IRRATIONAL BELIEFS

Albert Ellis and his colleagues identified ten common irrational beliefs, which, if held too rigidly, are likely to lead to emotional distress. In Cognitive Behavioral Therapy you will look at your irrational beliefs that need to be changed.

1. I must be liked or accepted by the important people in my life, for almost everything I do

2. I must be successful, competent and achieving in most everything I do if I am to consider-myself a worthwhile and successful person in life.

3. It is awful and terrible when things are not the way I believe they should be. Things should be different, the way I believe they should be.

4. I must feel anxious, upset, and preoccupied if something is or may be dangerous.

5. Human unhappiness is caused by events beyond our control so people have little or no ability to control their negative feelings.

6. It is easier to avoid facing many of life's difficulties and responsibilities than it is to face them.

7. The past is all-important, so if something once strongly affected my life, it cannot be altered. IT must always be the same way

8. When people act badly, inadequately or unfairly, I blame them, and view them as completely bad or pathetic including myself.

9. Maximum happiness can be achieved by inertia and inaction or by passively enjoying oneself.

10. Everyone should be dependent on others and I need someone stronger than myself on whom I can rely upon for my success in life.