

RATIONAL EMOTIVE THERAPY - RET

- Three Major Ways To Control Your Feelings
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Three Major Ways To Control Your Feelings

1. You can directly influence your emotions by: electric or bio chemical means; electro therapy, all drugs-alcohol.

Three Major Ways To Control Your Feelings

2. You can work through your perceiving—moving (sensory-motor) system—progressive relaxation; breathing, singing, music, dancing and movement (jogging); nutrition; skin nourishment; meditation; externalization of emotions.

Three Major Ways To Control Your Feelings

3. You can use your willing-thinking process by altering attitudes, clarifying values, reflecting, R.E.T., desensitizing yourself, A.A. cliches, elegant philosophical changes.

Realistic Goals for an Alcoholic

Sobriety

Serenity

Realistic Goals for an Alcoholic

Realistic GOALS for an alcoholic are:

1. SOBRIETY —Use the ABC process as a way to deal with upsetting feelings, so that bad feelings will not lead to drinking or using other drugs. Goal — Maintain SOBRIETY!
2. FEELING GOOD -(Serenity) Use the ABC process to continue to FEEL GOOD, to avoid bad feelings, to maintain serenity.

Epictetus Quote



I AM UPSET, NOT
BY EVENTS, BUT
RATHER BY THE WAY
I VIEW THEM

EPICETUS, 1ST CENTUREY A.D.

Eight Limited-Thinking Patterns

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1. **Filtering:** You focus on the negative details while ignoring all the positive aspects of a situation.

Eight Limited-Thinking Patterns

2. Polarized Thinking: Things are black or white, good or bad. You have to be perfect or you're a failure. There's no middle ground, no room for mistakes.

Eight Limited-Thinking Patterns

3. **Overgeneralization:** You reach a general conclusion based on a single incident or piece of evidence. You exaggerate the frequency of problems and use negative global labels.

Eight Limited-Thinking Patterns

4. **Mind Reading:** Without their saying so, you know what people are feeling and why they act the way they do. In particular, you have certain knowledge of how people think and feel about you.

Eight Limited-Thinking Patterns

5. Catastrophizing: You expect, even visualize disaster. You notice or hear about a problem and start asking, “What if?” What if tragedy strikes? What if it happens to you?

Eight Limited-Thinking Patterns

6. **Magnifying:** You exaggerate the degree or intensity of a problem. You turn up the volume on anything bad, making it loud, large, and overwhelming.

Eight Limited-Thinking Patterns

7. Personalization: You assume that everything people do or say is some kind of reaction to you. You also compare yourself to others, trying to determine who is smarter, more competent, better looking, and so on.

Eight Limited-Thinking Patterns

8. **Shoulds:** You have a list of ironclad rules about how you and other people should act. People who break the rules anger you, and you feel guilty when you violate the rules.

Thirteen Characteristics of a Recovering Person

Thirteen Characteristics of a Recovering Person

1. A recovering person has Self interest, which involves tending to their own needs as opposed to everyone else's.
2. A recovering person is able to move beyond themselves and have Societal interest, which requires identification with and being assistance to others.

Thirteen Characteristics of a Recovering Person

3. A recovering person has Self Direction. This involves taking care of ones needs (gets self to where they need to be, i.e., shows up) and asking for help when needed.
4. A person has a High Frustration Tolerance; Has developed patience and the ability to delay gratification (Does not have to have it now!).

Thirteen Characteristics of a Recovering Person

5. A recovering person has Flexibility, recognizing that the world does not have to function according their plan, as well as accepting of diversity (not rigid and absolutist).
6. A recovering person has an Acceptance of Uncertainty; they don't have to know and control everything, and be at peace with it.

Thirteen Characteristics of a Recovering Person

7. A recovering person has a Commitment to Creative Pursuits; writing, poetry, friendship, starting a family. In this area one is able to freely express them and share with others what has been given to them.

Thirteen Characteristics of a Recovering Person

8. A recovering person has Scientific Thinking, whereby one can recognize reality and see the consequences of their actions; is able to analyze if something will work; is able to evaluate evidence and identify what it is, i.e., recognize safe and unsafe, healthy and unhealthy.

Thirteen Characteristics of a Recovering Person

9. A recovering person has Self Acceptance; Is able to accept one's own powerlessness over being human (imperfect), that life is unmanageable, is unable to control everything, and can only manage feelings just a little bit.

Thirteen Characteristics of a Recovering Person

10. A recovering person takes Risks: They risk changing their thinking, feelings, and behavior. They risk staying on the path or recovery even though everything is opposed. Risking is most important for human existence. One must risk in order to pursue and obtain anything in life.

Thirteen Characteristics of a Recovering Person

11. A recovering person has Long-Range Hedonism; takes time and treats self to that which brings pleasure.
12. A recovering person has Non-Utopianism: Has come to the realization and understanding that there is no Utopia (we live in an imperfect world).

Thirteen Characteristics of a Recovering Person

13. A recovering person is Self-Responsible for their own emotional disturbances, is able to recognize that there is a range of feelings in life, and manages them.

Thirteen Rational Attitudes

Thirteen Rational Attitudes

RET hypothesizes that if people's main goals are their staying alive, avoiding needless pain, and actualizing themselves, they had usually better strive to acquire and internalize the following values of which can be thought of as rational attitudes:

Thirteen Rational Attitudes

1. Self-interest: Sensible and emotionally healthy people tend to be first or primarily interested in themselves and to put their own interests at least a little above the interests of others. They sacrifice themselves to some degree for those for whom they care-but not overwhelmingly or completely.

Thirteen Rational Attitudes

2. Social interest: Social interest is usually rational and self-helping because most people choose to live and enjoy themselves in a social group or community; and if they do not act morally, protect the rights of others, and abet social survival, it is unlikely that they will create the kind of a world in which they themselves can live comfortably and happily.

Thirteen Rational Attitudes

3. Self-direction: Healthy people tend to mainly assume responsibility for their own lives while simultaneously preferring to cooperate with others. They do not need or demand considerable support or succoring from others.

Thirteen Rational Attitudes

4. High frustration tolerance: Rational individuals give both themselves and others the right to be wrong. Even when they intensely dislike their own and others' behavior, they refrain from damning themselves or others, as persons, for unacceptable or obnoxious behavior...

Thirteen Rational Attitudes

4. ...People who are not plagued with debilitating emotional distress tend to go along with St. Francis and Reinhold Niebuhr by changing obnoxious conditions they can change, accepting those they cannot, and having the wisdom to know the difference between the two.

Thirteen Rational Attitudes

5. Flexibility: Healthy and mature individuals tend to be flexible in their thinking, open to change, and unbigoted and pluralistic in their view of other people. They do not make rigid, invariant rules for them selves and others.

Thirteen Rational Attitudes

6. Acceptance of uncertainty: Healthy men and women tend to acknowledge and accept the idea that we seem to live in a world of probability and chance, where absolute certainties do not and probably never will, exist...

Thirteen Rational Attitudes

6. ...They realize that it is often fascinating and exciting, and definitely not horrible, to live in this kind of problematic and uncertain world. They enjoy a good degree of order but do not demand to know exactly what the future will bring or what will happen to them.

Thirteen Rational Attitudes

7. Commitment to creative pursuits: Most people tend to be healthier and happier when they are vitally absorbed in something outside themselves and preferably have at least one powerful creative interest, as well as some major human involvement, that they consider so important that they structure a good part of their daily existence around it.

Thirteen Rational Attitudes

8. Scientific thinking: Non-disturbed individuals tend to be more objective, rational, and scientific than more disturbed ones. They are able to feel deeply and act concertedly, but they tend to regulate their emotions and actions by reflecting on them and evaluating their consequences in terms of the extent to which they lead to the attainment of short-term and

Thirteen Rational Attitudes

9. Self-acceptance: Healthy people are usually glad to be alive and accept themselves just because they are alive and have some capacity to enjoy themselves. They refuse to measure their intrinsic worth by their extrinsic achievements or by what others think of them...

Thirteen Rational Attitudes

9. ...They frankly choose to accept themselves unconditionally; and they try to completely avoid rating themselves - their totality or their being. They attempt to enjoy rather than to prove themselves. (Ellis, 1973, 1984c; Ellis & Harper, 1975)

Thirteen Rational Attitudes

10. Risk taking: Emotionally healthy people tend to take a fair amount of risk and to try to do what they want to do, even when there is a good chance that they may fail. They tend to be adventurous, but not fool-hardy.

Thirteen Rational Attitudes

11. Long-range hedonism: Well adjusted people tend to seek both the pleasures of the moment and those of the future, and do not often court future pain for present gain. They are hedonistic, that is, happiness seeking and pain-avoidant, but they assume that they will probably live for quite a few years and that they had therefore better think of both today and tomorrow, and not be obsessed with immediate gratification.

Thirteen Rational Attitudes

12. Nonutopianism: Healthy people accept the fact that utopias are probably unachievable and that they are never likely to get everything they want and to avoid all pain. They refuse to strive unrealistically for total joy, happiness, or perfection, or for total lack of anxiety, depression, self-downing, and hostility.

Thirteen Rational Attitudes

13. Self-responsibility for own emotional disturbance: Healthy individuals tend to accept a great deal of responsibility for their own disturbance rather than defensively blame others or social conditions for their self defeating thoughts, feelings, and behaviors.

Thirteen Rational Attitudes

- If, as RET hypothesizes (and as several other schools of therapy would also tend to agree) people had better strive for the basic goals of survival, for lack of emotional disturbance and the needless pain that accompanies it, and for maximum self-actualization and happiness...

Thirteen Rational Attitudes

...then therapists had better try to devise theories and practices that best serve their clients in understanding and, when appropriate, accepting the values and attitudes just listed. RET has formulated several basic theories in this regard which we shall now discuss.

Twelve Logical, Rational Beliefs - Realistic

Twelve Logical, Rational Beliefs

1. I can't possibly please everyone at all times. I'm okay not being perfect.
2. Sometimes good people - even I myself - make mistakes and behave inappropriately. I can forgive myself and others.
3. Sometimes things don't go the way I want them to, but I can (a) work to improve things, and/or (b) accept what I cannot change.

Twelve Logical, Rational Beliefs

4. I am not responsible for other people's feelings and emotions.
5. I alone am responsible for my own thoughts, my feelings, my actions, my reactions and my decisions.
6. Worry changes nothing, but action can.

Twelve Logical, Rational Beliefs

7. The past is over, and what happened in the past does not have to continue affecting me.
8. I can learn from the past, change the present, and set realistic goals for my future.
9. I can accept people as they are, without demanding that they meet my expectations.

Twelve Logical, Rational Beliefs

10. I can't control other people and all things that happen, but I can control the way I am, the way I think, believe, feel and act.
11. There may not be perfect solutions to life problems, and I can accept compromises and reasonable solutions.
12. Other people don't have to think, believe and feel as I do in order for me to accept them and even like them.