

IDENTIFYING IRRATIONAL THOUGHTS & BELIEFS

Directions: Match the irrational thought (left column) with the corresponding underlying belief (right column). The first thought has been matched for you. Use each underlying belief only once.

IRRATIONAL THOUGHTS

UNDERLYING BELIEFS

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| <p>1) With a past like mine, I can never be happy.</p> | <u>I</u> | <p>a) I need to be loved by people important to me for almost everything I do.</p> |
| <p>2) He's a real bastard for cutting me off on the road. Someone should take away his license. I hope he wrecks his car!</p> | _____ | <p>b) Bad people deserve to be punished.</p> |
| <p>3) I can't work in a team, because they'll just screw it up. It has to be done my way! I need complete control.</p> | _____ | <p>c) It's horrible when things aren't the way I want them to be.</p> |
| <p>4) I can't handle the stress! This is unbearable! If I don't get a drink, I'm going to explode!</p> | _____ | <p>d) My misery is caused by other people or events.</p> |
| <p>5) Learning relaxation strategies and changing my habits seem like a lot of work. Can't you just prescribe me a pill? I'm sure that will make me feel better.</p> | _____ | <p>e) If something is or may be dangerous or fearsome, I should be upset and must worry about it repeatedly.</p> |
| <p>6) With a spouse like mine, of course I'm pissed off and miserable all the time!</p> | _____ | <p>f) It is easier to avoid than to face up to problems or responsibilities.</p> |
| <p>7) I know I screwed up that order, but I don't want to deal with my boss. If I keep it to myself, maybe she'll never notice.</p> | _____ | <p>g) I absolutely need someone or something stronger or greater than myself to rely on.</p> |
| <p>8) I really don't want to take over the family business, but I can't stand the thought of disappointing my father.</p> | _____ | <p>h) I should be competent, intelligent, and achieving in all ways at all times.</p> |
| <p>9) I can't drink in this treatment program? What a stupid rule! It's fascism! Who are you to tell me how to live my life? I shouldn't have to put up with this. I'll stop if and when I want to!</p> | _____ | <p>i) Things that once affected my life must always affect my life.</p> |
| <p>10) I can't believe I got a ticket! I'm not that kind of person. I always watch my speed. My driving record is flawless. There must be something wrong with the cop's laser gun.</p> | _____ | <p>j) I must have perfect control over things.</p> |
| <p>11) I can't relax with this economy. What if I get laid off, can't find a new job, can't pay my rent, get evicted, and end up homeless? I should be figuring out how to keep my job; not relaxing with family and friends.</p> | _____ | <p>k) I can best achieve happiness through inertia (resisting change) or inaction (not doing much).</p> |
| <p>12) I can't believe my parents moved! I can't go on without my boyfriend! He was everything to me. I need him!</p> | _____ | <p>l) I have little or no control over my emotions and can't help feeling disturbed about things.</p> |