

## Countering Irrational Beliefs

### IRRATIONAL BELIEF:

THE IDEA THAT IT IS HORRIBLE WHEN THINGS ARE NOT THE WAY WE LIKE THEM TO BE

### CONSIDER INSTEAD:

The current situation is unfortunate and that we can do our best to change bad conditions so that they become more satisfactory. If change is not possible, we can accept what is and recognize that being uncomfortable is OKAY.

Believe it or not, the universe was not created solely for our pleasure or comfort.

Children are commonly told, "You can't have everything you want." Many adults continue to have that "I want it all my way" attitude. **THE IDEA IS SILLY, NO MATTER WHO HAS IT.**

There is nothing wrong, however, with saying, "I don't like the way that situation worked out. I'm going to do something to change it." If changes aren't possible, accept it and forget it.

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

1. Charlie was recently laid off from his job of 5 years. Now he must sell his house and move into a small apartment.
2. Janet's mother was recently diagnosed with Alzheimer's. Janet cannot afford live-in help for her mother and sees no option but having her move into their home.
3. Charlotte practiced cheer leading moves all summer but did not get picked for the squad.

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

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