

Irrational beliefs

Based on the work of Albert Ellis who developed
Rational Emotive Behaviour Therapy

This list is quoted from Jacobs, Masson, & Harvill's *Group Counseling: Strategies and Skills*

Which few are your main 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 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 behaviour 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 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.

Suggested reference:

Jacobs, E. Et al (2015) Group Counseling: Strategies and Skills, Eighth edn., Boston: Cengage Learning (pp. 285-6).

Reference link to book

<http://www.amazon.com/Group-Counseling-Strategies-Ed-Jacobs/dp/1305087305>