

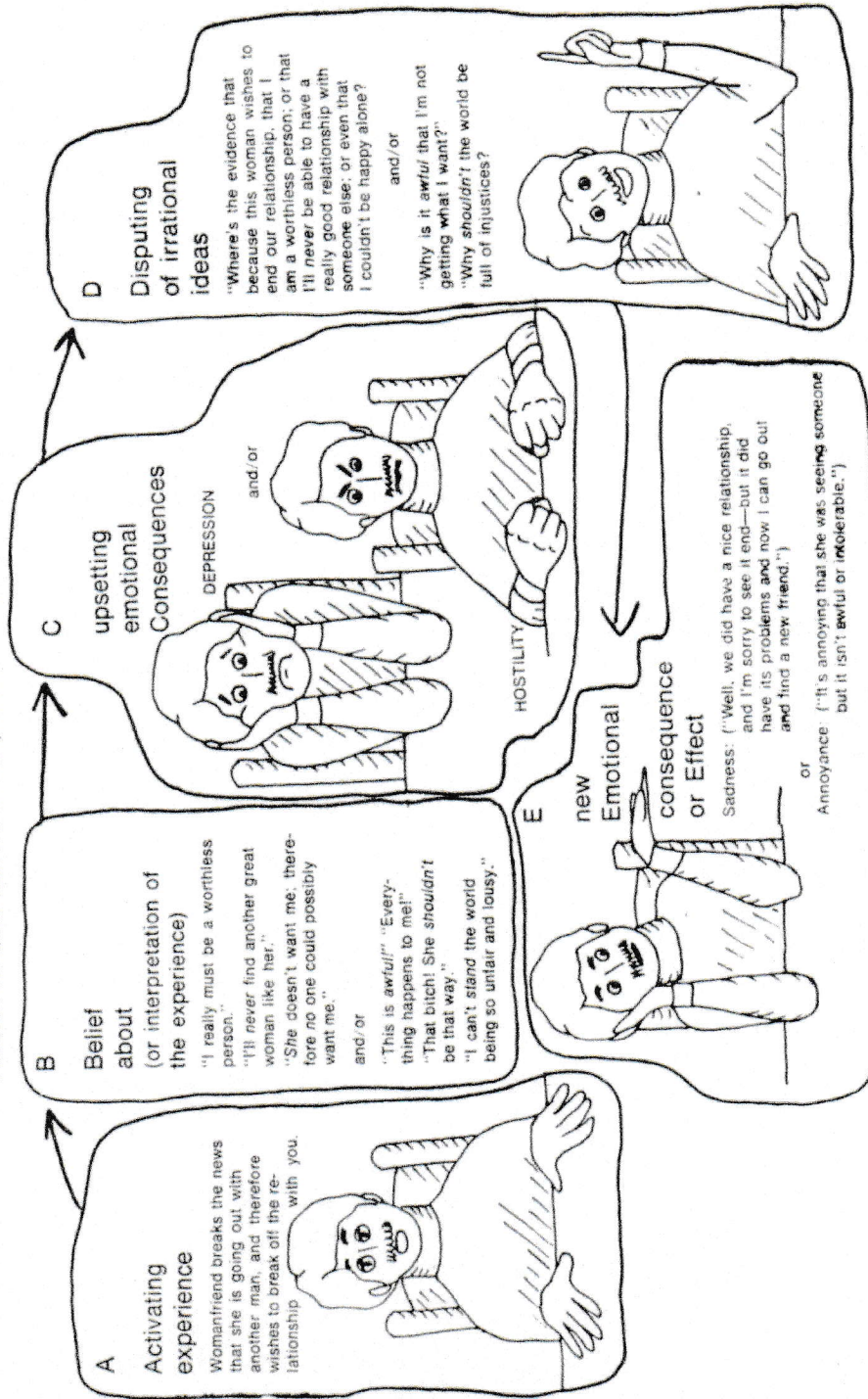
Managing Worry, Stress & Anxiety To Improve Sleep

A-B-C Theory of Emotional Disturbance

"Men are disturbed not by things, but by the views which they take of them."

— Epictetus, 1st century A.D.

It is not the event, but rather it is our interpretation of it, that causes our emotional reaction.



RATIONAL LIVING WORKSHOP

ABC's OF EMOTIONS

"People Are Disturbed, Not By Things, But By Their View Of Things" Epictetus

Activating Event

Past, Present or Future
Internal or External

Beliefs

Thoughts, Attitudes and Beliefs About "A"
Rational Self-Talk vs. Irrational Self-Talk

Consequences

Emotional (Ex. Anger)
Behavioral

Dispute Irrational Beliefs

Using Rational Criteria Below
Challenge and Change Irrational Thoughts

Effect

New, Healthy, Negative Emotions (Ex. Annoyance)
New, Constructive Behaviors

CRITERIA FOR RATIONAL THINKING:

1. It is factual, actual and based on reality;
2. It will help me feel the way I want to feel;
3. It will help me reach my (long-term) goals;
4. It will further my survival and well-being;
5. It will prevent unwanted conflict with others.

INSIGHT: *Rational* thoughts produce appropriate emotional reactions and behaviors whereas *irrational* thoughts generate self-defeating feelings and actions. Nothing (A) upsets us! We upset ourselves (C) by what we think (B) about (A). Disputing our irrational (B's) will lead to new emotional and behavioral (E's). We can do this for ourselves via Rational Self-Analysis(RSA). RSA forms are available for your use.

Rational Self-Analysis (RSA) Form

A (ACTIVATING EVENT)

- Briefly summarize the situation you are disturbed about (what would a camera see?)
- An A can be *internal* or *external*, *real* or *imagined*.
- An A can be an event in the *past*, *present*, or *future*.

IB's (IRRATIONAL BELIEFS)

To identify IB's, look for:

- DOGMATIC DEMANDS (musts, absolutes, shoulds)
- AWFULIZING (It's awful, terrible, horrible)
- LOW FRUSTRATION TOLERANCE (I can't stand it)
- SELF/OTHER RATING (I'm / he / she is bad, worthless)

D (DISPUTING IB'S)

To dispute ask yourself:

- Where is holding this belief getting me? Is it *helpful* or *self-defeating*?
- Where is the evidence to support the existence of my irrational belief? Is it *consistent with reality*?
- Is my belief *logical*? Does it follow from my preferences?
- Is it really *awful* (as bad as it could be?)
- Can I really not *stand* it?

RB's (RATIONAL BELIEFS)

To think more rationally, strive for:

- NON-DOGMATIC PREFERENCES (wishes, wants, desires)
- EVALUATING BADNESS (it's bad, unfortunate)
- HIGH FRUSTRATION TOLERANCE (I don't like it, but I can stand it)
- NOT GLOBALLY RATING SELF OR OTHERS (I—and others—are fallible human beings)

C (CONSEQUENCES)

Major unhealthy negative emotions:

Major self-defeating behaviors:

Unhealthy negative emotions include:

- Anxiety
- Depression
- Shame/Embarrassment
- Rage
- Hurt
- Low Frustration Tolerance
- Jealousy
- Guilt

E (NEW EFFECT)

New healthy negative emotions:

New constructive behaviors:

Healthy negative emotions include:

- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Frustration

RATIONAL LIVING WORKSHOP

WHAT ARE IRRATIONAL THOUGHTS, ANYWAY?

Good question.

Many people think that irrational thinking is what everyone else does.

We like to think that *our* thinking is rational.

Fact is, we all think both rationally and irrationally.

Our rational thinking, fortunately, predominates.

This is generally why our species has survived so well thus far.

But we all have needless pockets of pain and dysfunction.

Self-imposed difficulties include neuroses, hang-ups, addictions, etc.

What is at the root of our self-defeating feelings and behaviors?

That's right—irrational thinking.

Self-defeating (irrational) thoughts generate self-defeating feelings.

Some cause anxiety, guilt, stress, shame or depression.

Other irrational thinking causes self-defeating ANGER.

QUICK TEST FOR RATIONAL THINKING

1. Is my thinking based on fact?
2. Does my thinking help me achieve my goals?
3. Does my thinking help me feel the way I want to feel?

Three “yes” answers indicates that your thought is rational and, therefore, in your best interest to keep it. One or more “no” answers means that your thought is irrational and, therefore, in your best interest to replace it with a thought that is rational.

RATIONAL DISPUTING-- OR HOW TO QUESTION YOUR OWN THINKING

ASK YOURSELF:

1. Is this thought factual or is it just the way I automatically think?
2. Where is the evidence to support the accuracy of this thought?
3. Is holding this view or belief helping me or hurting me?
4. Is thinking this way getting me what I want—or not?

RATIONAL LIVING WORKSHOP

RATIONAL VS. IRRATIONAL THOUGHTS

Irrational Thoughts that Cause Disturbance	Rational Thoughts that Promote Emotional Self-control
1. How <i>awful</i> .	This is disappointing.
2. I can't stand it.	I can put up with what I don't like.
3. I'm stupid.	What I <i>did</i> was stupid.
4. He stinks!	He's not perfect, either.
5. This <i>shouldn't</i> have happened.	This should have happened because it did!
6. I am to be blamed.	I am at fault but am not to be blamed.
7. He has no right.	He has every right to follow his own mind though I wish he wouldn't have exercised that right!
8. I <i>need</i> him/her to do that.	I want/desire/prefer him/her to do that—but I don't have to have what I want.
9. Things <i>always</i> go wrong.	Sometimes—if not frequently—things will go wrong.
10. <i>Every time</i> I try, I fail.	Sometimes—even often—I may fail.
11. Things <i>never</i> work out.	More often than I would like things don't work out.
12. This is bigger than life.	This is an important <i>part</i> of my life.
13. This <i>should</i> be easier.	I wish this was easier but often things that are good for me aren't—no gain without pain. Tough, too bad!
14. I <i>should</i> have done better.	I would have <i>preferred</i> to do better but I did what I could at the time.
15. I am a failure.	I'm a person who sometimes fails.

RATIONAL LIVING WORKSHOP

IRRATIONAL BELIEFS ASSOCIATED WITH HIGH WORK STRESS

1. **PERFECTIONISTIC BELIEFS:** "I must perform perfectly at important things I do at work; I cannot accept making mistakes."
2. **APPROVAL-SEEKING BELIEFS:** "I need to be approved of by people I work with; it's awful to be thought badly of."
3. **PERSONALIZING BELIEFS:** "When I make mistakes or don't succeed at something at work, I'm a failure." "When someone thinks badly of me, I'm hopeless."
4. **SELF-BLAMING BELIEFS:** "It's always my fault when something goes wrong."
5. **SELF-GENERALIZING BELIEFS:** "Because I didn't perform well at something proves I'm no good at doing anything."
6. **INACCURATE FORECASTING BELIEFS:** "I'll never be successful." "Things will never turn out the way I want."
7. **DEMANDING BELIEFS:** "People should treat me fairly, considerately, professionally and respectfully." "I cannot accept it when others act unfairly and inconsiderately."
8. **CONDEMNING BELIEFS:** "People who act unfairly and inconsiderately are totally bad and deserve to be punished."
9. **AWFULIZING BELIEFS:** "It's terrible and awful when I don't succeed, get criticized or treated unfairly, or don't get my way."
10. **LOW FRUSTRATION TOLERANCE BELIEFS:** "I can't stand not getting what I want." "My life shouldn't be so hard." "Things should be easier than they are." "I can't stand hassles." "I can't stand being uptight, tense or uncomfortable." "Life should always be exciting and fun."

RATIONAL LIVING WORKSHOP

THOUGHT DISTORTIONS

1. **SHOULDs:** You make absolute *demands* of yourself, others or the world (must, should, need, ought, have got to, etc.) instead of merely *wanting* or *desiring* good results and accepting the possibility of disappointment.
2. **POLARIZED THINKING:** You think that people and things are (all) good or (all) bad, smart or dumb, right or wrong, winners or losers. It's hard to see the gray in life.
3. **OVERGENERALIZATION:** You come to a general conclusion based upon a single event or sparse evidence, and see isolated negative events as a never-ending pattern of defeat such as, "I always fail at everything," or, "nothing ever goes right," or, "I never get any sleep!"
4. **LABELING:** You take overgeneralization a step further by equating peoples' behavior with their worth as humans, and then damn and discount them (100%) with a negative label like "idiot" or "jerk." We can accept others and ourselves as fallible human beings (FHB's).
5. **FILTERING:** You pick out single negative details that are hurtful, hopeless, unfair or threatening (while ignoring the positive) and dwell on them exclusively to reinforce your distorted and darkened vision of reality. Ex. "Another plane crashed, air travel is so unsafe."
6. **JUMPING TO CONCLUSIONS:** You make a negative interpretation even though there are no definite facts to support your conclusion. **Mind Reading:** Without their saying so, you know what people are thinking or why they act the way they do, or how they really feel about you; **Crystal Ball Gazing:** You anticipate that things will turn out badly and you feel convinced that your prediction is an already-established fact.
7. **CATASTROPHIZING:** You exaggerate the importance of disappointing or unfortunate events by believing certain things to be truly awful, terrible or horrible (100% bad), and/or you frighten yourself with "what if . . ." thinking instead of showing yourself that you could cope and survive.
8. **EMOTIONAL REASONING:** You believe the way you feel is an accurate indication of the way things really are, so that if you *feel* ugly, dumb, or boring you must *be* ugly, dumb and boring. You follow your feelings (gut thinking) and often do as you feel like (and not do what you don't feel like) rather than discipline yourself with I/E (intellect over emotion).
9. **CONTROL FALLACY:** You feel externally controlled and see yourself as a helpless victim, or you assume internal control and guilt-ridden responsibility for the well-being and happiness of other people, or you magically believe that you can get others to change if only you do the right things.
10. **PERSONALIZATION:** You think that everything people do or say is some kind of reaction to you, or that others' unthinking or poor behavior is intentionally directed at you. You tend to immediately look at and blame yourself and easily feel hurt and bad.

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 like, respect or 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.

RATIONAL LIVING WORKSHOP

Managing Sleep-Related Worry

I am afraid or worried that:

I automatically think that (catastrophic thoughts):

My present anxiety level (0-100%): _____ Probability of above happening (0-100%): _____

Assuming the worst happens, what would that be like?

What are possible coping thoughts?

What are possible coping actions?

Now how bad does that worst thing seem to you?

Your present anxiety level (0-100%): _____

What is the evidence against the worst thing happening?

What are some less catastrophic possibilities?

Now what is the probability of the original feared event happening (0-100%)? _____

Now what is your present anxiety level (0-100%)? _____

The key to a good night asleep is a good day awake. Insomnia is fueled by worry and stress and the resulting anxiety and hyperarousal that prevents sleep. Managing worry, day and night, is essential to sleep improvement. Letting go—not trying hard to sleep—will bring sleep the most quickly. And remember the mantra, if not tonight, then tomorrow.

Energy and mood—not functioning or judgment—are the major impairments caused by insomnia, along with the tendency to over-estimate time awake and under-estimate time asleep at night. Don't worry about sleep any more than you do about hunger.

RATIONAL LIVING WORKSHOP

ANGER & STRESS KILLER

De-Stress Your Thoughts To Feel, Act & Sleep Your Best:

(1) Just because you **WANT:**

doesn't mean you **NEED:**

Love

Approval

Perfection

Fairness

The universe was not made to your specifications and people generally do what *they* want, not what you want them to do.

(2) It's not:

Terrible

Awful

when life treats you

badly – it is just inconvenient, unpleasant or a pain-in-the-ass.

(3) You really can:

Stand

Tolerate

it when things are bad,

uncomfortable or not to your liking. **TOUGH!** Life is spelled:

H-A-S-S-L-E

(4) You and others are not to be:

Blamed

Damned

as:

Jerks

Idiots

for goofing, acting poorly or making mistakes. You and they remain **FALLIBLE HUMAN BEINGS – FHB's!**

RATIONAL LIVING WORKSHOP

©Rational-Emotive Sleep Therapy (REST)

People are disturbed not by things but by the views they take of them

This empowering self-knowledge was articulated by the Greek Stoic philosopher Epictetus 2,000 years ago. Albert Ellis, the founder of Rational-Emotive Behavior Therapy in 1955, incorporated this profound notion along with Eastern ideas about ego and acceptance, general semantic theory, and modern rational philosophy into REBT. What emerged was both a psychological theory of human emotional disturbance and a philosophy of life and living that values reason, promotes happiness, and contributes to harmony and peace. His genius and influence have been likened to the other Albert.

REST is derived from REBT and is merely an application of REBT to insomnia treatment and sleep improvement. Clinical Sleep Counseling, however, was born from a challenge issued in 2007 at the memorial celebration for Dr. Ellis at Columbia University. Those of us trained and touched by Al were urged to contribute to a collective legacy and carry the torch of REBT into the future by overcoming our own inertia and doing something to make a difference.

Clinical Sleep Counseling is the result of the writer's silent pledge to push forward and show the community of mental health providers that they have an opportunity to learn how to help clients and patients manage insomnia and improve their sleep. This writer remains eternally grateful to Dr. Albert Ellis for his work, his teaching, his interest and his support; and much thanks also to Dr. William Knaus for his REBT contributions in the area of procrastination and, oh yes, for that challenge on the night of September 28, 2007, to make a difference. Thank you, Bill.

THE EMOTIONAL ABC's OF RATIONAL-EMOTIVE BEHAVIOR THERAPY

Activating Event: Disappointing things people say and do; crappy life events

Beliefs:

- (1) Rational: (rB) = factual, flexible, reality-based, goal-reaching thinking
- (2) Irrational: (iB) = non-factual, rigid, unrealistic, goal-blocking thinking

Consequences:

- (1) Emotional: (rB) = appropriate like annoyance; (iB) = painful like anger
- (2) Behavioral: (rB) = appropriate behavior; (iB) = self-defeating behavior

Dispute your (iB)s and straighten crooked thinking; replace with rational thoughts

Experience the new (rB)s and the new, improved emotions & behaviors

THOUGHTS → FEELINGS → BEHAVIORS → THOUGHTS → FEELINGS →

REST informs the practice of CBT-I with the power of REBT theory and practice. Two major areas of human disturbance are identified as ego disturbance and discomfort disturbance. But the "disturber" is the thinking that is rigid, dogmatic and demanding. This absolutist thinking often takes the self-talk form of must, need, should, ought, have got to—the trigger words when used in a commanding, unconditional way. *Musturbation* and *hardening of the oughteries* are terms coined by Albert Ellis for rigidly demanding thinking.

RATIONAL LIVING WORKSHOP

For example, if a client thinks, “I need to start looking for a new job,” the meaning is mild and reflects a desire or intention to do something. This statement has conditional qualities implied: in order to find a new job, one needs to begin a search; however, a new job is not absolutely necessary. This “conditional must” is not absolute and, therefore, not very disturbing should the person be unable to look for a new job.

Demanding thinking or musturbation, on the contrary, taps deep meaning and results in a “hot cognition.” An example might be a client thinking, “I’ve got to sleep tonight.” This “must” taps a deep meaning and produces a hot cognition leading to severe anxiety and hyperarousal contributing to insomnia. Much of the sleep education and cognitive intervention in Sleep Counseling seeks to identify sleep-sabotaging shoulds and musts. Remember, “if not tonight, then tomorrow?” This affirmation attacks the irrational thought that one must get the kind of sleep that one desires (and if not, it’s awful and terrible and can not be tolerated!).

Ellis has said that humans seem naturally predisposed to escalating desires into demands, wants into needs, and preferences into shoulds and musts. This tendency is probably the fundamental “disturber” of most all human beings. Now let’s return to the two major areas of human disturbance: ego and discomfort.

Ego anxiety arises from self-rating, self-blaming and damning, self-downing and self-imposed demands. REBT rejects the term “self-esteem” for the very reason that it refers to damaging self-rating; preferring instead the term “unconditional self-acceptance” (USA). Once realized that our personhood is not defined by the success or failure of our behaviors, nor by the approval or disapproval of others, we can endeavor to accept ourselves (unconditionally) as fallible human beings (FHB). Instead of downing ourselves as stupid for acting stupidly, it is important to fight this habitual, hurtful thinking and remember we are not simply what we do; we remain FHB’s.

Discomfort anxiety is fueled by demands for ease and comfort resulting in low frustration tolerance. LFT is at the self-sabotaging core of addictions and self-defeating behaviors. Undue attention to discomfort in the moment—and behaviors to escape or avoid it—doom one to the unlikelihood of reaching important long-term goals. This is prominent in clients with insomnia whose keen awareness and monitoring of sleep and symptoms may contribute to sleep-defeating behaviors including sleep medication dependence.

One of the LFT-promoting cognitions is, “I can’t stand it.” The rB could be, “I don’t like it one damn bit but I can tolerate it even though it is hard—it’s not too hard (I still have a pulse). I don’t have to like everything or always feel comfortable or at ease. It’s not the end of the world. Now what have I learned to do when I’m feeling like this?”

REBT has created the clever concept of “comfort junkie” to encapsulate the self-defeating cognitions embodied in low frustration tolerance (LFT) and low discomfort tolerance (LDT). For our purposes here, LFT/LDT will be referred to as “whining.” REBT and CT (Aaron Beck’s Cognitive Therapy) both delineate many kinds of self-defeating thoughts. For the purpose of working with clients who have insomnia, REBT emphasizes the following iB’s that defeat sleep, perpetuate insomnia and make it difficult to cope:

RATIONAL LIVING WORKSHOP

DEMANDING:

- (1) I NEED MORE SLEEP (iB) vs. I WOULD LIKE TO GET MORE SLEEP (rB)
[more sleep would be nice but not necessary]
- (2) I'VE GOT TO SLEEP TONIGHT (iB) vs. I WILL GET WHAT I NEED (rB)
[which is 5.5 hrs. core sleep but not what I want]
- (3) I MUST BE READY FOR TOMORROW vs. I PREFER TO FEEL GOOD (rB)
[but I will still get through the day no matter what]
- (4) THIS SHOULDN'T BE HAPPENING TO ME (iB) vs. WHY NOT? (rB)
[I am biologically predisposed to insomnia]
- (5) I SHOULD BE ABLE TO SLEEP (iB) vs. I DO SLEEP ONLY NOT WELL (rB)
[better sleep will come if I keep working at it]

RATIONAL DISPUTE:

AWFULIZING:

- (iB) It's really *terrible* when I don't get the sleep I *need* and have to drag myself through the next day feeling "off" and tired with low energy and bad mood;

RATIONAL DISPUTE:

- (rB) Well it stinks, for sure, and I wish this wasn't happening; but it is hardly the end of the world nor the very worst thing I could have to deal with. Let me see, can I think of 10 things that could happen to me that would be worse than this? How about another ten after that? I get it. If *many* things could be far worse for me to have to cope with, then how in the world can I sanely think that my insomnia is so terrible or awful (meaning 100% bad that can't be any worse) just because I don't like it? Insomnia is bad—but not too bad. Not 100% bad!

Now that my prefrontal cortex is in overdrive, does awful or terrible really exist? Other than extremes such as physical torture, is anything actually 100% bad? In my life to this point, could not the lousy things that have happened been worse? If so, I guess I had better train myself to think more precisely about things and reject the irrational notions of *awful* and *terrible*. Substituting more accurate descriptors like disappointing, inconvenient, uncomfortable, undesirable and a pain-in-the-ass will help me to cope much better in life with all the adversity I encounter, including this lousy (but not terrible) insomnia! And nothing too bad is likely to happen to me as a result of insomnia so long as I often get core (5.5 hours) sleep.

WHINING (LFT/LDT):

- (iB) *I can't stand it* when I don't sleep the way I *should* and when I toss and turn while everyone else gets to sleep. It's not *fair*; it's *awful*; I just *can't put up* with this anymore. I *deserve* to sleep—that's not asking for too much. What is wrong with me? I *can't tolerate* this anymore. It's just *too much* to have to deal with. There has got to be something that will knock me out and make me sleep. *I can't stand* the thought of not sleeping (well) again tonight and feeling beat tomorrow.

RATIONAL LIVING WORKSHOP

RATIONAL DISPUTE:

(rB) Well, this is hard but it is never *too hard* (to endure). I'm struggling to get by which could be the definition of life. Many people have it hard and I already proved to myself that it could be much worse. I am so tired of being so tired! Poor me, so it's not easy. Where is it written that life *must* be easy and that crappy things won't happen? I had better remind myself that (taking pulse) I have been able to stand every lousy thing that has ever happened to me. So my motto really should be: "I can stand it!" I can tolerate physical and emotional discomfort without looking for self-defeating escape or avoidance. And with sleep, several nights of poor sleep are often followed by a night of better sleep.

BLAMING:

(iB) Life sucks and the world is full of *idiots* and *assholes*, *morons* and *jerks*. Somebody is always screwing me, botching-up something, dropping the ball or kicking me when I'm down. If something is going to get done and get done right, I've got to do it myself. I can't depend on anyone. Nobody knows how hard I work or appreciates what I do. People really make me mad—the crap they say and do and get away with. It drives me crazy. All I try to do is the right thing and I wind up getting the short end of the stick. And, on top of it all, I can't sleep. I'm so tired all day long I could drop but as soon as bedtime rolls around I'm wide awake. It's not fair! My life is so hard and I can't even sleep. Is it asking too much to sleep at night? I'm there tossing and turning all night long watching the clock and everybody else is sleeping away. Why me? Then right before the alarm you know I'm sleeping like a baby, then it's time to get up and I feel like a wreck. I hate becoming dependent on drugs for sleep but I just don't know what else to do. This sucks.

RATIONAL DISPUTE:

(rB) Externalizing blame makes me feel like a victim but it also robs me of control over my feelings, especially anger. Pointing the finger also prevents me from taking responsibility and keeps me looking in the wrong direction when I should be looking at myself. Why? Because I can't change life or other people but I can change the way I think, feel and act—and that's a lot. But to do this, I have to be looking—not blaming or damning—at myself. This is ACCEPTANCE of myself and others as Fallible Human Beings (FHB). Neither they nor I are idiots or assholes when they disappoint me or I disappoint myself. We all are FHB's.

When I can fully believe and accept this, I will be on the royal road to USA—unconditional self acceptance (not self esteem). Then I can feel good about me inside my own skin. When I achieve UOA—unconditional other acceptance, I can better deal with disappointing behavior in others and become less anger-prone. I will be far less perturbable and disturbable which will be far healthier for me. When I reach ULA—unconditional life acceptance, major adversity and disappointment in life will be far more tolerable and I will be approaching radical acceptance; that is, unconditional acceptance of myself, others and life—including the nature and quality of my sleep!

Rational Emotive Self Talk (REST) Record

People Are Disturbed Not By Events But By Their Views Of Events

THOUGHTS → FEELINGS → BEHAVIORS					
Activating Event or Situational Stressor	Emotional Reaction Mood (0-100%)	Automatic Thinking (rate either iB or rB)	Evidence Against and Rational Dispute of iB	New More Rational & Coping Self Talk	New Emotions (0-100%)
At work on break getting coffee & thinking how tired I feel & dreading tonight again.	Down 80%	1. I hate feeling tired. (iB)	1. No Dispute Needed → Is Not Self-Defeating & anyone would feel this		Down 30%
	Tense 65%				Tense 20%
	Tired 100%	2. I shouldn't have to feel this way. (iB)	2. Why not? Of course I should, I have insomnia & these are the symptoms.	2. Having insomnia stinks & is a PIA but at least I am getting help now for it.	Tired 70%
	Worried 75%				Worried 25%
	Frustrated 90%				Frustrated 45%
I worry about not sleeping stop H! almost all my waking hours. If I don't sleep well tonight - then tomorrow.		3. This fatigue is really awful. (iB)	3. Poor baby, nothing could be worse! Wah, Wah, Wah!!!	3. That's silly, nothing is truly terrible & I am functioning OK.	
		4. I'm going to screw-up on the job. (iB)	4. Yes, because I'm a FHB. Last time I did I slept well before.	4. Insomnia makes functioning difficult - not impossible.	
		5. I'll have a car accident. (iB)	5. Probably, eventually with or without insomnia. No Dispute Needed.	5. Insomnia causes fatigue - not sleepiness. Driving is challenging for everyone and always potentially dangerous.	
		5. I'll have a car accident. (iB)	5. Where is my crystal ball? Would it be awful?		
Rational Insights	Rational Insights	Rational Insights	Rational Insights	Rational Insights	
I worry about not sleeping stop H! almost all my waking hours. If I don't sleep well tonight - then tomorrow.	I bet I got morning sunlight and more exercise. I would sleep & feel better.	I bet I got morning sunlight and more exercise. I would sleep & feel better.	Wow! I tend to blame everything on my insomnia - I really want to start controlling my worry better.		

SAMPLE

THOUGHTS → FEELINGS → BEHAVIORS

Activating Event or Situational Stressor	Emotional Reaction Mood (0-100%)	Automatic Thinking (rate either iB or rB)	Evidence Against and Rational Dispute of iB	New More Rational & Coping Self Talk	New Emotions (0-100%)	Date
Rational Insights		Rational Insights		Rational Insights		