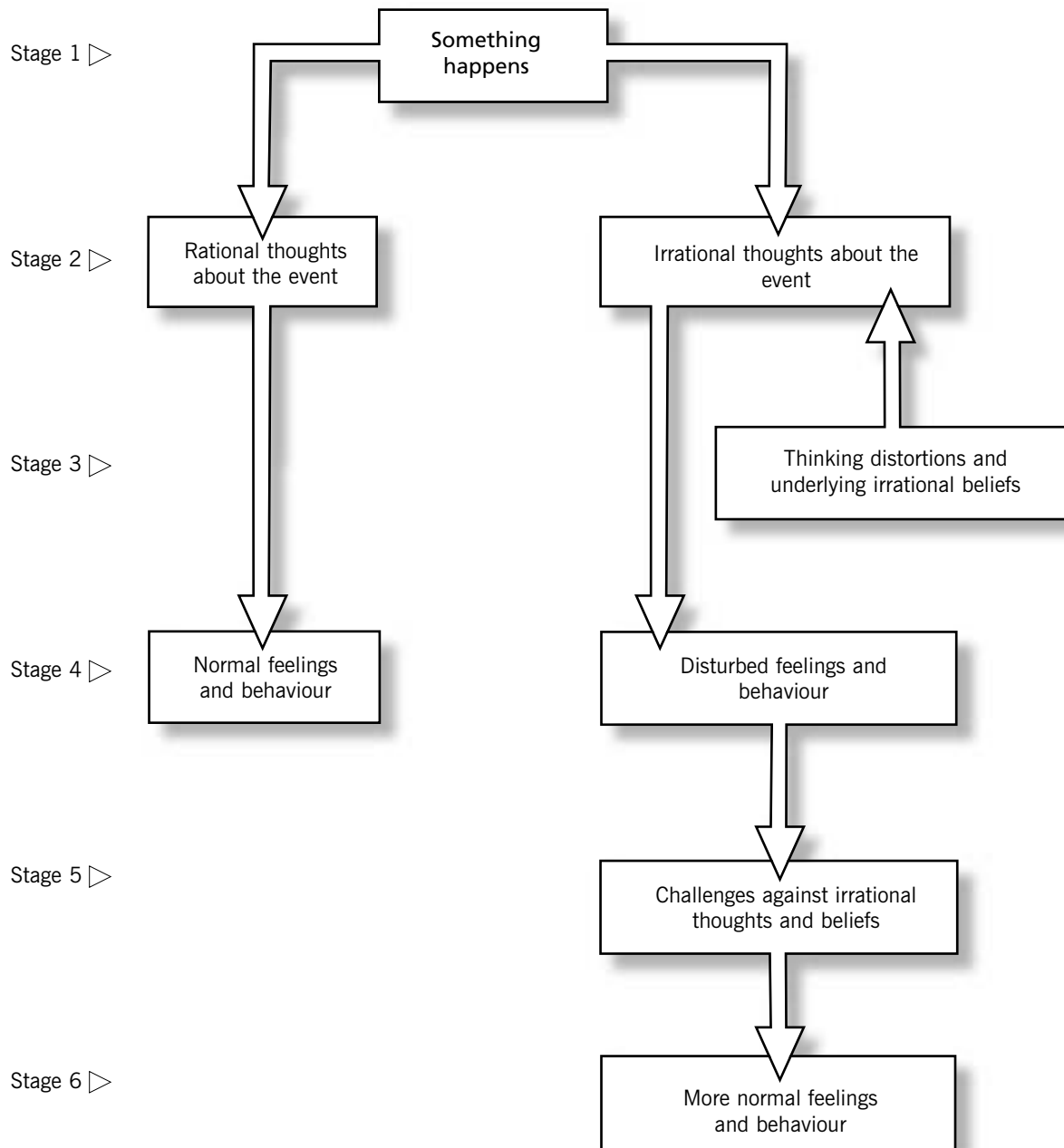


Six Stages of Rational Thinking



Stage 1 Note upsetting event.

Stage 2 List all rational and irrational thoughts about event.

Stage 3 Identify which thinking distortions you are making and which underlying irrational beliefs are behind your thoughts.

Stage 4 Note your disturbed feelings and behaviour.

Stage 5 Challenge and argue against your irrational thoughts.

Stage 6 Note differences in feelings and behaviour.

(Adapted from **Wycherley**, 1988)