

# *Rational Living Made Simple™*

## **REBT RATIONAL SELF-ANALYSIS (RSA)**

**A.** Activating Event/Adversity \*

**C.** Consequence (my unwanted Emotional and Behavioral reactions):

**B.** Beliefs (my faulty evaluative thinking/core irrational beliefs about **A**):

*HINT: be sure to identify your demanding shoulds, needs & musts!*

1.

2.

3.

4.

5.

**D.** Dispute your irrational **B's** (replace with new, more rational thinking): \*\*

1.

2.

3.

4.

5.

**E.** Enjoy your new way of feeling & acting despite **A** and all the future **A's**!

\* **A's** include your own and others' poor behavior, crappy life events, not getting what you "want," getting what you don't want, bad thoughts/feelings

\*\* Only re-write your irrational **B's** (non-factual, unrealistic, self-defeating)