

TEN IRRATIONAL BELIEFS

1. It is necessary to be loved and approved of by all significant people in your life.
2. In order to feel worthwhile you must always be competent, adequate and achieve everything that you set out to do.
3. Certain people (even yourself) are bad and should be punished.
4. When things are not the way one would want them to be, then it is awful and catastrophic.
5. Unhappiness is caused by things that happen to you and people have little or no ability to control their own sorrows and upsets.
6. If something is, or may be, dangerous and frightening, then you should be terribly concerned about it and keep dwelling on the possibility of it occurring.
7. It is easier to avoid than face certain life difficulties and responsibilities.
8. You need someone stronger than yourself on whom to rely.
9. Other people's problems and upsets should also be your concern and upset you.
10. To every human problem there is a right, precise and perfect solution, and it is catastrophic if this solution isn't found.