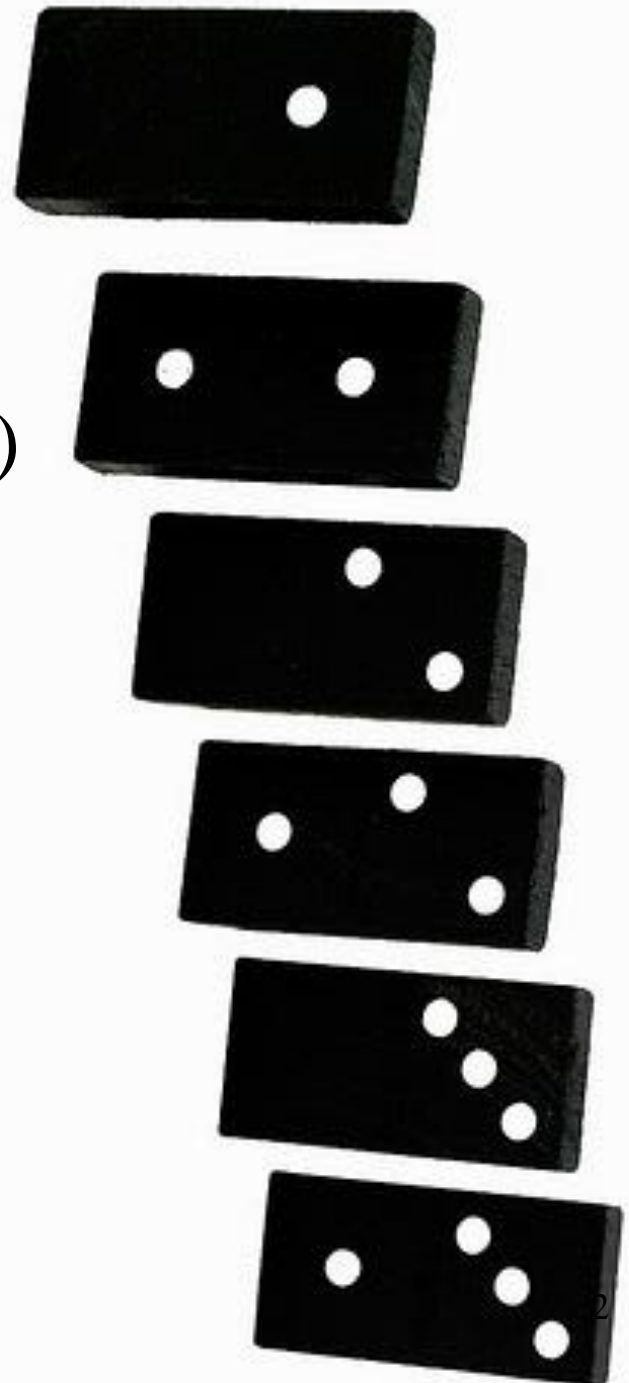


# Rational Emotive Behavior Therapy

# REBT Sequence

- Activating Event (Adversity)
- Belief
- Consequence
- Dispute
- Effect



- **Activating event:**  
Friend breaks up with me
- **Belief:** He doesn't like me, I'm unacceptable as a woman – I am a worthless as a person.
- **Consequence:**  
Depressed, avoiding people

# Example



# Example

- A. Your neighbor phones and asks if you will baby-sit. You had already planned to garden.
- B. If I say no, she will think badly of me.’ ‘I couldn’t stand to have her see me as selfish.’ ‘To feel OK about myself, I need to be liked, so I must avoid disapproval from any source.’
- C. You feel anxious and say “Yes.”



# Example

- A. Activating event** Drunk people outside, making some noise wake you up.
- B. Belief** They **MUST NOT** make any noise.
- C. Consequences.** I feel angry. It feels bad. I lie awake feeling angry and upset and don't get back to sleep for a long time.
- D. Dispute** **WHY** shouldn't they make any noise- where is that commandment written in stone? Where is the evidence?
- E. Effect a change:** Drunk people are often noisy, but it's no **BIG** deal. I don't like it, but I can deal with what I don't like. Maybe I will touch base with them in the morning (when they are sober).



# Example

- A. Activating Event** I tried to do something and failed
- B. Belief:** I must always be successful
- C. Consequences:** I feel bad, depressed, etc.
- D. Dispute:** Where is it written in stone that I must I always be successful?
- E. Effect a change:** I would prefer always to be successful but let's be realistic- that isn't very likely, is it- I am human and humans are fallible, therefore do not succeed in everything they attempt. If success is important, then I will work harder recognizing that failure may occur again.



# Example

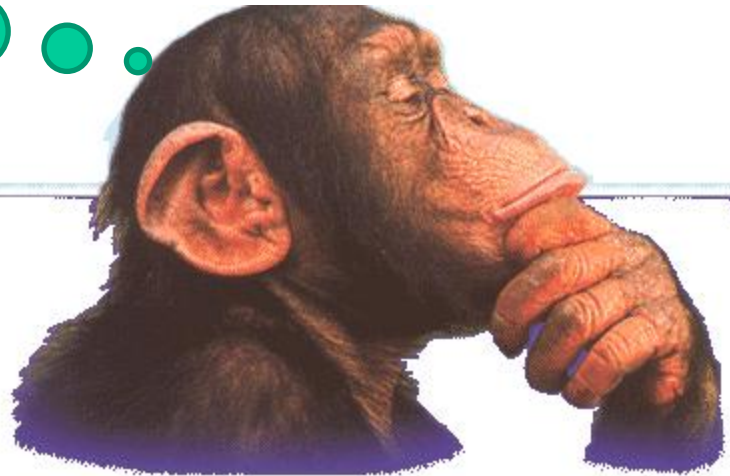
- A. Activating event: Friend passed me in the street without acknowledging me.
- B. Belief: He's ignoring me. He doesn't like me. I'm unacceptable as a friend – so I must be worthless as a person.
- C. Consequence Emotions: depressed.  
Behaviors: avoiding people generally.



[http://www.marshall.edu/graduate/pictures/students\\_walk.jpg](http://www.marshall.edu/graduate/pictures/students_walk.jpg)

# Irrational (Self-defeating) Ideas

?



- Humans, in most cases, do not merely get upset by unfortunate adversities, but also through how they construct their views of reality through their evaluative beliefs, meanings and philosophies about the world, themselves and others



# Irrational Idea #1

- You must have love or approval from all the people you find significant.



- The Emotionally Dependent

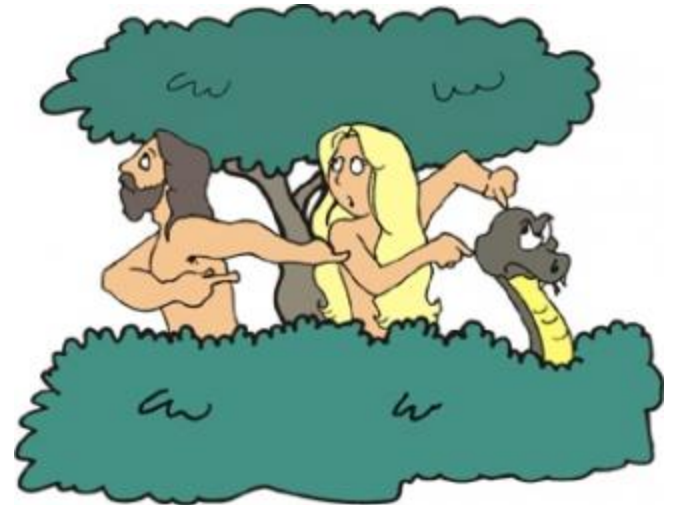
# Irrational Idea #2

- You must prove thoroughly competent, adequate, and achieving.
- \* Variation: You must have competence or talent in some important area.
- “Musterbating”



# Irrational Idea #3

- When people act obnoxiously and unfairly, you should blame them and see them as bad, wicked, or rotten individuals.
- Blame Game



<http://agnosticatheism.files.wordpress.com/2007/07/21408444thb.jpg?w=325>

# Irrational Idea #4

- You have to view things as awful, terrible, horrible, and catastrophic when you get seriously frustrated, treated unfairly, or rejected.
- “*Awfulizing*”



# Irrational Idea #5

- Emotional misery comes from external pressures and you have little ability to control or change your feelings.
- Helpless

<http://www.rabe.org/ten-most-irrational-ideas/>



# Irrational Idea #6

- If something seems dangerous or fearsome, you must preoccupy yourself with and make yourself anxious about it.
- “Catastrophizing”



<http://www.emotionalcompetency.com/images/helpless.jpg>

# Irrational Idea #7

- You can more easily avoid facing many life difficulties and self-responsibilities than undertake more rewarding forms of self-discipline.
- The cop-out

<http://www.emotionalcompetency.com/images/helpless.jpg>



# Irrational Idea #8

- Your past remains all-important and because something once strongly influenced your life, it has to keep determining your feelings and behavior today.





# Irrational Idea #9

- People and things should turn out better than they do and you must view it as awful and horrible if you do not find good solutions to life's grim realities.



# Irrational Idea #10

- You can achieve maximum human happiness by inertia and inaction or by passively and uncommittedly "enjoying yourself."



# Summary Idea #1

- *I absolutely MUST, under practically all conditions and at all times, perform well (or outstandingly well) and win the approval (or complete love) of significant others. If I fail in these important—and sacred—respects, that is awful and I am a bad, incompetent, unworthy person, who will probably always fail and deserves to suffer.*“
- Holding this belief when faced with adversity tends to contribute to feelings of anxiety, panic, depression, despair, and worthlessness



# Summary Idea #2

- *Other people with whom I relate or associate, absolutely MUST, under practically all conditions and at all times, treat me nicely, considerately and fairly. Otherwise, it is terrible and they are rotten, bad, unworthy people who will always treat me badly and do not deserve a good life and should be severely punished for acting so abominably to me.*“
- Holding this belief when faced with adversity tends to contribute to feelings of anger, rage, fury, and vindictiveness. Holding this belief when faced with adversity tends to contribute to frustration and discomfort, intolerance,

# Summary Idea #3

- *The conditions under which I live absolutely MUST, at practically all times, be favorable, safe, hassle-free, and quickly and easily enjoyable, and if they are not that way it's awful and horrible and I can't bear it. I can't ever enjoy myself at all. My life is impossible and hardly worth living."*
- Holding this belief when faced with adversity tends to contribute to frustration and discomfort, intolerance, self-pity, anger, depression, and to behaviors such as procrastination, avoidance, and inaction.

# “I feel terrible” is a:

- Activating Event (Adversity)
- Belief
- Consequence
- Dispute
- Effect



“You should not treat me that way” is a:

- Activating Event (Adversity)
- Belief
- Consequence
- Dispute
- Effect



# “He forgot my birthday” is a:

- Activating Event (Adversity)
- Belief
- Consequence
- Dispute
- Effect





“I can take it when bad things happen” is a:

- Activating Event (Adversity)
- Belief
- Consequence
- Dispute
- Effect



# “I am a terrible person” is a:

- Activating Event (Adversity)
- Belief
- Consequence
- Dispute
- Effect



<http://www.selfhelpzone.com/wp-content/uploads/2007/07/self-confidene-criticism.jpg>

“It would be nice but I can live without it” is a:

- Activating Event (Adversity)
- Belief
- Consequence
- Dispute
- Effect



# “I’m depressed” is a:

- Activating Event (Adversity)
- Belief
- Consequence
- Dispute
- Effect



# Approach to all treatments

- Rationale
- Assessment
- Implementation
- Homework



<http://www.journeyschristiancounseling.com/counsel.jpg>

# Rationale

- **Description of technique:**  
“REBT is a cognitive technique for identifying and replacing thoughts which are causing you difficulties”
- **How it applies to the problem:** “It sounds to me that you have many thoughts and beliefs that are causing your much unhappiness.
- **Client approval:** “Would you be willing to try this?”



# Assessment

- “Let’s see if we can identify some of the thoughts and beliefs that may be leading to your: (anger, depression, frustration, low self-esteem, etc)



# Implementation



- “Now that we know that the reason you **feel** \_\_\_C\_\_\_ (anger etc)
- When he **does that** \_\_\_A\_\_\_ (is inconsiderate)
- Is because you **believe** \_\_\_B\_\_\_ (this should not happen to me)
- We can go on to **dispute** this belief by saying \_\_\_D\_\_\_ (people will be who they are) and
- This should **effect** a change in how you think & feel. \_\_\_E\_\_\_



# Homework



- “Every time he says \_\_\_\_\_ (or you remember him saying)
- I want you to write down and email me the ABCD for the statement.
- I want you to monitor how you feel on a 1 to 7 scale with 7 being reasonably content and 1 being miserable
- Do this at least 5 times this week

# Case 1 Tom

- Tom, a college sophomore, want to overcomes his shyness around women. He does not date and even does his best to keep away from women because he is afraid they will reject him. But he wants to change this pattern.



# Which is the best way to dispute his belief about rejection?

- A. They will not reject him?
- B. That rejection is not so bad
- C. Rejection is bad but he can handle it
- D. He should not want to date any way?



# Case 2 Mary

- Mary would like to take a course in creative writing, but she fears that she has no talent. She is afraid of failing, afraid of being told that she is dumb, and afraid of follow through with taking the course.



# Best way to dispute Mary's fears

1. Tell her to tell herself she has talent.
2. Tell her to tell herself she will succeed.
3. Tell her to tell herself she will not be called “dumb”.
4. Tell her to tell herself that it would be unpleasant to be called “dumb” but manageable.



# Case Discussion 3

- Brent feels that he must win everyone's approval. He has become a "super nice guy" who goes out of his way to please everyone. Rarely does he assert himself, for fear that he might displease someone who then would not like him.



# Helpful Sites

- <http://www.anapsys.co.uk/files/Brief%20Introduction%20to%20REBT.htm>
- <http://mucounseling603theories.blogspot.com/2007/09/chapter-6-rebt.html>
- <http://www.rational.org.nz/prof/docs/Intro-REBT.pdf>