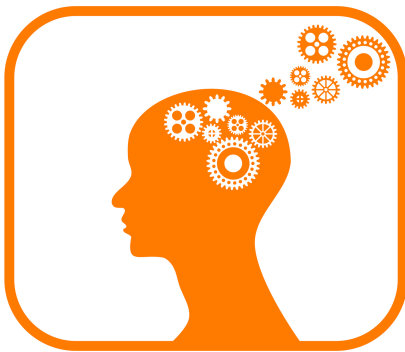


## The Albert Ellis Irrational Beliefs Table

It's that time again. A new you for a new year. Time to invest in 'how to be happy' learning and doing. This post is revisiting the powerful Albert Ellis rational thinking table.



If you accept the theory that our brains have been cobbled together by evolution, and are not rational thinking devices that automatically default to rational conclusions, and that most of us have many bad thinking habits that cause us to largely create our own upsettiness - then this simple yet powerful table of Irrational Beliefs vs Rational Reframing by Albert Ellis, (the founding father of CBT and the most influential psychologist of the 20th century), could be the key to helping you to examine and reframe your own default bad thinking habits, and to work on un-upsetting yourself, creating new rational cool default thinking responses, and changing your life... Use it. Love it. It's a science. Believe it.

(Review the following rational thinking skills framework guide, to help you to challenge and change default unhealthy thinking, to help you to dismantle bad thinking habits - to think better, feel better, and behave better... to be cool. Literally.)

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### The Albert Ellis 12 irrational beliefs and rational disputes:

Irrational beliefs...	... rational beliefs
ONE - The idea that it is a dire necessity for adults to be loved by significant others for almost everything they do...	... instead of their concentrating on their own self-respect, on winning approval for practical purposes, and on loving rather than on being loved.
TWO - The idea that certain acts are awful or wicked, and that people who perform such acts should be severely damned...	... instead of the idea that certain acts are self-defeating or antisocial, and that people who perform such acts are behaving stupidly, ignorantly, or neurotically, and would be better helped to change. People's poor behaviors do not make them rotten individuals.
THREE - The idea that it is horrible when things are not the way we like them to be...	... instead of the idea that it is too bad, that we had better try to change or control bad conditions so that they become more satisfactory, and, if that is not possible, we had better temporarily accept and gracefully lump their existence.
FOUR - The idea that human misery is invariably externally caused and is forced on us by outside people and events...	... instead of the idea that neurosis is largely caused by the view that we take of unfortunate conditions.

FIVE - The idea that if something is or may be dangerous or fearsome we should be terribly upset and endlessly obsess about it...

... instead of the idea that one had better frankly face it and render it non-dangerous, and, when that is not possible, accept the inevitable.

SIX - The idea that it is easier to avoid than to face life difficulties and self-responsibilities...

... instead of the idea that the so-called easy way is usually much harder in the long run.

SEVEN - The idea that we absolutely need something other or stronger or greater than ourself on which to rely...

... instead of the idea that it is better to take the risks of thinking and acting less dependently.

EIGHT - The idea that we should be thoroughly competent, intelligent, and achieving in all possible respects...

... instead of the idea that we would prefer to do well rather than always need to do well, and accept ourself as a quite imperfect creature, who has general human limitations and specific fallibilities.

NINE - The idea that because something once strongly affected our life, it should indefinitely affect it...

... instead of the idea that we can learn from our past experiences but not be overly-attached to or prejudiced by them.

TEN - The idea that we must have certain and perfect control over things...

... instead of the idea that the world is full of improbability and chance and that we can still enjoy life despite this.

ELEVEN - The idea that human happiness can be achieved by inertia and inaction...

... instead of the idea that we tend to be happiest when we are vitally absorbed in creative pursuits, or when we are devoting ourselves to people or projects outside ourselves.

TWELVE - The idea that we have virtually no control over our emotions and that we cannot help feeling disturbed about things...

... instead of the idea that we have real control over our destructive emotions - if we choose to work at changing the "musturbatory" hypotheses which we often employ to create them.



When you have reviewed and given it thought, journal examples of in what situations, and how, these descriptions may apply to you - and reframe new realistic and healthy thinking that follows the Ellis advice. Oh, the power of writing things down and learning by discovery. Try it for yourself.

For more posts and downloadable CBT worksheets go to:  
<https://iveronicawalsh.wordpress.com/>

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