

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?