

Albert Ellis and his colleagues identified ten common irrational beliefs which, if held too rigidly, are likely to lead to emotional distress. These beliefs are learned early in life and become the bedrock from which our thinking patterns spring. Rate how strongly you hold any of these beliefs.

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- 1** *I must be liked or accepted by every important person in my life, for almost everything I do.*
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- 2** *I must be successful, competent and achieving in everything I do if I'm to consider myself worthwhile.*
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- 3** *It is awful and terrible when things are not the way I would like them to be. Things should be different.*
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- 4** *I must feel anxious, upset and preoccupied if something is, or may be, dangerous.*
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- 5** *Human unhappiness is caused by events beyond our control so people have little or no ability to control their negative feelings.*
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- 6** *It is easier to avoid facing many of life's difficulties and responsibilities than to face them.*
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- 7** *The past is all-important, so if something once strongly affected one's life, it cannot be altered.*
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- 8** *When people act badly, inadequately or unfairly, I blame them, and view them as completely bad or pathetic – including myself.*
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- 9** *Maximum happiness can be achieved by inertia and inaction, or by passively enjoying oneself.*
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- 10** *Everyone should be dependent on others and I need someone stronger than myself on whom I can rely.*
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(Adapted from Ellis & Harper, 1975)