

REBT SELF-HELP FORM

(Adapted by E.M. Ballenger, 2012)

A (Activating Events or Adversities)

Briefly Summarize the Situation as Objectively as Possible:

Critical A/Inference (What I was Most Disturbed About):

Examples:

- A can be internal or external, real or imagined
- A can be an event in the past, present or future
 - **Situation:** "My wife and I disagreed about something."
 - **Critical A:** "Her criticism is extreme."

Major Dysfunctional/Unhealthy Negative Emotion (Feeling):

Maladaptive/Unhelpful Behaviors (and/or Action Tendencies):

Dysfunctional Negative Emotions Include:

- Anxiety/fear
- Shame/embarrassment
- Rage/anger
- Guilt
- Depression (depressed mood)
- Problematic jealousy
- Problematic envy
- Hurt

Maladaptive Behavior Include:

- Social Avoidance
- Not taking care of yourself (e.g. not exercising, not resting)
- Being aggressive

C (Consequences)

F's (Functional): Major Functional/Healthy Emotion and Adaptive/Helpful Behaviors

(Goal): New Functional/Healthy Negative Emotion:

(Goals): New Adaptive Helpful Behaviors:

Functional/Healthy Negative Emotions include:

- Concern
- Disappointment
- Healthy anger/annoyance
- Remorse/regret
- Sadness
- Healthy concern for relationship
- Healthy envy

Adaptive/Helpful Behaviors include:

- Meeting new friends or seeking support
- Exercising
- Assertive behaviors

B's (Beliefs): Irrational (Unhelpful/Dysfunctional) Beliefs

To Identify Irrational Beliefs, Look For:

- 1) **Demands** (Must/have to/ought to)
- 2) **Awfulizing/Catastrophizing** (It's awful, terrible, horrible!)
- 3) **Frustration Intolerance** (I can't stand it!)
- 4) **Self-Downing, Other-Downing, or Life-Downing** (I'm bad or worthless, He/she is bad or worthless, or life is not worthwhile)

D's (Disputation): Debate Your Irrational (Unhelpful, Dysfunctional) Beliefs

To Change Irrational Beliefs, Ask Yourself:

- Where is holding this belief getting me? **Is it helpful** or getting me nowhere/getting me into trouble?
- **Where is the evidence** to support my irrational belief?
 - Is it really awful (as bad as it could ever be)?
 - Can I really not stand it?
 - Am I really a totally horrible person?
- **Is it logical?** Does it follow from my preferences?
- **Use metaphorical disputation** (e.g. metaphors, stories, humor)

E's (Effective): Rational (Helpful/Functional) Beliefs

To Think More Rationally, Strive For:

- 1) **Flexible Preferences** (e.g. I want to ace this exam, but I don't have to....)
- 2) **Anti-Awfulizing** (e.g. It may be bad or unfortunate, but it is not awful; it is not the end of the world)
- 3) **High Frustration Tolerance** (e.g. I don't like it, but I can stand it and I can handle it.)
- 4) **Self-Acceptance, Other-Acceptance, Life-Acceptance** (e.g. I can accept myself as a fallible human being)

Adapted from REBT Self-Help Form – Albert Ellis Institute