

Countering Irrational Beliefs

IRRATIONAL BELIEF:

THE IDEA THAT BECAUSE AT ONE TIME SOMETHING STRONGLY AFFECTED OUR LIFE, *IT SHOULD INDEFINITELY AFFECT IT*

CONSIDER INSTEAD:

You are not a prisoner to your past! While you can't change the past, you *can* learn from it and change yourself.

Our past only haunts us until we DEAL with it. And, it's never too late to dump the baggage we carry from traumatic experiences. You CAN move forward. You CAN learn to be free.

Self-help is for everyone every moment.

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

1. Shawna has never told anyone about her abusive step-father. She has suffered through a series of terrible relationships as an adult and is ready to give up feeling condemned to continue down the same road over and over.
2. Roger is an ex-con. He is out of prison for the second time but is having trouble finding an employer who will hire him.
3. Lesley was a troubled teenager. She ran away at 15 and lived on the streets for 3 years. She did things she regrets. Even though she is living a stable life, she feel like she is just pretending to be "normal" and if people find out what she's done, it will all slip away.

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