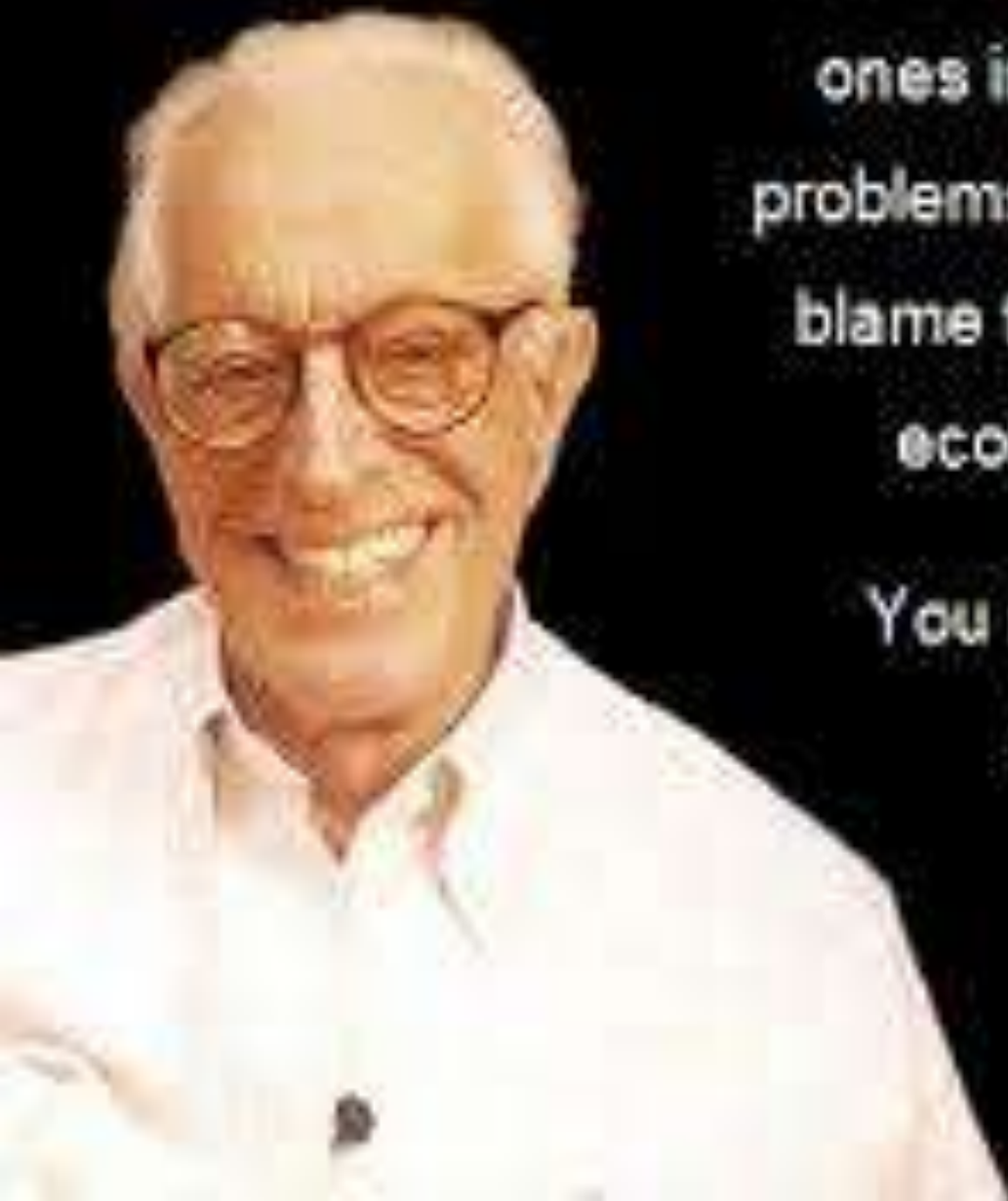




Rational Emotive Behavior Therapy.

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The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president.

You realize that you control your own destiny.

Albert Ellis

Ellis & REBT

- He was a trained Clinical Psychologist who brought about this system to bridge the gap between psychoanalytic therapy and actual cure of a problem.
- And according to him.....

Definition

- Rational Emotive Behavior Therapy also known as REBT is a type of cognitive Behavioral therapy focused on helping clients change their irrational beliefs.
- It is also useful to treat self in case of any such behavioral problems.

അഞ്ചു ചോദ്യങ്ങൾ

1. എല്ലാവരുടെയും സ്നേഹവും അന്തർദ്ദൈവവും വളർച്ചയ്ക്ക് അത്യാവശ്യമാണ്.
2. ഒരു കാര്യം ചെയ്യുകയാണ് എങ്കിൽ അത് നന്നായി ചെയ്യണം.
3. ജീവിതവിജയത്തിനു ഏതെങ്കിലും ഒരു കാര്യത്തിലേക്കിടയ്ക്കിടയ്ക്കും നെഞ്ച് പുറം നോക്കിയിരിക്കണം.
4. ജീവിതത്തിൽ ഉണ്ടാവുന്ന ഓരോ കുറവും മറ്റുള്ളവർ എന്നും ഓർത്തിരിക്കും.
5. എല്ലാ പ്രശ്നങ്ങൾക്കും ഒരു പരിഹാരം ഉണ്ടായിരിക്കും.

REBT (why popular)

- ▶ REBT is popular because it makes sense to most people, and they can and do *use* it.
- ▶ REBT helps them better manage their thoughts feelings and behaviors, so it is ideal for people with multiple, interacting psychological and addictive problems.

REBT Basic

- According to REBT, our attitudes, our belief, our thoughts -- the way we think about events and the meanings we give to them -- directly affect how we feel and behave. This is commonsense to most people, making REBT more user-friendly than other therapies.

REBT Basic

- REBT teaches that even though people are determined to some extent by their genetic givens, their upbringing, their family background, etc., they *can* change.
- REBT focuses *on techniques* rather than insight. It teaches people *how* to change.
- REBT encourages them to accept their limitations *while* working on self-change.

So in a nutshell it is.....

- USA

Unconditional Self Acceptance

And

UOA

Unconditional Others Acceptance.

Postulates

- People are not disturbed by things but rather by how they view things.
- All emotional problems come from irrational thinking.
- When people holds irrational feelings about themselves or the world at large problems results.
- Root cause of the problem is that people mistakenly blame external events for their unhappiness

Rational thinking

- reflects preferences rather than demands
- is flexible
- is realistic
- is functional, helpful, useful -- in terms of someone's long-term goals and values
- – does *not* mean cold and calculating

**Thoughts
create
feelings**

**Feelings
create
behavior**

**Behavior
reinforces
thoughts**

ABC Model

- **A** Activating events. Something happens in the environment around you.
- **B** Belief you hold. A belief you hold about the events or situation.
- **C** Consequences. The emotional response resulted due to your beliefs.

ABC diagnostic step

- ▶ A (Activating) – He yelled at me.
- ▶ B (Beliefs) – I can't believe he dared to yell at me That's totally unprofessional. He should never have acted that way. I can't stand it. I want a drink (and I have to have what I want when I want it). I can get a way with it. It won't matter.
- ▶ C (Consequences) – Anger, drinking, etc.

Typical B to be wary of

**shoulds, musts, awfulizing, wonderfulizing, LFT
(low frustration tolerance)]**

- 1. I can't stand what I feel.**
- 2. I deserve it.**
- 3. It's not fair (poor me). Life should be fair / should be better.**
- 4. I'll just have two.**
- 5. A drink would help...and I must have what I want now.**
- 6. I can't stand not / gambling/drugging or not going to a prostitute**
- 7. I can get away with it.**
- 8. It won't matter.**
- 9. I'm going to do it anyway, eventually.**
- 10. Screw it.**

The curative part DE

D (Disputes) – in this step, you dispute or question or challenge the irrational beliefs:

Where is the evidence that no one should ever yell at you?

Where is it written that a boss must always behave professionally?

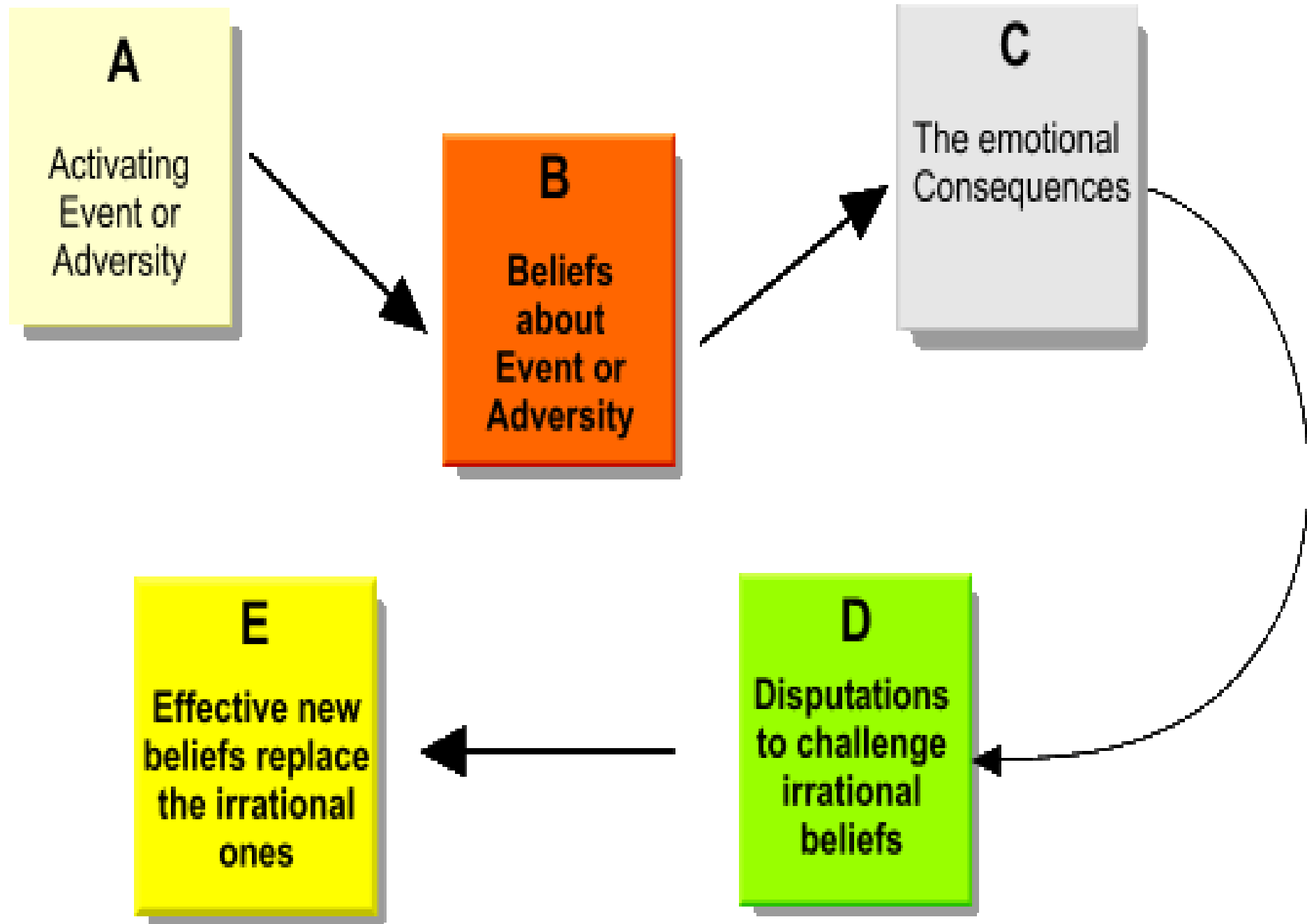
Why is it so awful? Why isn't just a "hassle not a horror?"

Where is the evidence that "It won't matter."

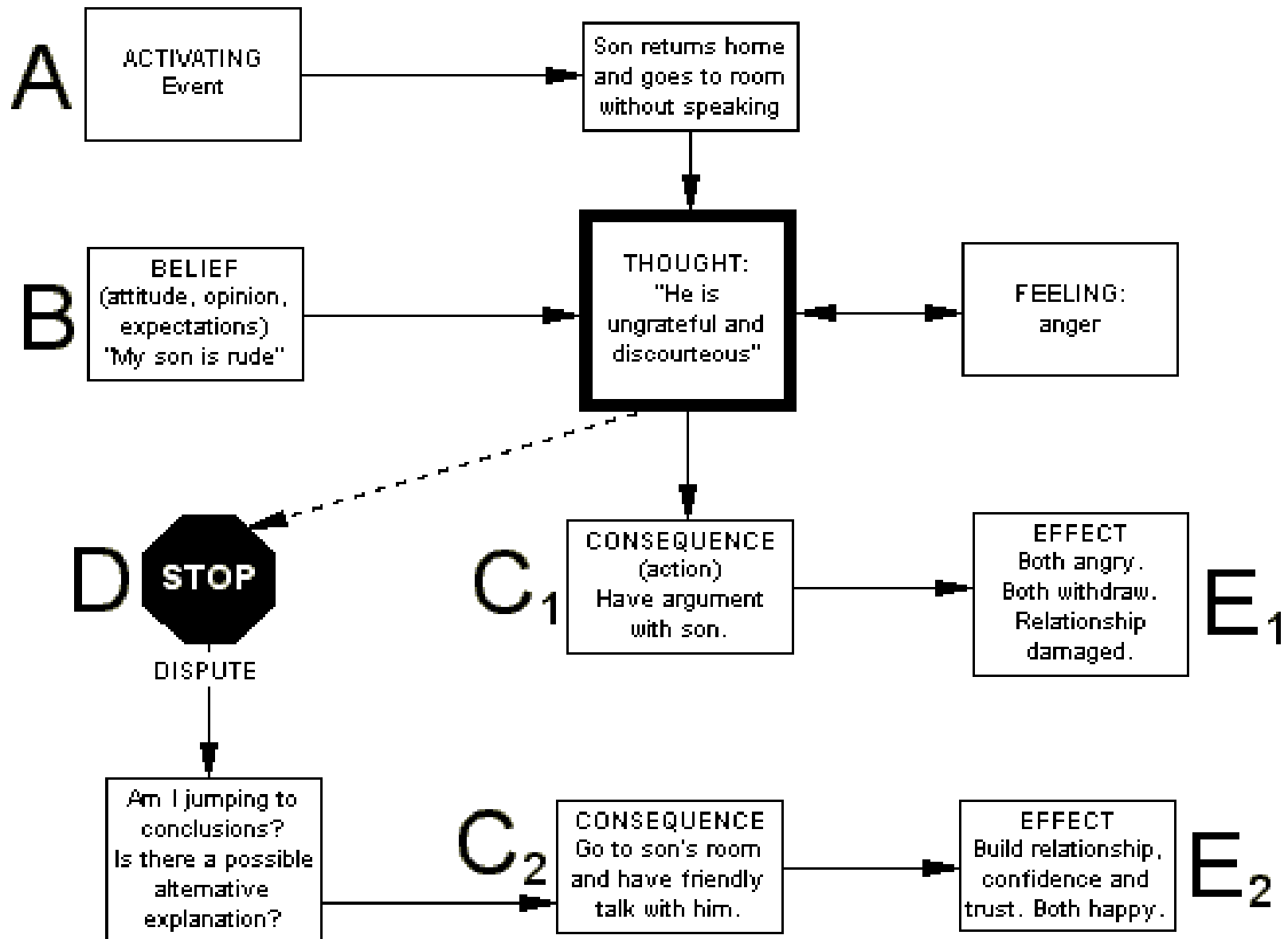
The curative part DE

E – then they move on to figure out more EFFECTIVE thoughts, feelings and behaviors

- ▶ You may not like it, but you can stand it.
- ▶ Because you really do not like people yelling at, you will talk to him later when he calms down. But will remember that you don't always get what you want.
- ▶ You will try to feel annoyed and determined (to keep your job) rather than get enraged.
- ▶ You will go, exercise or go to yoga class tonight because you always think better after doing that.



The REBT Approach to Changing Your Thoughts, Feelings, and Behavior, and their Consequences.



REBT self application

- REBT's comprehensive approach works best for individuals desiring a scientific, present-focused, and active treatment for coping with life's difficulties, rather than one which is mystical, historical, and largely passive.

Practical Vs Emotional Problems

Practical

- Your
- 1. Flawed behavior
- 2. Unfair treatment by others
- 3. Undesirable situations

Emotional

- You tend to
- Upset yourself
- Create second order problems
- And suffer emotionally



Epictetus AD circa 55 - 135

Only you can upset yourself about events- The events themselves, no matter how undesirable, can never upset you.



*"Make the best use of what
is in your power,
and take the rest as it happens."
~ Epictetus.*

Four simple principles

1. You are responsible for your own emotions and actions,
2. Your harmful emotions and dysfunctional behaviours are the product of your irrational thinking,
3. You can learn more realistic views and, with practice, make them a part of you,
4. You'll experience a deeper acceptance of yourself and greater satisfactions in life by developing a reality-based perspective

First Principle

- *You are responsible for your own emotions and actions*
- Take responsibility for your distress. Remember what Epictetus had to say in this regard.
- Recognize that no another person or adverse circumstance can ever disturb you.

Second Principle

- *Your harmful emotions and dysfunctional behaviours are the product of your irrational thinking.*
- Identify your “MUSTS” the culprit is lurking behind one of these core musts.
- **I must** (a demand on your self)
- (I must do well and get approval or else I am worthless)
- **You must** (a demand on Others)
- (You must treat me reasonably, lovingly, or else you are no good)
- **Life Must** (a demand on situation)
- (Life must be fair, easy, and hassle-free or else it is awful)

Third Principle

- *You can learn more realistic views and, with practice, make them a part of you.*
- Dispute your “Musts”

If you continue to agree with your musts you can remain disturbed ever.

So once identified remain relentlessly confronting and questioning them. What is the evidence for my musts? Are they true? It is not carved indelibly say on a stone.

Fourth Principle

- *You'll experience a deeper acceptance of yourself and greater satisfactions in life by developing a reality-based perspective.*
- Reinforce your preferences.
- **I strongly prefer** to do well and get approval. Even if I fail I will accept myself fully.
- **I strongly prefer** that you treat me reasonably. But since I do not run this universe and as I do not control you I take it as a part of human character.
- **I strongly prefer** that life be fair easy and Haste free. It is frustrating that it is not still I enjoy life.

So what remains.

- Without your anxiety, hostility, depression, and addiction what remains?
- You become a robot like person devoid of any emotion, feeling and motivation?
- Not at all! With out your turmoil you will easily experience love, involvement and joy!.
- With out your addiction your journey to self actualization will be a smooth one.

Conclusion

- As you can see, REBT will appeal to you if you relish quickly taking control of your own life, rather than remaining dependent upon a therapist for years. By giving you tools for identifying and overcoming the true source of your difficulties, it will prepare you to act in many ways as your own therapist. And by helping you to reinforce realistic, self-benefitting beliefs, it will enable you to eliminate present emotional and behavioural problems, and to avoid future ones.



Thank You