

IRRATIONAL BELIEFS AND COUNTERPARTS

	IB	RB
1	I must be loved and approved of by every significant person in my life, and if I'm not, it's awful.	It would be desirable and productive to concentrate on self-respect, on winning approval for practical purposes, and on loving instead of being loved.
2	When other people behave badly or unfairly, they should be blamed , reprimanded, and punished; they are bad or rotten individuals.	Certain acts are inappropriate or antisocial, and those who perform them are behaving stupidly or neurotically and would be better helped by change.
3	It's awful when things are not the way I'd like them to be.	It's too bad that things are not often the way one would like, and it would be advisable to change or control conditions so that they can become more satisfactory. If change is impossible, best to temporarily accept the status quo.
4	I should be very anxious about events that are uncertain or potentially dangerous .	One would do better to face the danger or fear and neutralise it, or, if that is not possible, accept the inevitable.
5	I am not worthwhile unless I am THOROUGHLY COMPETENT , adequate and achieving at all times, or at least most of the time in at least one major area.	It is more advisable to accept oneself as an imperfect creature with human limitations and fallibilities. It is better to do, than to need to do well.
6	There's GOT to be a perfect solution to this problem ; I must be certain and have perfect control over things.	Our world is one of chance and probability and life is enjoyable despite this.
7	The world MUST be fair and just at all times.	The world is often unfair, and good guys sometimes die young. It is better to accept this fact and concentrate on enjoying oneself despite it.
8	I should be comfortable and without pain at all times .	There's seldom pain without gain. I don't have to like it, but I can tolerate it. Pain is often a messenger for change.
9	I may be going crazy , but I must not; that would be unbearable .	Emotional distress is unpleasant, but it is hardly unbearable.
10	It is easier to avoid life's difficulties than to face them.	The so called easy way often turns out to be the hard way in the long run. Confronting a difficulty removes its power over you.
11	I need someone stronger than myself on whom to depend or rely.	It is better to take risks of acting and thinking independently.
12	Emotional misery comes from external pressure , and I have little or no ability to control or change my feelings.	Emotional disturbance is caused by the view we take of conditions. We have more control over our feelings if we work to change the bigoted hypotheses that create them.
13	My past is the cause of my present problems ; because these events were such strong influences, they will continue to affect me.	Once can learn from these past events without being overly attached to or unrelentingly influenced by them.

IRRATIONAL BELIEF MATRIX

DEMANDINGNESS	LOW FRUSTRATION TOLERANCE	HUMAN WORTH RATINGS	AWFULISING
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AFFILIATION
ACHIEVEMENT
COMFORT
FAIRNESS
