

RATIONAL LIVING WORKSHOP

IRRATIONAL BELIEFS

1. The idea that you **MUST** – yes, must – have the sincere support, love or approval from just about everyone you know or care about, and that you can't possibly accept yourself if others don't accept you.
2. The idea that you **MUST** be successful, adequate and thoroughly competent in all that you do or try to do, and that you *must* judge your worth as a person on the basis of your accomplishments and performance.
3. The idea that it is *awful, terrible or horrible* when people or events are not the way you want them to be, and that you *can't stand* the frustration.
4. The idea that people, including yourself, deserve to be severely *blamed, damned* and *condemned* for their mistakes or wrongdoing.
5. The idea that your unhappiness and emotional upset come from external pressures, and that you have little ability to control your feelings or rid yourself of depression, anxiety and hostility.
6. The idea that you are a product of your past and helpless to change yourself, and that because something once strongly influenced your life, it has to keep determining your feelings and behavior today.
7. The idea that you must have a high degree of order and certainty to feel comfortable, or that you need someone stronger than yourself on whom to rely.
8. The idea that it is easier to avoid many of life's difficulties and responsibilities rather than face up to them.
9. The idea that if something bad or dangerous might happen, you must be terribly concerned about it and should worry and dwell upon the *possibility* of it occurring even if the *probability* is very low.
10. The ideas that you can achieve happiness by inertia and inaction; by passively and uncommittedly enjoying yourself; or by most always avoiding difficulty and discomfort.