



# Grounded Wellness Psychotherapy, LLC

## Life Coaching and Wellness

**Rational: Irrational vs Rational Beliefs** The #1 goal of REBT is to change irrational beliefs into rational ones.

## A Rational Belief is Flexible and Not Extreme

A rational belief is flexible

For example: *"I want my co-worker to like me, but she does not have to"*

This belief acknowledges what you want, which is for your co-workers to like you, but it is flexible because it also recognizes that you do not have to get what you want. It is not an absolute requirement or demand.

A rational belief is non-extreme

For example: *"It is bad if my co-worker doesn't like me, but it's not the end of the world"*

This belief acknowledges that you find the situation negative, you think it's bad, but it also recognizes that it could be worse.

## A Rational Belief is True

Using the previous example: *"I want my colleague to like me, but she does not have to do so"*.

Notice that this belief is made up of two parts:

*"I want my colleague to like me..."*

• *"... but she does not have to do so"*

Part 1: Is it true? Can you prove it? Well, since it's your desire, yes, you can confirm this. It's true.

Part 2: Is it true? You can logically prove that the other person does not have to like you because otherwise, you would be denying them free will.

Both parts are true, therefore the belief is true.

## An Irrational Belief is Rigid or Extreme

An irrational belief is rigid

For example: *"My colleague has to like me"*

This belief doesn't just state what you want, it implies that it must be the case. You demand it. Because there is no flexibility, you have no way of handling it if she does not like you.

An irrational belief is an extreme

For example: *"It is the end of the world if my co-worker doesn't like me"*

This belief is extreme because it expresses that you believe it could not be worse than it could be.

## An Irrational Belief is False

Using the previous example: *"My colleague has to like me"*.

Again, this belief is made up of two parts:

*"I want my colleague to like me..."*

• *"... and therefore, she has to do so"*

Part 1: Is it true? Can you prove it? Again, this is your desire, so yes.

Part 2: Is it true? You cannot prove in any way that your co-worker has to like you. She has freewill and therefore this cannot be true.

It is false.

Because both parts are not true, this belief is false.

## A Rational Belief is Sensible

Does the belief "*I want my co-worker to like me, but she does not have to do so*" make sense?

It makes sense because it explicitly acknowledges that while you may want something, that does not mean you have to get it.

## An Irrational Belief is Not Sensible

Does the belief "*My co-worker has to like me*" make sense?

No, it does not make sense because it asserts that wanting something means you have to have it. The two are not connected.

## A Rational Belief is Largely

### Constructive

When beliefs are rational, they are usually constructive, meaning they lead to beneficial consequences.

For example, if you believe:

*"I want my co-worker to like me, but she does not have to do so,"* and then your co-worker snaps at you for no good reason, this belief will lead you to the following consequences:

**Emotional consequence:** you'll be concerned about her response but not anxious about it

**Behavioral consequence:** If you address the situation with her, you will approach it in a reasonable way.

**Thinking consequence:** While you may suspect that she may be upset with you, you will recognize it is likely she is upset with someone or something else and it has nothing to do with you.

## An Irrational Belief is Largely

### Unconstructive

When beliefs are irrational, they are usually destructive, meaning they lead to negative consequences.

For example, if you believe:

*"My co-worker must like me,"* and your co-worker snaps at you for no good reason, this belief will lead you to the following consequences:

**Emotional consequence:** Her behavior will make you anxious.

**Behavioral consequence:** You are likely to either avoid her or try desperately to get her to like you.

**Thinking consequence:** You will be certain that she is upset with you rather than considering that there may be another reason for her behavior