

Ten Major Irrational Beliefs

1. I must have the love or approval from all people I find important.
2. I must be thoroughly competent, adequate and achieving.
3. People who act unfairly are bad, wicked or rotten individuals.
4. Things are awful, terrible and catastrophic when I get seriously frustrated, treated unfairly or rejected.
5. Emotional misery comes from external pressures and I have little ability to control or change my feelings.
6. If something seems fearsome, I must think about it all the time and make myself cautious about it.
7. It is easier to avoid or run away from many life difficulties and responsibilities rather than to be self-disciplined.
8. My past remains all important and it has to keep determining my feelings and behaviours today.
9. All things are horrible and awful if I don't find good solutions to life's challenging realities.
10. I can achieve maximum happiness by inertia and inaction or by passively and uncommittedly "enjoying myself".