

ANALYZING EMOTIONAL EPISODES PRELIMINARY PRACTICE WORKSHEET

DIRECTIONS: Take some, preferably simple, situation that you distressed yourself over such as misplacing something, getting behind a slow driver, having something break or fall, being ignored by a waitress or sales person, or having to speak before a group. Try to think in terms of analyzing the episode according to A (what happened?), B (how you thought about it) and C (How you felt and acted).

Do C first because the disturbance you feel is often your first awareness that there is a problem.

C. CONSEQUENCES: HOW DID YOU FEEL AND WHAT DID YOU DO? (HAPPY, SAD, AGGERVATED, FRUSTRATED, NERVOUS)

A. ACTIVATING EVENT: WHAT HAPPENED? (YOUR STORY)

B. THOUGHTS AND EVALUATIONS: WHAT WENT THROUGH YOUR MIND WHEN THIS EVENT HAPPENED? (YOUR THOUGHTS NOW, NOT FEELINGS)

REBT SELF-HELP FORM

A (ACTIVATING EVENT)

Briefly summarize the situation you are disturbed about.

Real, imagined, past or present.

C (CONSEQUENCES)

Unhealthy negative emotions: Anxiety, depression, rage, shame, guilt, hurt, jealousy

Major unhealthy negative emotions:

Major self-defeating behavior:

Major unhealthy negative emotions:

Major self-defeating behavior:

rB's (RATIONAL BELIEFS)

NON-DOGMATIC PREFERENCES
(wants, wishes, 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)

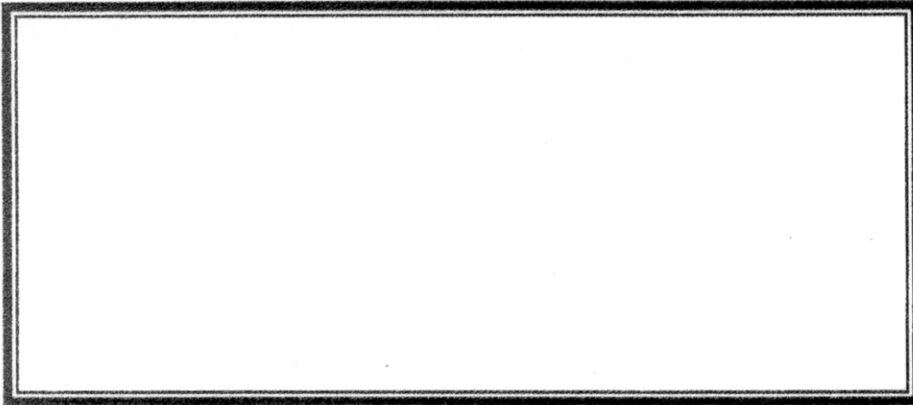
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iB's (IRRATIONAL BELIEFS)



To identify iB's look for:

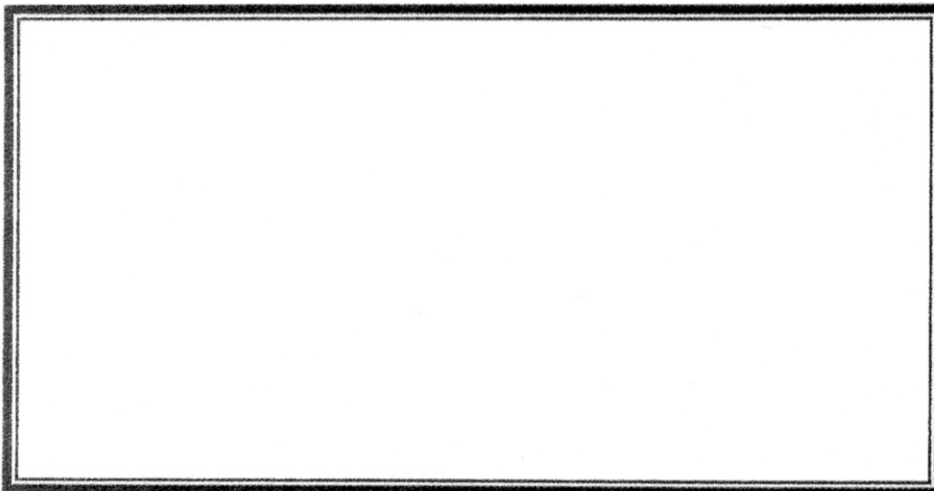
DOGMATIC DEMANDS (musts, absolutes, should)

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's (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?

E (NEW EFFECT)

New Healthy Negative Emotions:

New Constructive Behaviors:

Healthy negative
emotions include:

Disappointment

Concern

Annoyance

Sadness

Regret

Frustration

Core Irrational Beliefs

(Irrational) thoughts create upset feelings...
which are stimulated by (irrational) beliefs...
and in turn are created by the basic (irrational) philosophies we hold.

I. The Four Core Irrational Beliefs

Demandingness seems to be central to all emotional problems.

- communicates a **command, an absolute imperative** and a **desperate necessity**
- language: **should, must, have to, ought to, got to, need**
- very upsetting because it creates overly strong, negative feelings

Awfulizing or catastrophizing also seems to be pretty central to most all emotional problems

- language of **awful, terrible, horrible**
- takes something bad and blows it into a catastrophe and inappropriately arouse ourselves beyond what the situation actually represents

Low Frustration Tolerance or "I-Can't-stand-It-itis" - it's not the problems that upset us so much as *the idea that we can't stand them!*

- it's quite incorrect and even distress producing
- pain caused: self-pity, depression, anxiety and anger
- self defeating actions: whining, complaining, refusal to co-operate, temper tantrums

Self-Rating, Judging or Damning - often interacts intimately with other three.

- we believe we have to do well or we think our self-worth is reduced or threatened.
- erroneously holds that this judging of oneself or others is both logical and sensible
- It is **Total Global Judgement** of oneself or other persons
- feelings: depression, inadequacy, guilt, anger, rage

II. Self-Acceptance Contrary to self rating, self acceptance rests on the following premises:

Humans are extremely complex, multi-faceted beings.

All people are fallible and will have both positive and negative traits and will act both correctly and incorrectly.

There is **no list of good and bad deeds... nor is there an equation...**

It is impossible to globally judge or rate the totality of a person.

One can legitimately accept oneself, always, as a fallible human being.

POSSIBLE

BELIEFS

ABOUT YOURSELF:

I don't deserve love.
I must earn love to deserve it.
I'm not lovable.
To be lovable I must always agree.
I'm not important.
I'm not creative.
I must please others to be worthy.
I don't fit in.
I'm not capable.
I'm not a worthwhile person.
My opinions aren't wanted.
My thoughts are dumb.
I'm a bad person.
Bad things I've done are not forgivable.
I can't do it.
I'm stupid.
I'm not as smart as others so I'm no good.
I'm clumsy.
I'm ugly.
I fail no matter how hard I try.
I don't deserve pleasure.
I have to yell to get anyone to listen.
I'm boring.
I'm not supposed to have fun.
It's bad to grow up.
It's bad to grow old.
I'm not respected.
I can't have what I want.
It's not okay to feel good.
I don't deserve happiness.
I'm not a loving person.
I must hide my true feelings.
I have to suffer in some way to receive love.
I'll never live up to my parent's expectations.
I can't live up to my self-image.

ABOUT THE WORLD:

People don't want to listen to me.
The world isn't a safe place.
The world is an unhappy place.
If I'm happy, something bad will happen.
The world won't survive and neither will I.
Life is unfair.
Life is hard.
Life is full of stress and overload.
Men/women are tough, scary, angry, etc.
People are out to get me.
The world owes me a living.
People are always trying to con me.

ABOUT RELATIONSHIPS:

I don't have what it takes to make a relationship work.
A relationship will only work with the right person.
I'll never do it right.
I'll never find the right person.
If I love I will be hurt.
I'll get hurt if I get too close in a relationship.
All the good people are already in relationships.
Others know what's best for me.
I can't attract/keep a good person.
I'm a loser.
I have to take what I can get.
I need my partner.
My partner can't get by without me.
S/he is just after my money.
Men/women want only one thing.
Women/men can't be trusted.
We should enjoy doing the same things.
S/he should support me.
S/he is supposed to take care of me.
It is my job to improve my partner.
I have to protect/defend my partner.
It means something about me if my partner is attractive/unattractive.
S/he doesn't understand me.
S/he doesn't accept me for who I am.
What my partner says/does means something about me.
Relationships are hard.
Relationships don't last.
People I depend on will let me down.
I take away the energy of the person I'm with.
The one I love will abandon me.
It means something about me if my relationship doesn't last.
Divorce is a sin/a failure.
I can't win so I might as well "get even."
I'm not meant to have a relationship.
My family must approve of my relationship.
Even if I try to explain, I won't be heard.
I must control my partner.
Marriage is a trap.
If s/he really knew me, s/he wouldn't be interested.
I have to have a beautiful/handsome body to be desirable.
Romance is only for the young.

Awfulizing

Transforming awfulizing: the Johnny Carson Scale

As a reasonable person, you may be asking yourself, "What in the world does Johnny Carson have to do with this scale business?" During the monologue, Johnny would invariably bring the audience in on a joke by saying something such as, "Boy, it was hot in California today." The audience responded, "How hot was it?"

When something negative happens to you ask yourself, "How bad is it?"

If you have a sensible scale to measure how bad things are, then you can decide that some event ("A") is approximately a certain percentage bad. After you train your horse to use the scale, it will automatically give you a response that's logical for the percentage. Then, because you won't be over- or underreacting, your behavior will be reasonable for the situation.

THE BODY SCALE

100 %	-	worst
95	-	4 limbs cut off
90	-	3 limbs cut off
85	-	2 limbs cut off
80	-	dominant arm cut off
75	-	non-dominant arm cut off
70	-	1 hand cut off
65	-	1 foot cut off
60	-	3 fingers cut off
55	-	3 toes cut off
50	-	
45	-	4 broken limbs
40	-	3 broken limbs
35	-	2 broken limbs
30	-	dominant arm broken
25	-	non-dominant arm broken
20	-	badly sprained ankle
15	-	laceration (4 stitches)
10	-	cut
5	-	bruise
1	-	small bump
0	-	