**REBT SELF-HELP FORM**

**A (ACTIVATING EVENTS OR ADVERSITIES)**

- 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.

**C (CONSEQUENCES)**

Major unhealthy negative emotions:
- Major self-defeating behaviors:

**IB’s (IRRATIONAL BELIEFS)**

**D (DISPUTING IB’S)**

Unhealthy negative emotions include:
- Anxiety
- Depression
- Rage
- Jealousy
- High Shame
- Anger
- Hurt
- Guilt
- Frustration

**E (EFFECTIVE NEW PHILOSOPHIES)**

New healthy negative emotions:

**E (EFFECTIVE EMOTIONS & BEHAVIORS)**

New constructive behaviors:

**To identify IB’s, look for:**
- DOGMATIC DEMANDS (musts, absolutes, shoulds)
- AWFULIZING (It’s awful, terrible, horrible)
- LOW FRUSTRATION TOLERANCE (I can’t stand it)
- SELF/OTHER RATING (I’m / he / she is bad, worthless)

**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 social 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?

**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)

**Healthy negative emotions include:**
- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Moderate frustration