

Countering Irrational Beliefs

IRRATIONAL BELIEF:

THE IDEA THAT IT IS A DIRE NECESSITY FOR ADULTS TO BE LOVED BY SIGNIFICANT OTHERS FOR ALMOST EVERYTHING THEY DO

CONSIDER INSTEAD:

It is not possible for everyone to love and approve of us! We can't even ensure that any one particular person will *like* us.

We will **never** be able to make everyone happy with everything we do.

When we try too hard to please everyone, we lose our identity. We are not self-directed. We become insecure and uninteresting. In fact, we become **less likely** to get the love and approval that we so desperately want.

It is better to cultivate our own values, social skills, and compatible relationships. Sure, not everyone will like us. Sometimes those we love will reject us or disapprove of our decisions. That's life. Focus on making a life YOU can love.

EXAMPLES Role-play both unhealthy & healthy self-talk for each of the following

1. Bridget decides to postpone college to travel with her band. Her parents are furious and tell her she is ruining her life and throwing away her future.
2. Michael is distraught when he is passed over for a promotion he really thought was his. He avoids telling his wife for a week fearing her reaction.
3. Diane can't bring herself to tell her husband that she wants to go back to work. She doesn't think he'll understand why she wants to leave the children in daycare rather than stay home with them.

YOUR TURN: List some of your own irrational responses and the healthy alternative
