2. There is no reason why people should treat me fairly.
3. The people who treat me unfairly are no more or less worthy than any other human being.

III. Unconditional Life acceptance

1. Life doesn't always work out the way that I would like it to.
2. There is no reason why life must go the way that I want it to.
3. Life is not necessarily pleasant but it is rarely awful and nearly always bearable.