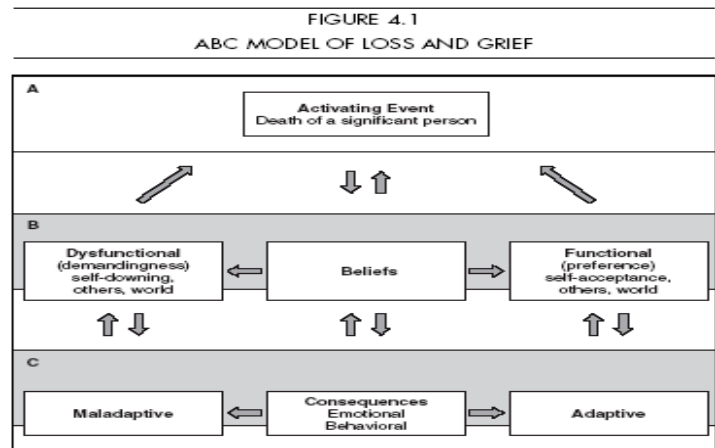


# Exercise 1 - Case study

## Process

Using the case study presented below, apply the principles of REBT in working with George

1. Identify the A-B-C schema embedded in the case study
2. Identify specific challenges
3. Dispute the irrational beliefs embodied in the study



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## Case of George

George, a highly successful computer programmer, is a thirty-four-year-old bachelor with very limited dating experience. He would like to find a girlfriend, but is afraid to approach women because he fears they will think of him negatively and probably ridicule him for his lack of dating experience. George feels in a real bind because he dreads the thought of being alone all his life. He says, "Nothing could be more awful!" except perhaps being turned down for a date or being ridiculed "because of my stupid behavior." Also, he feels self-conscious because he sees himself as overweight and has a receding hairline. He believes that a man has to be a handsome, swinging stud to rate with women. He believes that women are unfair to expect so much; therefore, he often feels angry toward women. George attributes his shyness to the fact that kids poked fun at him in high school and called him a "nerd," he says. "Once a nerd, always a nerd," he states. George is considering a hair transplant and a "fat farm program" so he "will look like a cool, swinging single rather than an old man." George is also considering quitting his job because he has daily contact with women at the office and he is sure "they're talking behind my back about me and my social ineptness." He says that seeing the woman makes him feel worse because of what they say and because they are so unattainable. George wants help in deciding how to solve his "shyness" problem.

# Answers

1. Identify the A-B-C schema embedded in the case study

<b>Schema A</b>
<b>Schema B</b>
<b>Schema C</b>

2. Identify specific challenges

<b>Challenge 1</b>
<b>Challenge 2</b>
<b>Challenge 3</b>

3. Dispute the irrational beliefs embodied in the study

<b>Belief 1</b>
<b>Belief 2</b>
<b>Belief 3</b>

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