



COURAGE & COFFEE

Brought to you by The Daring Venture



The Catastrophizing Cure Special Guest: Dr. Debbie Joffe Ellis

REBT SELF HELP SHEET *Dr Debbie Joffe Ellis*

When you recognize that you are disturbing yourself – fill in the following, in the given sequence:

A (Activating Event) – Describe what you are disturbed about.

C (Consequences) – Identify the consequences (emotional and behavioral) which followed the “A” described above.

B (Beliefs) – Write down your Irrational Beliefs. In particular, identify:

- rigid demands and absolute “shoulds” and “musts”
- catastrophizing and awfulizing
- overgeneralizing and absolutistic thinking
- low frustration tolerance (L.F.T.): I-can’t-stand-it!
- any rating or damning of oneself, others and/or life itself.



COURAGE & COFFEE

Brought to you by The Daring Venture



D (Disputing) – Dispute the Irrational Beliefs: Realistically, Logically and Pragmatically.

Ask questions such as:

- Will having this belief help me or hurt me?
- Where is it getting me to maintain this belief?
- Where is the evidence to support this belief?
- Is this belief logical?
- Is this belief realistic?
- Does it follow from my preferences?

E (Effective New Philosophies) – State new rational beliefs/philosophies, which emphasize:

- * Preferences
- * That you CAN stand what you don't like
- * The evaluation of any bad actions but not of the worth or worthiness of you, others or life.

After completing the Self-Help Sheet, write down an action plan for the next 30 days.

What exercises or homework you will do daily to enable you to begin to effectively eliminate the unhealthy irrational beliefs, debilitating emotions and unhelpful behaviors which were identified, and to enforce and reinforce new healthy thoughts, emotions and actions which replace the harmful ones.



COURAGE & COFFEE

Brought to you by The Daring Venture



Unhealthy Negative Emotions include:

- Anxiety
- Depression
- Rage
- Shame/Embarrassment
- Hurt
- Jealousy
- Guilt
- Low Frustration Tolerance (LFT)

Healthy Negative Emotions include:

- Concern
- Sadness and appropriate grief
- Appropriate annoyance
- Regret
- High Frustration Tolerance (HFT)

REFERENCES.

*Ellis, Albert & Ellis, Debbie Joffe (2019). *Rational Emotive Behavior Therapy*. 2nd Edition. Washington DC: American Psychological Association.

*Ellis, Debbie Joffe (2014). *Systems of Psychotherapy DVD: Rational Emotive Behavior Therapy*. American Psychological Association: Washington D.C. (Clinical Demonstration and Discussion).

*Ellis, Debbie Joffe (2015). Reflections: The Profound Impact of Gratitude: In Times of Ease and Times of Challenge. In *American Psychological Association (APA) Journal of Spirituality in Clinical Practice*. Volume 2, Issue No. 1, March, 2015.

*Ellis, Albert with Ellis, Debbie Joffe (2010). *All Out! An Autobiography*. Amherst, NY: Prometheus Books.



COURAGE & COFFEE

Brought to you by The Daring Venture



*Ellis, Albert (2005) *The Myth of Self Esteem*. Amherst, NY: Prometheus Books.

Website: www.debbiejoffeellis.com

Email: debbiejoffeellis@gmail.com

Copyright: Dr Debbie Joffe Ellis

Courage & Coffee is brought to you by The Daring Venture.

Get your monthly dose of inspiration and courage building content in community with other leaders.

Visit www.TheDaringVenture for details.