

Ten Popular Irrational Beliefs

1. I must be loved, or at least liked, and approved of by every significant person I meet.
2. I must be completely, perfectly competent, make no mistakes, and achieve in every possible way, if I am to be considered worthwhile. Being successful means being the best.
3. Some people are bad, wicked, or evil, and they should be blamed or punished for this.
4. It is dreadful, nearly the end of the world, when things aren't how I would like them to be.
5. Human unhappiness and my own bad feelings are caused by factors outside of my control, so little can be done about them.
6. If something might be dangerous, unpleasant, or frightening, I should worry about it a great deal.
7. It's easier to put off something difficult or unpleasant than it is to face up to it.
8. I need someone stronger than I to depend on.
9. My problem(s) were caused by event(s) in my past, and that's why I have my problem(s) now.
10. I should be very upset by other people's problems and difficulties.

Using Rational Ideas

Once you have identified which of the irrational beliefs are causing your exaggerated bad feelings, look up the corresponding rational ideas. The numbers match. Read the rational ideas over and over again. If you have correctly identified the irrationality in your thinking, this rehearsal of rational thinking should gradually lessen your bad feelings.