

## Countering Irrational Beliefs

### IRRATIONAL BELIEF:

**THE IDEA THAT WE ABSOLUTELY NEED SOMETHING *OTHER OR STRONGER OR GREATER THAN OUR SELF ON WHICH TO RELY***

### CONSIDER INSTEAD:

People are naturally dependent on others for things like food, work, and affection. However, we all must learn that we are sufficient – that we do not need to be “rescued” by someone else.

While it is natural to feel strong bonds to the important people in our lives, it is unhealthy to become so dependent that the loss of one special person would leave you helpless and devastated. It is also unhealthy to expect any other person to “fix” your life for you.

We must all learn to “fix” our own lives and free those important to us from that impossible expectation.

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

1. Steve knows that one day he will meet the woman of his dreams. She will change everything making his life perfect.
2. Tara can't imagine going into a meeting without her mentor by her side. She is afraid that she won't be able to handle the job without the security of knowing someone has her back.
3. Christopher has decided not to take the scholarship offered to him. It would require moving across country by himself. How would he cope without his parents close by to keep him on track??

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

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