

Countering Irrational Beliefs

IRRATIONAL BELIEF:

THE IDEA THAT WE SHOULD BE THOROUGHLY COMPETENT, INTELLIGENT, AND ACHIEVING IN ALL POSSIBLE RESPECTS

CONSIDER INSTEAD:

No one can be perfect. We all have weaknesses and faults as well as strengths and talents.

No one is great at everything.

Perfectionism creates anxiety and guarantees failure. It may take away the joy of living and can alienate people if we demand they be perfect too.

We can only expect ourselves (and others) to do the best we can, given the skills, abilities, time, and limitations that we have in this moment. **Doing our best is GOOD ENOUGH.**

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

1. Chris knows that he needs to do something about his house but can't seem to start. He hates looking around and seeing the mess and feels like a failure. He has a stack of books on organization sitting on the coffee table.
2. Joan's husband is threatening to leave her because he finds it impossible to live up to her expectations. She values her marriage and doesn't want to lose it. She pushes herself hard to make everything in their life *just right*.
3. Marissa is failing all her classes. She started the semester studying like crazy but after getting a C on her first biology test, she can't seem to make herself go to class.

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