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# **Anger**

How to Live With and Without It

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REBT Self Help Form

## A (Activating Events or Adversities)

Briefly Summarize the Situation as Objectively as Possible:

Critical A (What I Was Most Disturbed About):



### Examples:

- A can be internal or external, real or imagined
- A can be an event in the past, present, or future

- **Situation:** "My wife and I disagreed about something"
- **Critical A:** "She criticized me badly"

**B's (Beliefs): Irrational  
(Unhelpful/Dysfunctional) Beliefs**

**D's (Disputation): Debate Your  
Irrational (Unhelpful/Dysfunctional)  
Beliefs**

### To Identify Irrational Beliefs, Look For:

- 1) **Demands** (musts/absolute shoulds/oughts)
- 2) **Awfulizing/Catastrophizing** (It's awful, terrible, horrible!)
- 3) **Frustration Intolerance** (I can't stand it!)
- 4) **Self-Downing, Other-Downing, or Life-Downing** (I'm bad or worthless, He/she is bad or worthless, or Life is not worthwhile)

### To Change Irrational Beliefs, Ask Yourself:

- Where is holding this belief getting me? **Is it helpful** or getting me into trouble?
- **Where is the evidence** to support my irrational belief?
  - Is it really awful (as bad as it could be)?
  - Can I really not stand it?
  - Am I really a totally bad person?
- **Is it logical?** Does it follow from my preferences?
- **Use metaphorical disputation**

### C (Consequences)

**Major Dysfunctional/Unhealthy Negative Emotion (Feeling):** \_\_\_\_\_

**Maladaptive/Unhelpful Behaviors (and/or Action Tendencies):** \_\_\_\_\_

**Dysfunctional Negative Emotions include:**

- Anxiety/fear
- Shame/embarrassment
- Rage/anger
- Guilt
- Depression (depressed mood)
- Problematic jealousy
- Problematic envy
- Hurt

**E's (Effective):** Rational  
(Helpful/Functional) Beliefs

**Maladaptive Behaviors include:**

- Social avoidance
- Not taking care of yourself  
(e.g. not exercising, not resting)
- Being aggressive

**GOALS**

**F's (Functional):** Major  
Functional/Healthy Emotion and  
Adaptive/Helpful Behaviors

**(Goal):** New Functional/Healthy  
Negative Emotion:

  
  

**(Goals):** New Adaptive/Helpful  
Behaviors:

**To Think More Rationally, Strive For:**

- 1) **Flexible Preferences**  
(e.g. I want to do well, but I don't have to do so.)
- 2) **Anti-Awfulizing**  
(e.g. It may be bad or unfortunate, but it is not awful, and I can still enjoy some things.)
- 3) **High Frustration Tolerance**  
(e.g. I don't like it, but I can stand it, and I can still enjoy many things.)
- 4) **Self-Acceptance, Other-Acceptance, Life-Acceptance**  
(e.g. I can accept myself as a fallible human being.)

**Functional/Healthy Negative Emotions include:**

- Concern
- Disappointment
- Healthy anger/annoyance
- Remorse/regret
- Sadness
- Healthy concern for relationship
- Healthy envy
- Sorrow

**Adaptive/Helpful Behaviors include:**

- Meeting friends or seeking support
- Exercising
- Assertive behaviors

## A (Activating Events or Adversities)

### Briefly Summarize the Situation as Objectively as Possible:

*My boss asked to see me at the end of the day*

### Critical A (What I Was Most Disturbed About):

*He is going to criticize me*



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### **B's (Beliefs): Irrational (Unhelpful/Dysfunctional) Beliefs**

*My boss must not  
criticize me (Demand)*

*It will be awful if he  
criticizes me  
(Awfulizing)*

### **D's (Disputation): Debate Your Irrational (Unhelpful/Dysfunctional) Beliefs**

*Do I have to be immune  
from such criticism?*

*Is it bad or is it awful if  
he criticizes me?*

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