

NYCCC REBT* Self-Help Form

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A (The Activating Event)

- Briefly summarize the situation you are disturbed about (what would a camera see?)
- An A can be internal or external, real or imagined.
- An A can be an event in the past, present, or future

B (IRRATIONAL BELIEFS)

To identify IB's, look for:

- Dogmatic Demands (musts, should, absolutes)
- Awfulizing (terrible awful, horrible)
- Low Frustration Tolerance (I can't stand it)
- Self/other Rating (I am /He/ She is bad worthless, etc.)

D (Disputing)

Reflect on : Is it true? Is it Logical? Is it helpful?

To dispute ask yourself:

- Where is holding this belief getting me? Is it helpful or self-defeating?
- Where is the evidence to support the existence of my irrational belief? Is it consistent with reality?
- Is my belief logical? Does it follow from my preferences?
- Is it really awful (as bad as it could be?)
- Can I really not stand it?

rB'S (RATIONAL BELIEFS)

To think more rationally, strive for:

- Non-Dogmatic Preferences (wishes, wants, desires)
- Evaluating Badness (it's bad, unfortunate)
- High Frustration Tolerance (I don't like it, but I can stand it)
- Not Globally rating self or others (I - and others - are fallible human beings)

C (The Consequences)

Major Unhealthy negative emotions:

Major self-defeating behaviors:

Unhealthy negative emotions include:

- *Anxiety *Depression *Anger/Rage
- *Low Frustration Tolerance
- *Shame / Embarrassment *Hurt *Jealousy
- *Guilt

E NEW EFFECT

New healthy negative emotions:

New constructive behaviors:

Healthy negative emotions include:

- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Frustration