### REBT Self-Help 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:

**E (NEW EFFECT)**

- New healthy negative emotions include:
- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Frustration