1. **THOUGHTS CAUSE FEELINGS.** Sustained negative feelings are caused by what we tell ourselves.

2. What we tell ourselves about situations is what upsets us—not the situation!

3. REBT counselors use an ABC approach to helping.
   
   - **A** = the situation or person or event
   - **B** = the beliefs or self-talk about A
   - **C** = feelings and behavior – the consequence of the self-talk

   B causes C but most people believe that A causes C.

4. REBT counselors often use a Not True/True grid when disputing.
   
   - It’s awful that I don’t like
   - he acts this way. it but I can
   - I can’t stand it! stand it.

5. REBT counselors will teach and confront their clients about their self-talk.

6. REBT counselors live healthy lives and think in rational ways.

7. REBT counselors use phrases like “It would be desirable” or “It’s unfortunate.” Clients use words like “awful,” “terrible,” or “horrible.”

8. REBT counselors look for shoulds, musts, demands, commands.

9. Blame is the essence of most disturbances. People are the way they are.

10. People are . . . People exist

11. People’s problems center around three musts:
   - I must
   - You must
   - The world must

**ELLIS’S 15 IRRATIONAL IDEAS**

1. It is a dire necessity for an adult human being to be loved or approved by virtually every other person in one’s life.

2. One should be thoroughly competent, adequate, and achieving in all possible respects if one is to consider
oneself worthwhile.

3. Certain people are bad, wicked and villainous and they should be severely blamed or punished for their villainy.

4. It is awful and catastrophic when things are not the way one would very much like them to be.

5. Human unhappiness is externally caused and that people have little or no ability to control their sorrows and disturbances.

6. If something is or may be dangerous or fearsome one should be terribly concerned about it and should keep dwelling on the possibility of its occurring.

7. It is easier to avoid than face certain life difficulties and self-responsibilities.

8. One should be dependent on others and needs someone stronger than oneself on whom to rely.

9. One’s past history is an all-important determiner of one’s present behavior and because something once strongly affected one’s life, it should indefinitely have an effect.

10. There is invariably a right, precise and perfect solution to human problems and that it is catastrophic if this perfect solution is not found.

11. One should become quite upset over other people’s problems and disturbances.

12. The world should be fair and just and if it is not, it is awful and I can’t stand it.

13. One should be comfortable and without pain at all times.

14. One may be going crazy because one is experiencing some anxious feelings.

15. One can achieve maximum human happiness by inertia and inaction or by passively and uncommittedly enjoying oneself.

Common Irrational Beliefs of Kids

1. I must be liked by everyone and if I am not it is awful and I can’t stand it.

2. If someone calls me names, it must be true and I can’t stand it.

3. I should be the best at everything I do and if I am not, I am worthless.

4. Some people are bad and I have to dwell on how to get back at them.

5. It is awful when things are not the way I would very much like them to be.

6. My unhappiness is caused by others and I have no ability to control my unhappiness and have no ability to make myself happy.
7. It is easier for me to avoid certain troubling situations than to face them.
8. I cannot depend on myself—I have to depend on others for my strength.
9. My past causes me to be the way I am and there is nothing I can do about it.
10. There is a perfect solution to every problem and it is terrible if I cannot figure out the perfect solution.
11. I must become upset and stay upset over other people’s problems.
12. Things should be fair and if they are not, it is awful and I can’t stand it.
13. I should never be uncomfortable or inconvenienced and when I am it is awful and I can’t stand it.
14. I can achieve and be successful even if I do nothing and have no plan of action.
15. It is my fault if my parents fight (drink, are getting divorced).
16. Because I am adopted (in foster care, have less money), I am less than other kids are.
17. Because he/she did that to me (physical, sexual, emotional abuse), there is something wrong with me and I don’t deserve to be happy.
18. If I love my stepdad (stepmom), it means I don’t love my dad (mom).

Common Irrational Beliefs of Parents

1. Teachers/Counselors don’t know what they are doing.
2. Counselors are trying to turn my child against me.
3. Teachers and administrators should be able to control my child and if they can’t it is their fault and their problem.
4. I have no responsibility for how my child acts at school. It is your problem.
5. If my child is not doing well, it means I am a failure and a terrible parent.
6. My child must be very successful in school and if he/she is not, it’s awful and I can’t stand it.

Common Irrational Beliefs of Teachers

1. I must reach every child and if I don’t it means I am a bad teacher.
2. Kids should listen to me and if they don’t it means they are bad and they should be severely punished.
3. Kids should listen to me and if they don’t, it means I am a terrible teacher.

4. Kids should want to learn and if they don’t want to, it means they are bad.

5. Every parent must approve of what I am doing and if they don’t, that is awful and I can’t stand it.

6. I must be liked by all the teachers and staff in the school and if I am not, it is terrible.

KEY SENTENCES TO HEALTHY LIVING:

Sustained negative feelings are caused by me and I can change my feelings.

I can change the way I feel if I change what I am telling myself and only tell myself things that are true.

I can spare myself lots of hurt, frustration, and anger if I keep my expectations in line with reality.

REBT and Creative Techniques

Tapes: Need to make new tapes with true thoughts on the new tape
       Need to throw away the old tape that is filled with negative thoughts
       (Irrational sentences: I’m no good. I am worthless. I am bad.)

Cards: Don’t have to play the hand you are dealt. Can get a better hand with the help of the counselor.
       (Irrational sentences: I can’t change—this is the way I am. My parents made me this way—I can’t change.)

$1 bill: Nothing can take your worth a way. (Irrational sentence: Because he/she did this to me, I am worthless.)

LFT: Irrational sentence: I can’t stand it. (Low Frustration Tolerance)

Blocks: Irrational sentence: This must fit!! I have to make this fit.

Coin flip: Irrational sentence: I can’t decide.

Chairs: Thinking and non-thinking chair; sit in both chairs at the same time
        fear of moving to other seat

Shield: Deflect the negative comments directed at you.

Cups: Allowing someone to smash your worth; holes in self-esteem

Fuse: Need to lengthen a short fuse. (good for dealing with anger)

Hammer: Need to quit beating yourself with negative self-talk
Behind You: What do you need to tell yourself to get it behind you.

THREE R’s

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<thead>
<tr>
<th>Poor Way to Handle Situations</th>
<th>Better way to handle situation</th>
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<tbody>
<tr>
<td>React</td>
<td>Retreat</td>
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<td>Retreat</td>
<td>Rethink</td>
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<tr>
<td>Rethink</td>
<td>Respond</td>
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Assign Homework—write down negative self-talk; do something different and observe your self-talk; analyze a situation using the ABC model or true/not true grid

TA (Parent, Adult, Child) Assessments

1. Egograms
   Critical Parent (self/others), Nurturing Parent (self/others), Adult,
   Free Child, Not OK Child (Hurt/Pleasing Child)

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<thead>
<tr>
<th>CP Other</th>
<th>CP Self</th>
<th>NP Other</th>
<th>NP Self</th>
<th>Adult</th>
<th>Free Child</th>
<th>Not OK Child</th>
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2. Chairs—sit (stand) in the different egostates (chairs—small chair)

3. Scripts you are living—
   Everyone is living out a script
   Tearing up the current script
   Persecutor

4. Drama Triangle
   Rescuer
   Victim

5. Four (4)-Life Positions:
6. Early Decisions You Made

At what age did you make your early decisions about yourself and life?

Why did you make them?

What data did you use?

What new data do you now have to make better decisions?

Contamination                      Cross Transactions/Child to Child Transaction=No Adult