

TEN POPULAR BELIEFS

No.	<i>Irrational Beliefs</i>	<i>Rational Beliefs</i>
1	<i>I must be liked and loved and approved by every person in my life.</i>	I want to be loved or liked and approved of by some of the people in my life.
2	<i>I must be completely competent, make no mistakes, and achieve all the time, if I am to be considered worthwhile.</i>	I want to do some things well, most of the time. Like everybody, I will occasionally fail or make a mistake.
3	<i>Some people are bad wicked or evil, and they should be punished for this.</i>	It is sad some people do a lot of bad things; making myself upset won't change that.
4	<i>Its dreadful, nearly the end of the world, when things aren't how I want them to be.</i>	It is disappointing when things aren't how I would them to be and I can cope with that.
5	<i>My bad feelings are caused by things outside of my control, so I can't do anything about it.</i>	My problems maybe influenced by factors outside my control, my thoughts and actions also influence my problem/s, and they are under my control.
6	<i>If something might be dangerous, unpleasant or frightening, I should worry about it a lot.</i>	Worrying about something that might go wrong won't stop it from happening.
7	<i>It is easier to put off something difficult or unpleasant that it is to face up to it.</i>	Facing a difficult situation will make me feel bad at the time, but I can cope with that.
8	<i>I need to depend on someone stronger than myself.</i>	It's good to get support from others when I want it and the only person I really need to rely on is myself.
9	<i>My problem/s were caused by some events in the past, so that's why I have problems now.</i>	I will face problems in the now and not use past events as excuses for my problems now.
10	<i>I should be very upset by other people's problems and difficulties.</i>	I will not take on others problems as my own.

