

TEN MORE RATIONAL IDEAS

Rational Idea 1

I want to be loved and liked or approved of by some of the people in my life. I will feel disappointed or lonely when that doesn't happen, but I can cope with those feelings and I can take positive steps to make and keep better relationships.

Rational Idea 2

I want to do some things well most of the time. Like everybody, I will occasionally make a mistake or not meet my expectations. Then I might feel disappointed, but I can cope with that, and I can take constructive steps to get a result I want next time.

Rational Idea 3

It is sad that most of us do some hurtful or thoughtless things from time to time, and some people do a lot of these, but making myself upset won't change that.

Rational Idea 4

It is disappointing when things aren't how I would like them to be, but I can cope with that. Usually I can take constructive steps to make things more as I would like them to be but if I can't, it doesn't help me to exaggerate my disappointment.

Rational Idea 5

My problems may be influenced by factors outside my control, but my thoughts and actions also influence my problems, and they are under my control.

Rational Idea 6

Worrying about something that might go wrong won't stop it happening; it just makes me unhappy now. I can take constructive steps to prepare for possible problems. That's as much as anyone can do, so I won't dwell on the future now.

Rational Idea 7

Facing difficult situations might make me feel bad at the time, but I can cope with that. Putting off problems doesn't make them any easier, it just gives me longer to worry about them.

Rational Idea 8

It's good to get support from others when I want it, but the only person I really need to rely on is myself.

Rational Idea 9

My problems may have started in some past events, but what keeps them going now are my thoughts and actions, and they are under my control.

Rational Idea 10

It is sad to see other people in trouble, but I don't help them by making myself miserable. I can cope with feeling sad, and sometimes I can take constructive steps to help them.