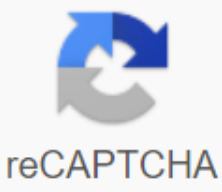




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## 12 irrational beliefs albert ellis

Explanations &gt; Beliefs &gt; Alice's Irrational Beliefs | So what? Albert Ellis, in his Rational Motive Behavior Therapy (REBT), has identified a number of dysfunctional beliefs that people often hold. Irrational beliefs are irrational beliefs that Alice described: It is a grave necessity for adult human beings to be loved or approved by almost every other significant person in their community. One must certainly be talented, adequate and accomplished in all important respects or another is an insufficient, worthless person. People must certainly behave with thought and decency and are bloody villains if they don't. They're their evil deeds. It's horrible and horrible when things aren't the way one would very much want them to be. Emotional disorder is caused mainly from the outside and people have little or no ability to increase or decrease their dysfunctional emotions and behaviors. If something is either likely to be dangerous or scary, then one should be kept overly concerned about it and should continue to dwell on the possibility that this is happening. A person cannot and must not face the responsibilities and tribulations of life, and it is easier to avoid it. One must be quite dependent on others and need them and you can't mostly lead a person's life. The history of one's past is an all-important determinant of one's current behavior and because something once greatly affected a person's life, it should indefinitely have a similar effect. Other people's disorders are terrible and must feel sad about them. There's always a right, accurate and perfect solution to human problems and it's terrible if that perfect solution isn't found. Alice's faith debate are deliberately extreme, to emphasize that we often take unreasonably exaggerated perspectives. He called this approach terrible, as we tend to pessimistically include these things. This way can happen is that, if we have a strong need for certainty, we tend to push perceptions in the extreme direction when we really need to consider them along a changing spectrum. Therefore, we create stereotypes of ourselves. So if you want to help the other person adopt more functional beliefs, help them first understand how extreme and irrational their general beliefs are. So discuss with them how more rational and useful beliefs can be found. See also Alice, A. (1994). Cause and emotion in Psychotherapy, New York: Birch Lane Press Certainty, Stereotypes, Kahler's Drivers, Polarization According to Dr. Albert Ellis and REBT, an idea is illogical if: It distorts reality. It doesn't make any sense. It keeps you from reaching your goals. It leads to unhealthy feelings. It leads to self-defeating behavior. During his early years practicing REBT, Dr. Ellis saw that almost all of his clients held variations of about a dozen irrational beliefs. Although in his later writings, he succeeded The original irrational ideas into 3 core beliefs (the three main debtors), it can be helpful to be aware of the original ideas that Dr. Ellis noted and his reasons for labeling them as irrational. Irrational Idea #1: The idea that it is a terrible necessity for a grown man to be loved or approved by almost every other significant person in his community. It's impossible to be loved or loved by everyone. No matter how popular you are, there's always going to be someone who doesn't love you. Even if you could make everyone love or love you, you'll never know if they'll love you enough, or if they still like you. Different people have different tastes. Some people may look for (for example) your new hairstyle; Other people might hate it. So, no matter what you do, some people will look up to you, and some people won't. Getting people like you requires time and effort. If you try to make everyone want to like you, you won't have the time or energy to do the things you want to do. If you require the approval of others, always do what they want you to do, instead of doing what you want to do with your time and life. Your life will no longer be yours. If you try too hard to be loved or approved, people will soon get tired of your regular syringe, and they won't respect you. Paying too much attention to how much love and approval you get means you don't pay enough attention to how much love and approval you give. There's no harm in trying to be popular, but it's best not to over-try. In other words, it helps itself to want to be popular, but that self-defeating should be popular. Having love and approval means you will find it easier to have friends, find and keep a job, find accommodation, etc. But just because other people approve of you doesn't mean you love yourself. It is better to strive for unconditional self-accepting; I mean, you accept yourself, regardless of what others think of you. It's unpleasant when other people don't like you, but it's not terrible, it's not the end of the world, and it's not deadly. Irrational Idea #2: The idea that one should be thoroughly competent, adequate, and accomplished in all possible respects if one should consider yourself worthwhile. No one can be good at anything. If you're good at sports (for example), that doesn't mean you'll be good at music. Most of us aren't even one exception, let alone anything. It's good to succeed when you can. But trying too hard to succeed—especially if you're trying to succeed at everything—creates unnecessary pressures. In other words, it helps itself to want to succeed, but self-defeat to succeed. To succeed often means you have to compete against others. It means you have to pay too much attention to what People can do, instead of what you can do. You can't control what other people can do, or how well they can do it, so you end up competing against something you have no control over. You often have little or no control over your abilities. For example, you can't be a successful musician if you were born tone deaf. You don't have to succeed to be worthwhile. Being alive and being able to enjoy life makes your life worthwhile. Nothing else matters. If you're too busy trying to succeed, you won't have time to do things you enjoy. If you're afraid of failing, then you'll be afraid to try. Your life will be boring because you will only do things you know you can succeed at, and you will never get to try new experiences. Fear of failure means you won't enjoy what you do. It also means that you will worry so much about failure that you will not be able to concentrate fully on what you are doing, so you will probably make a mistake or fail completely. The best way to learn how to do something is to just do it. The way to succeed is to practice, practice, practice and learn from your mistakes. Mistakes and failure are not terrible; They're a normal part of learning. Humans fail and mistake all the time. If you make a mistake, it doesn't make you worthless – it proves you're a normal person. Irrational idea #3: the idea that some people are evil, mean or mean, and that they should be severely blamed and punished for their villain. Humans aren't perfect. They have no complete control over all their actions. In the real world, we all make mistakes from time to time and treat others badly because (1) we don't know any better; (2) We can't do better; Or (3) we're too bothered. That's how we are. Believing that others must do the right thing ignores the real world. Blaming and punishing someone for a mistake they're making because they don't know it's better not to make them smarter. Blaming and punishing someone for a mistake they're making because they can't do better won't help him do it better next time. And blaming and punishing someone for a mistake they're making because they're deranged won't make them any less deranged. We all do a lot of things every day. Some of the things we do are bad, some are good, and some are not good and not bad. The bad things we do don't make us bad people and the good things we do don't make us good people. Blaming and punishing people for their mistakes doesn't stop them from making any more mistakes. In fact, they may behave worse as a way to retaliate against their opponents. If you tell someone they're a bad person, they might agree with you and think they're really a bad person. And then, because he's a bad person, he'll do worse. Because that's what bad people do. When you blame and punish yourself for your mistakes, you become scared and depressed. When you blame and punish others for their mistakes, you become angry and jealous. So there's a danger of you blaming yourself for feeling scared, depressed, angry or jealous and more angry. And then you blame yourself for feeling more upset and starting to feel even more upset, thereby setting up a vicious cycle. When other people falsely accuse you of doing, ask yourself if you've actually done anything wrong. If so, try not to do it again. If you haven't done anything wrong, you can remind yourself that the other person is wrong and that they can't help but make mistakes, it's not the end of the world when others behave badly, selfishly or wrongly. If you can teach them how to behave better, then do it. If you can't teach them to get better next time, then you can also learn to live with their mistakes and tell yourself, too bad they keep doing bad things, but it's not terrible! From time to time you'll be the one behaving badly, selfishly or wrongly. Just like everyone else, there will be times when you make mistakes because you don't know better, can't do better or disturbed. When that happens, you can tell yourself, well, that's life! I guess I'm as human as anyone. I'll try not to do it again, but there are no guarantees. Irrational idea #4: The idea that it's terrible and catastrophic when things aren't the way a person very much wants them to be. There's no reason for things to be the way you want them to be, no matter how bad or unfair they are now. Unfortunate events and discomfort happen in this world; That's the way it is. This doesn't mean you should be happy when unfortunate events occur, but getting angry doesn't improve matters. The more angry you get, the less effective you'll be at changing the things you don't like. Just because a lot of two-year-olds have a tantrum when they don't get their way doesn't mean you have to have one when you don't get yours. If you can change the things you don't like, go ahead and change them. If you can't change them, learn to live with them without crying like a baby. You don't get mad because bad things happen. You get mad because you believe they shouldn't happen and it's terrible when they do. When things aren't to your liking, and you can't change them, you can tell yourself, I wish they were different, but it's not the end of the world, and it won't kill me if I have to continue to make up with them. Then try to learn from them, accept them as challenges, and see if there's any way you can use them in your life. If that doesn't work, do your best to ignore them and do something else you enjoy doing. Irrational Idea #5: The Idea that Human Misery Is Caused and that people have little or no ability to control grief and disturbances. Other people can't hurt you unless they beat you up or rob you. But these things don't happen very often. If someone abuses you or calls you names, those are not their words that upset you; Those are your words. You may think they're hurting you, but really that's what you tell yourself that's causing your pain. Every time you say it hurts me, when people aren't fair, or I can't stand it, when things go wrong, you say nonsense. Whatever it is, it can't hurt you. What you really mean is I upset myself by telling myself that it's terrible when people are unfair or when things go wrong. Most people believe they can't control their emotions, but they're wrong. While it's not easy to change how you feel, it's not impossible. Irrational idea No.6: The idea that if something is or might be dangerous or scary one should be very concerned about it should continue to dwell on the possibility of its occurrence. If you can avoid dangerous events, then do it. If you can't avoid them, then taking care of them won't help you deal with them. In fact, worrying about them will probably make you deal with them less effectively. Worrying about dangerous or unpleasant events won't make them go away. Instead, worrying will often make the event more soothing. For example, if you learn to drive a car and you worry about getting into a collision, then you get so nervous that you don't drive so well end up driving into another car. If you were calmer and you weren't worried about a crash, maybe you'd drive better and avoid the collision. People who worry about things happen expect these things to happen more frequently than people who don't care about them. For example, people who worry about seeing a spider expect to see spiders more often than people who don't worry about seeing them. It defines a vicious circle: first they take care to see a spider, so they expect to see one, which makes them worry more. There are things in life that cannot be avoided – to die, for example. But worrying about dying won't make you live forever, it'll only make life less pleasant. Now, instead of having just one problem – dying – you have two problems: (1) dying; and (2) spend your life worrying about dying. Worrying about things makes them look worse than they really are. It's not the things that can go wrong in your life that cause your concern; It's the belief that it would be terrible if these things happened. So, stop worrying about something, convince yourself it would be unfortunate if it happened, but it wouldn't be terrible. Instead of avoiding things you're afraid of - speaking in public, for example - get out of here to practice doing them. After a while, you... There's really no reason to be afraid of them. Irrational idea #7: The idea that it's easier to avoid than to deal with certain life difficulties and self-responsibility. The relief you get from avoiding a difficult or unpleasant task is only temporary. You may feel better at the exact moment you avoid it, but later, you might regret your decision and want to face the task when you had the chance. For example, you can avoid asking someone for a date, and feel immediately better because you avoided the risk of rejection, but later you kick yourself for being so cowardly. When you tell yourself that a task (homework, for example) is so horrible that you're not allowed to do it, you spend hours planning ways to avoid it, and then more hours thinking about an excuse not to do it. The more you want to stop doing the task, the more time you spend worrying about it. Instead of just finals with it, you prolong your suffering. The more practice of doing something, the easier it gets. But if you avoid doing difficult tasks, you'll never get the practice you need to make the job easier. Difficult tasks will remain difficult, and you will never have the confidence to do them. If you spend your life sitting around doing nothing but very easy tasks, you'll be bored to tears. But if you try new experiences, and work on doing pretty difficult things, you'll get a sense of accomplishment, and lead a much happier life. If work is unnecessary then it makes sense to prevent it. But if work is going to make your life easier or more pleasant in the long run, then the sooner you do it, the better. You weren't born lazy. Laziness is nothing more than the bad habit of telling yourself things about work that aren't true. Once you start telling yourself that (1) work is not terrible; (2) There is no reason why you should avoid it; And (3) the sooner you do it, the better, you'll see that your lilies are disappearing. There's no need to make life hard for yourself by working too hard, doing unnecessary work. But if work is necessary or will improve your life in the long run, then (1) decide when you are going to do it (the sooner the better); (2) Do it while you say you're going to do it - don't postpone it again; (3) If it's a big job, do little bits every time; and (4) give yourself a reward after you complete every small part of the job. Life is for living. If you're tired, rest. But don't spend your whole life resting. You only have one lifetime, so do as much with her as you can. Try things that might be difficult or unpleasant at first, and keep doing them until you get good at them and find out you're enjoying them. Irrational Idea #8: The idea that one should depend on others and need someone stronger than yourself on whom to trust. We can't do everything for ourselves. From time to time we have to People help fix our car, treat our diseases, or build our homes. But the more we can do for ourselves the better. If we depend too much on others, we lose control of our lives and allow others to make our choices and think. It makes sense to cooperate with each other, but it doesn't make sense to be totally dependent. If you believe you have to have someone else's help to get along, you're going to have to give up a lot of things you want to do in life, and cooperate with things they want you to do. You're going to make yourself afraid that if you don't do what they want you to do, then the next time you need their help, they won't be there for you. After a while, you won't be you anymore: you will be their slave. If you depend on others to make you feel safe, you will end up being less confident because you are less able to take care of yourself. The more you let others do things for you, the less skilled and less confident you'll be. The less skilled and less confident you are, the more dependent you will be on others. It's becoming a vicious cycle. You can't be sure that the person or people you trust will always be around. Therefore, the better, the better. You're the only person who knows what you really want in life. If you rely on others to provide you with what you want, you may not get it. But if you trust yourself, you have a greater chance of getting exactly what you want. If you don't succeed at first, try trying again. Even if you never get what you want, it's not terrible to fail at a try. Irrational idea #9: The idea that one's past history determines all that matters of one's current behavior, and because something that once greatly affected one's life must have a similar effect indefinitely. Just because something once had a big impact on your life doesn't mean it's always going to have that effect. For example, when you were a kid, you may have been afraid of the adults, and now all you can do to please them so they're good for you. But you're not a kid anymore, so now you don't have to be afraid of other people. Now you can decide for yourself what you want out of life and you can, mostly, do whatever you want. If a two-year-old doesn't get what they want, they'll often have a tantrum until they get what they want. This solution works pretty well for two-year-olds, but doesn't work so well for adults. Most problems have a number of solutions, but if you continue to rely on childlike solutions, the less likely you are to find better solutions for older ones. Blaming your childhood problems is just a lame excuse not to try to solve your current problems. If you make the effort and really look, you can usually find solutions to the problems you have today. It's true that you learned some stupid behaviors, self-defeat as a child, but even though it's It's hard to change, it's not impossible. In the future, you will look back on the day as part of your past. By changing yourself today, you can have a better future. Irrational idea No 10: the idea that one should be quite angry about other people's problems and disorders. Other people's problems usually have nothing to do with you. There's no reason why you have to feel upset if someone has a problem. We're all different, and other people will often do things you disagree with. But that doesn't make them criminals. Being angry or angry isn't going to help you, and it's not going to change them. Even if someone is unfair or rude to you, it is not the unfairness or rudeness that has angered you, it is your belief that other people should be fair and polite. You have a lot of power to change yourself, but you only have a little power to change others. Getting angry doesn't give you more power to change others, in fact, it often reduces your impact. Some people want to see you angry, so instead of changing, they might try to you off more. Sometimes people will change because you're angry or angry with them. But is it worth it? There are undoubtedly better, less painful ways to change people than making yourself feel bad. Being happy often involves changing the way you think, and changing the things you do. If you're too busy trying to change others, you won't have time to change yourself. Being angry or angry at what other people are doing is a lame excuse not to solve your problems and change your thinking. Irrational Idea #11: The idea that there is always a right, accurate and perfect solution to human problems and that it is catastrophic if this perfect solution is not found. Even if the problem has a perfect solution - which probably won't be - there's no reason for that perfect solution to be found. We have some control over our lives, but we don't have total control. Finding perfect solutions to all your problems is impossible. It's not the end of the world if you can't find a perfect solution to your problems. Telling yourself it's terrible when you can't find a perfect solution will only make you angry and make it harder for you to find a good solution. Most problems have several solutions. But if you keep looking for the perfect one, you won't see the other solutions, so you won't be able to solve any of your problems. Or if you use a less-than-perfect solution, you'll make yourself miserable because you think you should have kept looking for the perfect one. You will spend so much time looking for the perfect solution for one of your problems that you will not have time to solve your other problems. When you have a problem, make a list of several solutions. Then, instead of looking for the perfect solution, select the best solution from your list. Solutions you see There are often results you don't expect. From time to time you'll choose a solution that's not as good as you thought it would be. Troubleshooting requires practice. The more practice you have, the better you'll be at solving your problems. But if you keep looking for a perfect solution, you'll never be able to try the other solutions, and you won't be able to practice and improve your problem-solving skills. An unsor#12 idea: the idea that you can give people (including yourself) a world ranking on behalf of a human being and who have their overall value depends on the goodness of their performances. Being adept at one thing (or many things) doesn't make you a good person. Being incompetent in one thing (or many things) doesn't make you a bad person. Some people can be better at sports (for example) than you, but that doesn't make them a better person. They may be smarter than you, better looking, or funnier than you, but they're still not a better person. Nobody's good at everything. If you can dance but can't sing, does that make you a better person than someone who can sing but can't dance? Or is the other person better than you? There's no way to judge who's the better person. If you do well on a mission one day, and worse on a mission the next, are you a better person the day you're good? Barely. You're still the same person. We all change day by day. For example, if you're usually polite to people, but sometimes rude when you're not feeling well, does that make you a good person (for being polite) or a bad person (for being rude)? We don't know everything there is to know about people. We might see someone doing good (for example, saving someone from a burning building) and thinking they're a good person. But what we don't know is that (for example) the same person is often cruel to small children. Therefore, man is not as good as we thought. About the author: Will Ross - he is the site manager and co-founder of REBTnetwork.org; He teaches REBT self-helpers and is the author and publisher of rebt online self-help materials. It's all out! This candid autobiography, the latest work by renowned psychologist Albert Ellis, is a tour de force of stimulating ideas, colorful depictions of people and memorable events, and simple, no-

nonsense talk. Alice, the creator of one of the most successful forms of psychotherapy-rational behavior motive therapy (REBT)-tells of the most memorable episodes of his life; Tells how he dealt with emotional problems at different stages of life; Describes his love life; And carry his self-description for honest and ruthless criticism. Click here to buy the book. Shameless happiness A concise pamphlet depicting the ABCs of unhealthy negative emotions and self-trumping behaviour. Shows how to challenge your irrational beliefs. Great for beginners REBTers are experienced alike. Download the book. Albert Ellis's tribute book series launched will include reading books for professionals, self-help in psychology, psychotherapy and practice theory, applying philosophy to clinical practice, professional instructors to work with special populations, and texts in the classroom and college. Learn more about the Albert Ellis tribute series A documentary about the life and opinions of psychotherapy's most important and influential voice. Preview. A new eBook has been released on how to conquer your frustrations by Dr. William J. Knaus. Download the free eBook. Free eBook: Education Rational Motive Der William J. Knaus Directly, Candidly, and with nonsense about it, shows almost every teacher interested in how he or she can use REE during regular class classes and other activities. Download the free eBook. ReBT moving forward the outcome of two conferences indicates an exciting future for the REBT. More. The International REE Commission has established the creation of an international commission to promote education and a rational motive is a significant step towards bringing REBT into schoolchildren around the world. More. More.

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