

REBT Self-Help Form



Step 1: Describe the Activating Event

What is the situation that you are upset about?

- In your own words, briefly summarize the events that you are upset about

Step 2: Identify Your Unhealthy Negative Emotions & Your Self-defeating Behavior

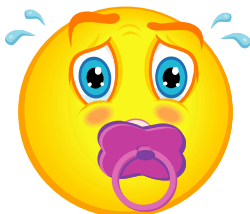
What are the unhealthy negative emotions that you are experiencing?

- Describe how you feel (or felt) about the situation
- Unhealthy negative emotions include the following:
 - Depression
 - Rage
 - Anxiety
 - Shame
 - Embarrassment
 - Hurt
 - Guilt
 - Jealousy



What self-defeating behaviors would you like to change?

- Describe your self-defeating behavior
- Self-defeating behavior includes the following
 - Withdrawal or avoiding social contact
 - Procrastination



- Violence
- Drug or alcohol abuse
- Unassertiveness
- Exercise or work avoidance
- Overeating

Step 3: Identify Your Irrational Beliefs

What are your irrational beliefs about the situation?



- We all express ourselves differently. But the 3 major irrational beliefs that upset us are usually variations of the following:
 1. « I absolutely must perform all or win the love or approval of significant others or else I am an inadequate worthless person»
 2. «You and other people must under all conditions and at all times be nice to me and treat me fairly or else you are a rotten, horrible person»
 3. «Because I would prefer to experience pleasure rather than pain, conditions under which I live must be comfortable, safe and advantageous or else the world is a rotten place, I can't stand it, and life is horrible and hardly worth living»

Step 4: Dispute Your Irrational Beliefs

What are your disputing questions?

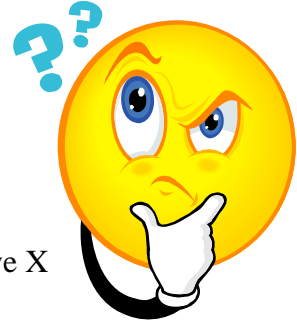
- Ask yourself questions that challenge and dispute your irrational beliefs
- Tip:
 - Make sure that each question refers to the irrational belief directly above it
- Examples of disputing questions include:
 - Why must I ...?
 - Where's the evidence that ...?
 - How is it awful?
 - How does a bad act make me a bad person?
 - Where is it written that others must ...?
 - Just because I prefer X, does that mean that I must have X?



Step 5: Identify Your Rational Beliefs

What are your rational beliefs about the situation?

- Identify your rational beliefs by answering the questions that you asked in Step 4. Make sure that each rational answer refers to the disputing question directly above it
- Examples of rational answers include the following:
 - There is no reason why I must
 - There is no evidence
 - It's a pain, but it's not awful
 - A bad act does not make me a bad person
 - There is no law that says others must
 - Just because I prefer X, does not mean that I must have X
- Tip:
 - To make your rational answers more affective:
 - Be forceful in your answer
 - Use strong language
 - Provide as many reasons as you can to put the lie to your irrational beliefs



Step 6: Identify Your Healthy Negative Emotions & Your Self-helping Behavior

What are your new healthy negative emotions?

- Describe how you now feel about the situation
- Healthy negative emotions include the following:
 - Sadness
 - Annoyance
 - Concern
 - Regret
 - Disappointment



What are your new self-helping behaviors?

- Describe the new constructive behaviors that you will take in future
- Self helping behaviors include the following:



- Talking to strangers
- Asking for what you want
- Applying for a new job or a promotion
- Tackling unpleasant tasks without needless delay
- Exercising
- Eating more healthily

Bibliographie



Ross, W. (2006) REBT self-Help Form. Retrieved October 12, 2008,
<http://www.rebtnetwork.org/library/shf.html>