

11 Irrational Beliefs Challenged by REBT

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| 1 | I must be loved by everyone, else I am not lovable. |
| 2 | I must do everything well, else I am incompetent. |
| 3 | I must damn others if they do not treat me well. |
| 4 | I must damn life if things do not go my way. |
| 5 | I must control events and people because they control how I feel. |
| 6 | I must worry about anything fearful or risky. |
| 7 | I must avoid responsibilities and problems in order to be comfortable, content, or happy. |
| 8 | I must depend upon others, else my life or self will fall apart or be too vulnerable. |
| 9 | I must be controlled by my past and disturbed by anything that once disturbed me. |
| 10 | I must damn others' problems and be disturbed by them as if they are my own. |
| 11 | I must damn life if I cannot find the perfect answers or solutions to human problems. |

These 11 irrational beliefs were rewritten into shorter “must” statements. Compare to the originals in *Reason and Emotion in Psychotherapy, Revised and Updated* by Albert Ellis, Birch Lane Press, 1994.