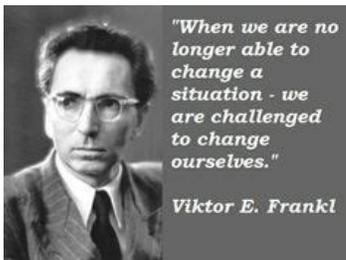
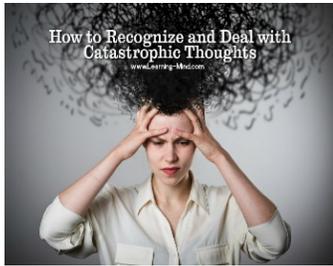


# New Ways of Thinking: Countering Extreme Evaluation – Catastrophic Thinking



Making life meaningful involves developing a balanced way of thinking. To be open to discovering meaningfulness and having faith in yourself, you want to use non-extreme evaluations to make decisions about yourself or others. When you experience stress, sensations from traumatic events, chronic pain, constant frustration, limited resources, and someone attempts to take your uniqueness away by stereotyping you, your brain goes into the survival mode. Our goal is to make life meaningful in spite of the suffering and pain you experience.



**Extreme Evaluation Awfulizing:** When you use extreme evaluation, you rate a misfortune, mischance, adversity, or mishap, which involve adverse fortune, as something awful, terrible, or horrible. A setback is when an incident causes an unhappy change of fortune can become a state of distress. You want to remain hopeful in times of adversity. When you compare this to a “mischance,” which applies especially to a situation involving no more than slight inconvenience or minor annoyance, to a misfortune event, you realize that most of you experience mischance than misfortune. A mishap applies to a trivial instance of bad luck, which many people rate as some event being awful. Adversity applies to a state of persistent misfortune, which is addressed in Ellis’ A (Adversity) (Rational-Emotive Behavioral Therapy) or as triggers in Tim Beck’s Cognitive-Behavior Therapy.

Frankl writes, “Every human person constitutes something unique; each situation in life occurs only once. The concrete task of any person is relative to this uniqueness and singularity.” (1983, page 44). He further states that you must develop “that counter argument necessary to blunt the edge of ethical nihilism.” Frankl states that you must cultivate flexibility, so you can have other possibilities of actualizing other values. For example, if you can’t be innovative and express your “creative values,” then you can do an activity that you experience as joyful and you love putting effort into that activity.

If you that experiential value is not afforded to you, you can shift to an attitudinal value, which employs you to realize, as the Stoic taught us that “Things don’t upset us, but the view we take of them.” Frankl states that “Life requires” that you develop *spiritual elasticity*, so that you may temper your “efforts to the chances that are offered.” (1983, page 44).

When you experience existential frustration, you believe your search for meaning is futile. You attempt to eliminate stress and images of trauma by acting irresponsibly and avoiding commitments and responsibilities. When you avoid your responsibilities, you feel boredom, discontent, feeling of meaningless, lack of interest, and a frantic desire to fill your emptiness, leading to an overemphasis on sexual pleasure-seeking, drug addiction, or violence. Frankl calls conscience resistance against biological, psychological, or sociological limitations of the human spirit's defiant power. This spirit to take a stand against your fate, to take a stand against an unhappy childhood, to make a stand against negative influences in your upbringing, to take a stand against your poor health, to take a stand to counter poverty. Frankl’s psychology helps you to become aware and develop the defiant power of your spirit to overcome your existential frustration.

This section will examine how to develop spiritual elasticity and how to move from the extreme evaluation of awfulizing and non-extreme anti-awfulizing beliefs. Frankl does not directly conceptualize awfulizing, but I have place in the matrix of despair, dread, and desperation. My claim is that these 3 D’s evolve into aggression, addiction, and depression.

D's	Aggression	Addiction	Depression
Despair	When you see something as being awful, you may become angry or aggressive. Aggression is when a person feels despair and tries to control others or the situation by violence. The word aggressive implies a disposition of being insensitive to another person’s feelings. This domination disregards another person’s rights or is determined by a pursuit of the angry person’s ends.	When you see something as being awful, you tend to obsess about it, and you think some compulsive behavior, such as drinking, over eating, etc. will help. An addiction is when a person attempts to numb himself/herself to deal with despair. A person suffering from an addiction seeks a thrill with substance or behavior.	Despair is the loss of all hope and confidence. Feeling depressed involves feeling desperate and having a strong feeling of hopelessness. Fear and dread can result in feeling discouraged. You believed you couldn’t find solutions to my problems. Your mind is often unclear, and you feel uncomfortable about the future, any change upsets you. You feel nervous when things don’t go as planned. You know something terrible is going to happen to you. You have thoughts about dangerous crimes and accidents.
Dread: Anticipating Experiencing Violence	The you experience hostility, you are in a dangerous situation, or another person tries to hurt or harm you. You see that situation as awful.	Addiction and obsessional behaviors will ward off feelings of dread, but the alcohol or drug use worsens any violent act that is present. For example, a person may become violent when drunk.	Depression and anxiety interact, and you can feel depressed and anxious about your future. Depression may involve violence to oneself in terms of self-defeating behaviors or self-destructive actions.
Desperation	People suffering from hostility and excessive anger will get along with others when they are no angry, but look out when they become angry.	People suffering from addiction may steal from loved ones and friends because they see their life as being desperate.	Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness, which you think is awful.

This table shows how distress, demandingness, and desperation are extreme evaluations, resulting in the belief that something is awful, terrible, and horrible.

<b>Catastrophe:</b> You are dreading any event can become a disaster.			
<b>Extreme Evaluation</b>	<b>Awful:</b> misfortune becomes dreadful	<b>Terrible:</b> outside events cause dread	<b>Horrible:</b> disgustingly dreadful
<i>Distress</i>	Calamity: deep distress and misfortune is evaluated "totally bad," which implies that it is as bad as it could be;	Couldn't Be: nothing could be worse	Moral: another person's actions are malicious, sinful, immoral, criminal
<i>Demand</i>	Conclusion: nothing is worse than this bad event	Cause & Effect Reasoning: so bad-it shouldn't exist	Comparison: worse, inferior, poorer, must not exist;
<i>Desperation</i>	Conclusion: seeing event as bad luck, hardship, trouble, adversity, bad is not awfulizing;	Categorical: bad, evil, wicked, depraved, you have to eliminate all bad things;	Dismay: Intense pain and fear can inhibit courage or resolution

Catastrophic Beliefs	Exaggeration Belief	Realistic Response
<b>It is a "Catastrophe."</b> (Small events become a disaster. A disaster is a sudden calamitous event bringing great damage, loss of life, and destruction)	Disasters do happen, but they rarely happen every day.	Factually, we rarely die of bad events we face each day. I don't like it. It is not the end of the world.
<b>It is "Horrible."</b> (Disgustingly Dreadful)	Calling something horrible will tend to make a bad thing seem to be worse than it is.	Exaggerations hardly help correct bad events.
<b>It is Dreadful:</b> great fear especially in the face of impending evil	<b>Dreadful:</b> extremely bad, distasteful, unpleasant, or shocking; causing great and oppressive fear;	
<b>It is "Terrible."</b> (The outside events are causing dread);	It is so bad that it absolutely should not and must not exist.	Exaggerations are usually not factually.
<b>It is "Awful"</b> (Misfortune becomes dreadful);	Misfortune is "totally bad," as bad as it could be.	Realistically, things could always be worse.

This sense of dread, this sense of global dread, this sense of everything is negative, and this negativity culminates in your emotional-limbic system as dread.

**I:** In the **survival mode**, Emotional Brain

1. {} You are feeling unsafe and unsure of yourself. You are having numerous negative thoughts in which you think about one adverse event after another. You feeling sure about decisions with no evidence or reasoning to back up that decision.
2. {} You agree with others too quickly, you endorse several extreme evaluations. You do not recognize that you are being irrational, and you use rationalizations to justify your negative and self-defeating behaviors,
3. You do want to talk about your problems and conflicts, and you do not disclose personal information because you feel ashamed or feel guilty about your actions.
4. You disregard the costs and consequences of your behavior, you believe you can reach your goals easily, and you make decisions too quickly.
5. You feel that you are being controlled by the situation, i.e., "They piss me off," you feel helplessness because no one is addressing your concerns, and you find fault in others, and you blame them for your negative feelings.
6. You feel hopeless, and you believe you *can't* get what you truly want.



FIGURE 1: EMOTIONAL BRAIN

**II:** When you feel calm, and your **prefrontal lobe is active**,

1. You have the capacity to learn, and you are aware of remote but realistic rewards,
2. You overcome perceptual distractions, and comprehend the relevant stimulus and utilizing competitive inhibition. You realize interests that have an orientation to reality.
3. You deliberately develop interests and you have the means to achieve your chosen goals.
4. You restrain and inhibit following social expectations, and you are persistent and give your best effort (100%) in completing your responsibilities. You are willing to prepare and repeat a process (that works), so others reward you.
5. You anticipate and restrain your willfulness, and you use your personality resources to reach short-term and long-term goals
6. You make decisions in a systematic and orderly fashion, you solve problems with others in a systematic and orderly fashion,
7. You use relatively firm and logical thinking to integrate your resources and address your concerns.
8. You apply reality-orientated thinking and investing your sense of self in integrated your interests.
9. You use pragmatic and functional thinking to control and develop your concerns and interests



FIGURE 2: PREFRONTAL - THINKING BRAIN

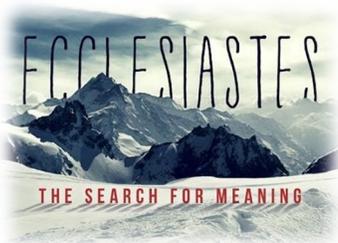
## The Four Functions of the Prefrontal lobe

1. Explores Choices and Preferences,
2. Cancels out unrealistic and illogical thinking, and negations are possible
3. Sees Change is seen as dynamic; you can adapt behaviorally and adjust emotionally to changes you don't like;
4. Corrections – makes self-correction is possible

*The prefrontal has the capacity to be realistic, reasonable, yields good results and it adheres to non-reductionistic attitudes*

<b>Realistic: Consistent with Reality</b>	<b>Reasonable: Logical &amp; Sensible</b>	<b>Yield Good Results</b>	<b>Non-Reductionistic Attitude:</b>
<ul style="list-style-type: none"> <li>• Resilient Attitudes and Rational Beliefs are true, factual, observable</li> <li>• You see the world and people as complex and dynamic</li> <li>• Your beliefs are non-extreme; able to falsify; the world is not rigid-absolute place.</li> </ul>	<ul style="list-style-type: none"> <li>• There is a logical connection with premise and conclusion</li> <li>• Necessary conditions (has to be there – air) with sufficient conditions (just enough to get it done) are clarified</li> <li>• The premise or facts are relevant to the conclusion</li> </ul>	<ul style="list-style-type: none"> <li>• Beliefs are largely led to functional emotions, behaviors, &amp; thinking consequences (resilient feelings)</li> <li>• Beliefs help us as we pursue your constructive-healthy goals</li> <li>• Sustained &amp; make improvements in our work &amp; interpersonal relationships</li> </ul>	<ul style="list-style-type: none"> <li>• You understand that</li> <li>• You are free to make choices.</li> <li>• You are free to change.</li> <li>• You are free to how you respond to our opportunities and possibilities.</li> </ul>

## Principles of Expanding Your Uniqueness and Its Application to Awfulizing



Principle I: Ecclesiastic Principle: There is a time to be creative and expand your horizons. And there is a time to restrict your originality. For example, if you are at a sad funeral, you wouldn't be jumping around and screaming about a beautiful time. This principle claims that you need to be careful and understand the social and emotional consequences of your actions before executing your plan to expand your uniqueness. When you use catastrophic thinking, you believe you have to be different to save your self-esteem, but you are unsure how to grow your sense of uniqueness. You may resort to restricting your sense of individuality when you awfulize about the problematic situation you are facing.



Principle II: Reverse Golden Rule Principle: You know the Gold Rule is doing to others what you would wish to have done to yourself. The Reverse Golden Rule is that when you attempt to take another person's sense of uniqueness away, you limit your sense of individuality. When you awfulize, you may feel angry about the diversity of ideas flying about you. The limbic system (emotional brain) doesn't like to make rational decisions, so if you sense a threat – your emotional brain will react rather than respond rationally to that threat.



Principle III: Categorical Principle: Is placing objects into a "good category" or a "bad category" a good idea. The Psychology of Being Unique would say, NO! For example, if you are depressed, you are in a negative box with only negative qualities – such as feelings of helplessness, hopelessness, worthlessness. You are like those other people who can't get out of bed and lack the motivation to work hard and overeat or eat too little. You can see this when you place people in a "positive box." They are successful, happily married, have beautiful children, never feel sad, never abuse drugs or alcohol. You place famous and wealthy people in this "positive box," but as you know, movie stars are not always happy. When you think categorically, you have trouble seeing how similar or different two things are. Once in that category, you are in an inescapable, undeniable, and universal trap. When you perceive something as awful, you are using categorical thinking. The horrible type includes nothing that could be worse; it will always be this way, and the unfortunate situation you are facing will be extremely bad and strongly repulsive.



Principle IV: Conscience Principle: You want to develop your sense of conscience before expanding your uniqueness. Conscience is the consciousness of the moral goodness or blameworthiness of your conduct, intentions, and character together with a feeling of obligation to do right or be good. Frankl believes that conscience goes beyond the outside influences and the powerful. Conscience contains a personal voice, faint and prone to error, which can advise you to take a stand beside the dictates of the superego or cultural mores. Expanding your uniqueness is having the capacity to hear the voice of

your conscience. Your conscience strengthens your capacity to respond to the best of your abilities and be resilient rather than being judgmental.

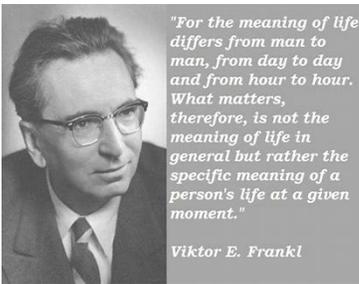


Principle V: Principle of Flipped Values: The Psychology of Being Unique contends that stress, trauma, chronic pain, constant frustration, another limiting your resources, or another person attempting to restrict your uniqueness (stereotyping) lead to the flip of values. A flip of values is when you know it is better to love than hate, but when stress, trauma, and the like., occur your limbic system takes over, and hostility appears better than love and kindness. For example, parents teach their children that love is a higher value than hatred. The person grows up, and in a combat situation, attitudinal values quickly flipped from love to hate. Your need to survive is more powerful than love, kindness, etc. Only

by having secondary attitudinal values, such as patriotism, love of family, can a warrior be resilient in a time of combat. When your attitudinal values flip, you want to recognize the stress you are under, relax, and then think about how the higher value is significant.



Principle VI: Principle of Resiliency – When you put time, energy, and effort into practicing your Higher Values, you can increase your ability to be resilient. Resiliency is staying calm in stressful situations. Life demands that you are resilient in times of stress. This means you know how to stay calm in stressful situations, and you are able to stop yourself from getting extremely angry, down, or worried when something “bad” happens. It also means that you can calm down and feel better when you get extremely upset. You see that caring is a higher value than being indifferent; you know that addressing your concerns is better than being anxious, and you acknowledge that being confident is better than putting yourself down.



Principle VII: Expressing Your Uniqueness to Others - You want to express your thoughts, feelings, wants, and concerns to essential people in your life. If you don't tell them, then they will have to guess, and they usually guess wrong. When they assume incorrectly, you get mad, hurt, anxious, etc. *Seeing Uniqueness in Others* - You want to know what another person's concerns, thoughts, feelings, and wants. If you don't, you will have to guess, and you will most likely think it incorrectly. When you assume mistakenly, they will get mad at you or feel hurt, anxious, etc. Expressing your thoughts and feelings begins a dialogue, another person doesn't have to guess, and you can discover what concerns you want to address.

Before you get started, let's review some definitions and principles first. You want to remember that instilling confidence in yourself and others does not take place in a vacuum. So, you want to differentiate between a thought, feeling, and a concern. Go to Slides, Sayings, and Stories and select Emotions, Attitudinal Values, and Maxims to find a listing of unhealthy and healthy emotions.



**A thought** is a sentence in your head, usually using more than one word.

Examples: I have to go to the grocery store. John is picking me up at seven tonight.

**A feeling** describes something positive, negative, or neutral using one word.

Examples: happy, sad, indifferent, joy, excited, depressed, nervous, etc.

**A concern:** Concern comes from the Latin – sift together – you want to bring together, showing concern, caring, and instilling confidence in each other.

Examples: doing well in school, getting love and support from others, etc.

In these worksheets, I mention negative healthy and negative unhealthy emotions. (See Slides Emotions, Attitudinal Values, and Maxims)

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## C: Consequences of Basic Attitudes –

In this series of worksheets, you will...

- Determine the consequences of the adversity accurately.
- Report tension, feelings depressed and anxiety with short episodes of excessive anger, hurt, depressed, (unhealthy-rigid feelings), etc.
- Recognize your self-defeating behaviors, non-productive ways and see how survival mode of thinking impacts your thinking.

- Verbalize any distorted thinking and misperceptions you may have about the adversity.

### Fear and Awfulizing

<i>Distress</i>	<i>Dire Need</i>	<i>Demands and Self-Defeating Belief</i>	<i>Deductive Reasoning Errors</i>
<b>Fear of Being Seen as a Failure</b> Others will see you as a failure Worried about being a failure in the future;	I need to be perfect because it would be awful to fail. Needing to be Perfect (Michal Bernard)	I must not fail. (Perfectionism: Burns) Competency (Ego Anxiety) (Albert Ellis)	It would be awful to fail. If I am perfect, then I'll be valuable. Therefore, I must be perfect so I must not fail!
<b>Fear of Failing</b> Actually failing-shame; Others will see you fail Worried about failing or people having more than you do (unhealthy envy)	It would be awful to fail. I need to achieve more than others to feel happy and fulfilled. Needing to be Perfect (Bernard)	It would be awful to fail, so I must be successful to feel happy and fulfilled. (Achievement Addiction Burns) Competency (Ego) Anxiety (Albert Ellis)	If I am very intelligent, talented, accomplished, or productive, then I will feel good about myself. Therefore, I must achieve so people will not look down at me.
<b>Fear of Others Disrespecting You (inadequate)</b> Others will disrespect you Worried about being disrespected	It would be awful if people were angry with me. I need respect from others to feel happy and fulfilled.  Needing Approval (Bernard)	It would be awful to be seen as imperfect, so I must be seen as perfect. (Perceived Perfectionism: Burns) Approval Anxiety (Albert Ellis)	It would be awful if people did not like me. If I impress everyone, then people will respect me. Therefore, I must get respect to protect my self-esteem.
<b>Fear of Disapproval</b> Others will disapprove of you Worried about people's disapproval	It would be terrible if people disapproved of me. I need everyone's approval in order to be worthwhile. Needing Approval (Bernard)	It would be awful if no one loved me, so I must have people to love me and adore me. (Approval Addiction: Burns) Approval Anxiety (Albert Ellis)	If I have everyone's approval, then I will feel useful and worthwhile. Therefore, it would be awful to feel worthwhile.
<b>Fear of Rejection</b> Others will reject you Worried about being rejected by others	It would be horrible to be rejected. I need everyone's approval and love to be happy. Needing Approval (Bernard)	I must have people's acceptance and love. Without such acceptance, my life would be awful. (Fear of Rejection: Burns) Approval Anxiety (Albert Ellis)	If I get rejected, then it is awful and I am useless and worthless. Therefore, important people in my life will always reject me if I fail. (Negative Fortune Telling)

Adapted from David D. Burns, MD

## Goals:

The goal of the following worksheet is to develop greater sense of resiliency through rational emotive thinking.



**B: Basic Attitudes** - In this series of worksheets, you will...

- Identify your basic attitudes: a mental position with regard to a fact and a feeling or emotion toward that fact.
- Allocate the appropriate degree of responsible for your current situation, your feelings and behavior;
- Differentiate your beliefs, desires, personal demands and extreme evaluation.
- Identify possible flip of values, such as responsiveness to self-centeredness, etc.



**D: Discover New Ways of Thinking, Feeling, and Behaving** - In these worksheets, you will...

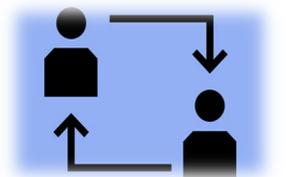
- Find new way disputing irrational and rigid thinking and find a better way of thinking and solving problems;
- Increase feelings of resiliency involving concern, sadness, disappointment, sorrow, grief, flexible anger, etc. that are more helpful and which will provide you with the means strengthen wanted emotions and your sense of resiliency.



**E: Exercise & Practice New Attitudes** – In this series of worksheets, you will...

- Exercise and practice new attitudes and effective means of addressing adversity;
- Address the adversity and stresses in your life (A),
- Talk about related emotional, behavioral, and cognitive consequences (C);
- Practice desiring without demanding;
- Learn and practice in using non-extreme evaluations;
- Match the five demands of life and how your Higher Values impact on your new vision

that will increases your sense of genuine trust and sincere show of respect.



**F: Follow Up:** In this series of worksheets, you will...

- Talk about how your practice (E) went in the past week.
- Complete self-help assignments.
- Discuss if the assigned self-help assignment improved your social situation and emotional life.
- Practice calming yourself down in stressful situation and
- Call upon your higher values of responsible, self-reassurance, taking sensible risks,

reasonableness, etc. and

- Discover these higher values have a greater influence over your life than self-centeredness, self-doubt, self-perfection, and intolerance to stress.



**G: Goal Directed Behavior:** In this series of worksheets, you will...

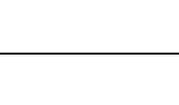
- Increase goal directed behavior by practicing new ways of thinking, believing, feeling, and behaving that will help your reach your goals;
- Set realistic short-term goals with a flexible plan that will help you to reach your long-term goals,
- Set realistic long-term goals so that that you experience your higher values and
- Discover meaningfulness of the moment.

Extreme Evaluation: It is awful when I fail

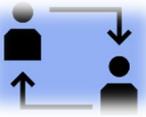
Cheat Sheet #1:	
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness</b></p>  <p><b>1 (B): Basic Attitude</b> – {} <i>It is awful that I failed (in my relationships, at school, at work).</i> {} Awfulizing is an “extreme” view of things. {} When I take an extreme view of things, you have a greater tendency to stop trying, and I give up my sense of choice. {} This brings about a feeling of helplessness, which decreases my ability to tolerate frustration.</p>	<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>  <p><b>7 (D) Discover a New Way of Thinking</b> {} You don’t like to fail, but it is not awful to lose a relationship, school, or at work. {} It is bad to fail at anything but is far from being awful, horrible, or terrible.</p>
 <p><b>2 (D) Discovering Meaningfulness in</b> {} When I believe something is awful, my mind is quickly telling me something is wrong, and I need to pay attention to what is wrong.</p>	 <p><b>. 8 (D) Discovering Meaningfulness:</b> {} You can discover meaningfulness when you are focused and not overestimating the threat.</p>
 <p><b>3 How this form of thinking Restricts Your Uniqueness</b> {} If I believe failing is awful, then I will not try new things. {} I only do things that are comfortable and known to me You may think “What’s wrong with me.”</p>	 <p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness:</b> {} You can expand your meaningfulness when you don’t see failing as being awful because you would be so overfocused on the threat – you would be blind to meaningfulness all around you.</p>
 <p><b>4 (B) Basic Attitude in Unrealistic and Inflexible: Dreadful-Awfulizing Beliefs are false.</b> {} If this statement was true, “It is awful if I don’t do well in relationships,” then there would be no way that anything could be worse than this because “awful” is this extreme means that the situation is 100% bad and nothing can be worse. {} I believe this is the worst thing that could ever happen. {} It goes against reality that “it must not be defective as it is. It can only be what it is – no better or no worse. {} I believe nothing good will come of failing in this marriage/ job/ friendship. {} When I awfulize, I fail to put things into perspective. {} I believe that no other view exists or matters.</p>	 <p><b>10 (D): Discover Realistic-Flexible Thinking</b> {} <b>Anti-Awfulizing</b> beliefs are <b>true</b> because <i>you will never like failing, but it is not awful to fail in a relationship.</i> Yes, it is bad that you don’t do well in relationships. {} Several negative consequences come from failing relationships and divorce. The second negates is the idea of what is terrible is awful, “but it is not awful to fail in relationships.” {} Something can always be worse, and you can’t find one situation that is 100% bad. No relationship can be 101% good or 102% bad. {} There are worse things than a failed relationship. {} There are also some positive things about getting out of this relationship. {} There are also negative elements about leaving this relationship. {} Other perspectives do exist and do matter. {} (Time perspective) Things won’t appear as bad as they do now in 6 months or years from now? {} (Comparative perspective) How does this event, failed marriage, compare in badness to other events such as the holocaust?</p>
 <p><b>5 (B) Basic Attitude in Unreasonable and Illogical</b> {} Dreadful-Awfulizing Beliefs are illogical and extreme. It is terrible if I don’t do well in my relationships (non-extreme), and it is awful that I don’t do well in relationships (extreme). {} It is not logical for something extreme to follow something non-extreme. The statement “It is bad if I don’t do well in my relationships does not lead logically to the statement and “therefore it is awful.” {} When I take an extreme position on the situation I am facing, I am demanding perfection of myself or others. {} When I am demanding perfection, I am attempting to control the situation to bring about this unattainable perfection. {} When I demand perfection, my sense of desperation and discouragement increase, which results in more depression or anxiety.</p>	 <p><b>11 (D): Discover Reasonable-Logical Thinking</b> {} It is d bad if you don’t do well in your relationships, but it is not awful because the feeling of “awful” is not identical with the notion of “bad.” {} The feeling of awful can exclude bad events, and bad experiences can contradict the feeling of terrible. {} You are evaluating the “badness” of the event because you are taking a non-extreme position toward this very unpleasant situation. {} Because you intensely dislike it, it must not plague your life.” {} This form of thinking is illogical because the belief “I don’t like something” is flexible, and you are giving yourself and others several choices. {} This thinking is realistic and trustworthy; you are not controlling something you have no authority to govern; liking and disliking a broad vary of items and issues is effective <i>means to solve problems, and it is feasible.</i></p>
 <p><b>6 (B) Basic Attitude in Unworkable and Impractical</b> {} {} When taking on an unhelpful and an extreme position, I decrease my sense of self-determination and my own best interests. {} I soon stop caring, stop trying, and stop learning. {} When I don’t care, I don’t think about new solutions to my problems. People cannot address my concerns.</p>	 <p><b>12 (D): Discover Rational-Pragmatic Thinking</b> {} Anti-Awfulizing beliefs are helpful because they lead to realistic thinking such as making realistic estimates, being reasonable, seeing positive events as equally likely to occur as adverse events, and seeing negative experiences in perspective and a sensible context.</p>

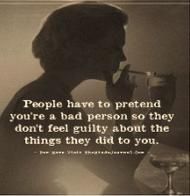
Windy Dryden’s “Reason to Change; 2001); Albert Ellis’ “The Road to Tolerance; 2004; page 98)

Extreme Evaluation: It is awful when I fail

Worksheet #1:					
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness		(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 <sup>nd</sup> Person			
	<b>. 1 (B): Basic Attitude –</b> {} It is awful that I failed (in my relationships, at school, at work). {} Awfulizing is an “extreme” view of things. {} When I take an extreme view of things, you have a greater tendency to stop trying, and I give up my sense of choice. {} This brings about a feeling of helplessness, which decreases my ability to tolerate frustration.		<b>7 (D) Discover a New Way of Thinking</b> {}		
	<b>2 (D) Discovering Meaningfulness in</b> {}		<b>. 8 (D) Discovering Meaningfulness:</b> {}		
	<b>3 How this form of thinking Restricts Your Uniqueness</b> {}		<b>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}</b>		
	<b>4 (B) Basic Attitude in Unrealistic and Inflexible</b>		<b>10 (D): Discover Realistic-Flexible Thinking–</b>		
	<b>5 (B) Basic Attitude in Unreasonable and Illogical</b>		<b>11 (D): Discover Reasonable-Logical Thinking</b>		
	<b>6 (B) Basic Attitude in Unworkable and Impractical</b>		<b>12 (D): Discover Rational-Pragmatic Thinking</b> {}		
	<b>13 (F) Follow Up:</b> What was the purpose of this exercise?				
	<b>14 (F) Follow UP:</b> Talk about or write about how this exercise was meaningful and relevant to you?				
	<b>15 (E) Exercise:</b> List three ways you can be more rational thinking?				
	<b>16 (G) Goal:</b> What goal did you expect to reach by doing this exercise?				
	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Cheat Sheet #2:		(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 <sup>nd</sup> Person	
<b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness</b>		<b>7 (D) Discover a New Way of Thinking</b>	
	<b>1 (B): Basic Attitude</b> – {} When thing go against my desires, I think is awful. {} I believe this is the worst thing that could happen to me.		<b>7 (D) Discover a New Way of Thinking</b> {} You know that this bad thing will not last forever. {} If it did last longer than you expected, then you don't have to upset yourself about your life is not going as you planned. {} You can attack your irrational beliefs about this adverse event every day, so you can feel the way you want to feel. {} When you compare the situation to something worse, such as a deadly hurricane or tornado, it will help you to see the situation realistically. {} This form of thinking will enable you to be more determined and take control of your emotional life.
	<b>2 (D) Discovering Meaningfulness in</b> {} It is meaningful when things don't go my way because I may not be ready for the things I want, and I may have to meet other life's demands before I get what I want.		<b>. 8 (D) Discovering Meaningfulness:</b> {} When you are not complaining about what you don't have. {} You think it is "awful" when you don't have something – you will miss what is all around you.
	<b>3 How this form of thinking Restricts Your Uniqueness</b> {} {} When I abide by frustration intolerance beliefs adamantly, I believe there is no way I can tolerate such frustrating tasks or situations. {} The word adamant implies utter immovability, which means that something not capable of being moved emotionally in the face of all temptation. {} I falsely believe the attraction is controlling me, and there is no hope of overcoming such evil.		<b>9. (D) Discover Constructive Ways to Expand Your Uniqueness:</b> {} When you tolerate unwelcomed stress, you have an opportunity to strengthen your higher attitudinal values and your resiliency skills.
	<b>4 (B) Basic Attitude in Unrealistic and Inflexible: Dreadful-</b> It goes against reality that “it must not be bad as it is. It can only be what it is – no better or no worse. I believe nothing good will come of failing in this marriage/ job/ friendship. # When I awfulize, I fail to put things into perspective. I believe that no other perspective exists or matters. An awfulizing belief is extreme, while the world is not extreme. Awfulizing is an “extreme” view of things. When I take an extreme view of things, I have a greater tendency to stop trying, and I give up because I don't have a sense of choice. This form of thinking brings about a feeling of helplessness, which decreases my ability to tolerate frustration.		<b>10 (D): Discover</b> {} Anti-Awfulizing beliefs are functional: {} When you work very hard at attacking your awfulizing, you are doing something about the situation. {} When you can't change the circumstances, you can change your beliefs about the situation so you can better cope with this complicated situation. {} You don't want to give people or the situation more power than they or the situation deserves. {} You are smart enough to know disrespectful acts are bad, but they are not awful. {} You are strong enough to tolerate your bad behavior physically. {} You are mature enough to know that something bad - is not a catastrophe.
	<b>5 (B) Basic Attitude in Unreasonable and Illogical</b> {} The statement “It is bad if I don't do well in my relationships does not lead logically to the statement and “therefore it is awful.” {} When I take an extreme position on the situation, I demand that I have to perfect for myself and others. {} When my demanding end, I am attempting to control the situation to bring about this unattainable perfection. {} With demanding perfection, my sense of desperation and discouragement increase, which results in more depression and anxiety.		<b>11 (D): Discover Reasonable-Logical Thinking</b> {} <b>Logically</b> , you cannot have right without a bad just as you cannot have an “up” without a “down.” So, you are illogical when you over-focus on the bad because the vast majority of situations you face various parts that are excellent and numerous parts that are bad. {} You don't want to judge the “whole” based on a few pieces. {} <i>A few bad apples cannot spoil the entire barrel of apples.</i>
	<b>6 (B) Basic Attitude in Unworkable and Impractical</b> {} Awfulizing leads to unhealthy negative emotions, such as anxiety, depression, guilt, shame, hurt, anger. It leads to behaviors that are not constructive, such as withdrawing, avoiding loved ones and responsibilities, overworking, and abusing substances. It leads to distorted thinking, such as over-estimating adverse events and under-estimating your resources. When I take on an unhelpful and an extreme position, I decrease your sense of self-determination and my best interests. I soon stop caring, stop trying, and stop learning. When I don't care, I don't think about new solutions to my problems.		<b>12 (D): Discover Rational-Pragmatic Thinking</b> {} You can choose to see unfortunate events lightly, moderately, or catastrophically to help deal with stress. {} When you see things as unfortunate, you have a better chance of solving your problems and getting what you want.

Worksheet #2:				
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness		(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 <sup>nd</sup> Person		
	<p><b>1 (B): Basic Attitude –</b>            When things go against my desires, I think is awful.            {} I believe this is the worst thing that could happen to me.</p>		<p><b>7 (D) Discover a New Way of Thinking</b>            {}</p>	
	<p><b>2 (D) Discovering Meaningfulness in</b>            {}</p>		<p><b>8 (D) Discovering Meaningfulness:</b>            {}</p>	
	<p><b>3 How this form of thinking Restricts Your Uniqueness</b>            {}</p>		<p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}</b></p>	
	<p><b>4 (B) Basic Attitude in Unrealistic and Inflexible</b></p>		<p><b>10 (D): Discover Realistic-Flexible Thinking–</b></p>	
	<p><b>5 (B) Basic Attitude in Unreasonable and Illogical</b></p>		<p><b>11 (D): Discover Reasonable-Logical Thinking</b></p>	
	<p><b>6 (B) Basic Attitude in Unworkable and Impractical</b></p>		<p><b>12 (D): Discover Rational-Pragmatic Thinking</b>            {}</p>	
	<p><b>13 (F) Follow Up:</b> What was the purpose of this exercise?</p>			
	<p><b>14 (F) Follow UP:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>			
	<p><b>15 (E) Exercise:</b> List three ways you can be more rational thinking?</p>			
	<p><b>16 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>			
	<p><b>Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p>			
	<p><b>0</b></p> <p>Not Helpful</p>	<p><b>1</b></p> <p>A Little Helpful</p>	<p><b>2</b></p> <p>Somewhat Helpful</p>	<p><b>3</b></p> <p>Helpful</p>

Cheat Sheet #3	
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to use Non-Extreme Evaluations	(D) Discover Self-Distancing Techniques:
 <p><b>. 1 (B): Awfulizing Attitude –</b>                  {} Awfulizing accentuates feelings of helplessness. {} When I am awfulizing, I believe that is the worst possible situation I could ever face in my entire life, so I feel helpless. {} I can indeed be in a very bad condition, but awfulizing leads to feelings of powerlessness because I think I can't do anything about my situation. {} I think it is too overwhelming and too overpowering.</p>	 <p><b>6 (D) Discover a New Way of Thinking</b>                  {} Accepting you cannot eliminate bad things. {} Acknowledging that bad things exist because they do exist; it does not logically follow that if you don't like certain things (true statement), then those things "must" not happen to us (this is a false statement). {} When you are illogical, you have more stress because it appears that you can't solve the problems that you face each day.</p>
 <p><b>. 2 (D) Discovering Meaningfulness</b>                  {} Feelings of helplessness awakes your need to do something. {} You need to do something that instills confidence in yourself and others.</p>	 <p><b>. 7 (D) Discovering Meaningfulness:</b>                  {} When you acknowledge bad things exists, it will help you do see the meaningfulness in everything, and you need to be logical and systematic to solves your current problems.</p>
 <p><b>. 3 Restricting Your Uniqueness</b> {} Constant thoughts of how awful and horrible my life results in more pain, feeling beaten down, and more negative consequences.                  {} Consistent ideas of how terrible my life is will result in believing that I have no control over my life, and it may lead to feelings of anxiety and extreme dread. {} When I restrict my options, I restrict my uniqueness.</p>	 <p><b>. 8 (D) Discovering Your Uniqueness:</b>                  {} When you face an unwelcomed situation, you have the potentiality to expand your talents and skills. {} Without challenges, you cannot expand your uniqueness.</p>
 <p><b>. 4 (B) Unrealistic Attitude</b>                  {} When I don't test reality, I can't clarify what I want, and it seems impossible to get what I want, given y current resources. {} When I see reality inaccurately, I can't measure what I am not getting and what I am getting.</p>	 <p><b>9 (D): Discover Realistic-Flexible Thinking</b> {} Good things can happen from unfortunate events. You will never like it but being constructive in your daily life.                  {} Exaggerating is distorting reality. {} When you dwell on one fact, you end up denying other facts. {} You pepper your beliefs with half-truths, and your sense of "right and wrong" becomes distorted, and your understanding of "correct and incorrect" becomes imprecise and fuzzy.</p>
 <p><b>5 (B) Unworkable and Impractical Attitudes</b>                  {} Thoughts that maintain my unhealthy negative emotion:                  1. Denying that I am feeling cynical about unfortunate events.                  2. <b>Dig up</b> more excuses, which only makes things worse;                  3. Being <b>determined</b> that I have to eliminate all bad things if my life.</p>	 <p><b>10 (D): Discover Rational-Pragmatic Thinking</b> To change your feelings, and you will work on:                  1. Acknowledging that they should exist when they do;                  2. Acknowledging that you sometimes make adverse events needlessly more unfortunate than they need to be;                  3. Acknowledging that adverse events often exist but you can realize that there is no way you can eliminate adverse events.</p>

**Worksheet #3:**

**(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness**

**(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person**



**. 1 (B): Basic Attitude –**  
 {} Awfulizing accentuates feelings of helplessness. {} When I am awfulizing, I believe that is the worst possible situation I could ever face in my entire life, so I feel helpless. {} I can indeed be in a very bad condition, but awfulizing leads to feelings of powerlessness because I think I can't do anything about my situation. {} I think it is too overwhelming and too overpowering.



**7 (D) Discover a New Way of Thinking**  
 {}



**2 (D) Discovering Meaningfulness in**  
 {}



**. 8 (D) Discovering Meaningfulness:**  
 {}



**3 How this form of thinking Restricts Your Uniqueness**  
 {}



**9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}**



**4 (B) Basic Attitude in Unrealistic and Inflexible**



**10 (D): Discover Realistic-Flexible Thinking–**



**5 (B) Basic Attitude in Unreasonable and Illogical**



**11 (D): Discover Reasonable-Logical Thinking**



**6 (B) Basic Attitude in Unworkable and Impractical**



**12 (D): Discover Rational-Pragmatic Thinking**  
 {}



**13 (F) Follow Up: What was the purpose of this exercise?**

**14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?**



**15 (E) Exercise: List three ways you can be more rational thinking?**



**16 (G) Goal: What goal did you expect to reach by doing this exercise?**



<b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b>				
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Not Helpful</b>	<b>A Little Helpful</b>	<b>Somewhat Helpful</b>	<b>Helpful</b>	<b>Very Helpful</b>

Cheat Sheet #4:	
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to use Non-Extreme Evaluations	(D) Discover Self-Distancing Techniques:
 <p><b>. 1 (B): Basic Attitude</b> – {} Extreme Evaluations are uncritically repeated, accepted, acted upon without reflection, or forethought. {} This thinking brings out other unhealthy feelings and self-defeating behaviors. {} I feel like I never learn from my mistakes. {} I keep on making the same old errors – over and over again! This thinking leads to frustration that creates stress in my life. {} Constant thoughts of how awful and horrible my life is will result in more pain, feeling beaten down, and negative consequences and will result in having no control over my life and may lead to feelings of anxiety and extreme dread.</p>	 <p><b>6 (D) Discover a New Way of Thinking</b> {} Comparing the situation to something worse, such as a deadly hurricane or tornado, will help you see the situation in realistic, logical, and functional terms. {} This thinking will enable you to be more determined and take control of your emotional life. {} Beliefs that are not extreme lead to constructive behaviors and healthy emotions that aid in solving problems, making decisions, and resolving conflicts with loved ones. {} You can start comparing your thoughts and behavioral connections more accurately.</p>
 <p><b>. 2 (D) Discovering Meaningfulness</b> {} Awfulizing is meaningful when I think something is terrible, such as I don't do well in my relationships (non-extreme), and it is awful that I don't do well in relationships is an extreme evaluation. It is meaningful to see I am using illogical because something extreme premise to follow something non-extreme conclusion. <i>I can remember that no one event can be 102% bad - just as nothing can have the quality of 100% goodness; purity is an ideal, not a reality; no circumstance or person can indeed be 100% good or 100% bad.</i></p>	 <p><b>. 7 (D) Discovering Meaningfulness:</b> {} To discover meaningfulness, you want to see patterns and correlations in your life. Correlation does not mean causation, but where there is smoke, there is a good possibility there is a fire.</p>
 <p><b>3 Restricting Your Uniqueness</b> {} Awfulizing develops a sense of make-believe. {} When people face an actual disaster, they feel numb, and the world is passing them by quickly, but they feel like everything is going in slow motion. {} When I over-focus on my anxiety and restrict my uniqueness, I lose sight of my concerns, which results in not effectively solving my problems. {} I want to focus on task-relevant thoughts and about what I can deal with the threat in a constructive way.</p>	 <p><b>8. (D) Discovering Your Uniqueness:</b></p>
 <p><b>. 4 (B) Unrealistic Attitude</b> {} It is awful that you failed (in your relationships, at school, at work)? {} If this statement was true, "It is awful if you don't do well in relationships," then there would be no way that anything could be worse than this because "awful" means it is extreme. {} You think the situation is 100% bad and nothing can be worse. {} You believe this is the worst thing that could ever happen.</p>	 <p><b>9 (D): Discover Realistic-Flexible Thinking</b> <i>Anti-Awfulizing beliefs are not extreme.</i> {} You will never like failing or people rejecting you, but it is not awful to fail in a relationship. {} First, it is bad that you don't do well in relationships. {} Several negative consequences come from failing relationships and divorce. {} Second, you can negate the idea of what is bad is awful, "but it is not awful to fail in relationships because something could always be worse."</p>
 <p><b>5 (B) Unworkable and Impractical Attitudes</b> {} When I take on an unhelpful and an extreme position, I decrease my sense of self-determination and my own best interests. {} I soon stop caring, stop trying, and stop learning. {} When I don't care, I don't think about new solutions to my problems. {} My concerns are that I rarely address my worries because I am avoiding the situation. I think it is "awful." {} This thinking brings about feelings of anxiety and excessive fear.</p>	 <p><b>10 (D): Discover Rational-Pragmatic Thinking</b> {} Constructive is not identical to destructive. These thoughts contradict each other, and they exclude each other. {} Awfulizing leads to self-defeating and self-destructive behaviors. {} When you dwell or exaggerate on one thing, you illogically conclude you don't have a choice. {} You may not stop bad things from happening, but you can choose to refuse to awfulize about them. {} The total of your misery is not identical to terrible events. {} When you are logical, you have a better chance of solving your problems.</p>

**Worksheet #4:**

**(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness**

**1 (B): Basic Attitude –**  
 {} Extreme Evaluations are uncritically repeated, accepted, acted upon without reflection, or forethought. {} This thinking brings out other unhealthy feelings and self-defeating behaviors. {} I feel like I never learn from my mistakes. {} I keep on making the same old errors – over and over again! This thinking leads to frustration that creates stress in my life. {} Constant thoughts of how awful and horrible my life is will result in more pain, feeling beaten down, and negative consequences and will result in having no control over my life and may lead to feelings of anxiety and extreme dread.



**(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person**

**7 (D) Discover a New Way of Thinking**  
 {}



**2 (D) Discovering Meaningfulness in**  
 {}



**8 (D) Discovering Meaningfulness:**  
 {}



**3 How this form of thinking Restricts Your Uniqueness**  
 {}



**9 (D) Discover Constructive Ways to Expand Your Uniqueness: {}**



**4 (B) Basic Attitude in Unrealistic and Inflexible**



**10 (D): Discover Realistic-Flexible Thinking–**



**5 (B) Basic Attitude in Unreasonable and Illogical**



**11 (D): Discover Reasonable-Logical Thinking**



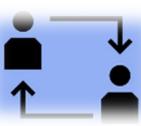
**6 (B) Basic Attitude in Unworkable and Impractical**



**12 (D): Discover Rational-Pragmatic Thinking**  
 {}



**13 (F) Follow Up: What was the purpose of this exercise?**



**14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?**



**15 (E) Exercise: List three ways you can be more rational thinking?**



**16 (G) Goal: What goal did you expect to reach by doing this exercise?**

	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

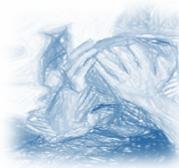
Overestimating the threat and underestimating my ability to cope with the threat.

Cheat Sheet #5:	
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to use Non-Extreme Evaluations	(D) Discover Self-Distancing Techniques:
 <p><b>. 1 (B): Basic Attitude</b> – {} When I disregard my feelings, thoughts, and concerns, I am ignoring my real feelings. When I make a feeling of “make-believe,” {} I am not helping yourself, and I am creating more problems for yourself. {} This form of awfulizing usually leads to anxiety because I think I am going to re-experience this horrible event. {} When I overestimate the probability of a threat and underestimate my ability to cope, I increase feeling anxious, and I have a more negative thought in my mind.</p>	 <p><b>6 (D) Discover a New Way of Thinking</b> {} You know that this bad thing will not last forever. {} If it did last longer than you expected, then you don't have to upset yourself about your life not going as you planned. {} You can attack your irrational beliefs about this unfortunate event every day so you can feel the way you want to feel.</p>
 <p><b>. 2 (D) Discovering Meaningfulness</b> {} When I am defensiveness, my mind is telling me that I am facing personal conflicts, and I will have more difficulty solving problems with loved ones. {} I only realize that I am being defensiveness when I am disrespecting others, I am feeling contemptuous, I want to give up, I am stonewalling, and disconnecting from others.</p>	 <p><b>. 7 (D) Discovering Meaningfulness:</b> {} Bad things happen to good people, and bad things happen to bad people. {} Finding meaningfulness is not about revenge or getting what you want all the time. {} It is about hard work, knowing your purpose, and knowing that purpose is significant and essential.</p>
 <p><b>3 Restricting Your Uniqueness</b> {} I believe I have lost my capacity to be happy or to tolerate unwanted events. {} When I cannot tolerate frustration, I think since I am unhappy now, I can't be satisfied in the future.</p>	 <p><b>. 8 (D) Discovering Your Uniqueness:</b> {} Discovering new ways to handle adversities and unwanted events is the best way to expand your uniqueness.</p>
 <p><b>. 4 (B) Unrealistic Attitude</b> {} It is bad if I don't do well in my relationships, at work, in school (non-extreme), and it is awful that I don't do well in relationships at work, in school (extreme). {} It is not logical for something extreme to follow something non-extreme. {} The statement “It is bad if I don't do well in my relationships, but it does not logically follow that “it is awful.” {} When I take an extreme position on the situation, I demand perfection of myself and others. {} When I am requesting fulfillment, I am not attempting to control the situation to bring about this unattainable perfection. {} With a demanding end, my sense of desperation and discouragement increase, which results in more depression and anxiety.</p>	 <p><b>9 (D): Discover Realistic-Flexible Thinking</b> {} Unfortunate things happen to everyone. {} It happens to the rich, the poor, the famous, and the unknown. {} Realistically, you are demanding perfection from the world. {} You want to see those bad things happen because that is the way life has been in the past, is now, and, in all probability, bad things will continue to happen.</p>
 <p><b>5 (B) Unworkable and Impractical Attitudes</b> {} It leads to unhealthy negative emotions, such as anxiety, depression, guilt, shame, hurt, anger. {} It leads to behaviors that are not constructive, such as withdrawing, avoiding loved ones and responsibilities, overworking, and abusing substances. {} It leads to distorted thinking, such as over-estimating adverse events and under-estimating your resources.</p>	 <p><b>10 (D): Discover Rational-Pragmatic Thinking</b> {} Dwelling on one element of your life will interfere with the other aspects of your life. {} When you distort reality, you stop trying; you give up your sense of choice and self-determination. {} You see things as being impossible, so you develop feelings of helplessness; you start demanding perfection, which only leads to feelings of discouragement and desperation.</p>

**Worksheet #5:**

**(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness**

**(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person**



**. 1 (B): Basic Attitude –**  
 – {} When I disregard my feelings, thoughts, and concerns, I am ignoring my real feelings. When I make a feeling of “make-believe,” {} I am not helping yourself, and I am creating more problems for yourself.  
 {} This form of awfulizing usually leads to anxiety because I think I am going to re-experience this horrible event. {} When I overestimate the probability of a threat and underestimate my ability to cope, I increase feeling anxious, and I have a more negative thought in my mind.



**7 (D) Discover a New Way of Thinking**  
 {}



**2 (D) Discovering Meaningfulness in**  
 {}



**. 8 (D) Discovering Meaningfulness:**  
 {}



**3 How this form of thinking Restricts Your Uniqueness**  
 {}



**9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}**



**4 (B) Basic Attitude in Unrealistic and Inflexible**



**10 (D): Discover Realistic-Flexible Thinking–**



**5 (B) Basic Attitude in Unreasonable and Illogical**



**11 (D): Discover Reasonable-Logical Thinking**



**6 (B) Basic Attitude in Unworkable and Impractical**



**12 (D): Discover Rational-Pragmatic Thinking**  
 {}



**13 (F) Follow Up: What was the purpose of this exercise?**

**14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?**



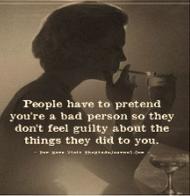
**15 (E) Exercise: List three ways you can be more rational thinking?**



**16 (G) Goal: What goal did you expect to reach by doing this exercise?**



<b>Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Not Helpful</b>	<b>A Little Helpful</b>	<b>Somewhat Helpful</b>	<b>Helpful</b>	<b>Very Helpful</b>

Cheat Sheet #6:	
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to use Non-Extreme Evaluations</b></p>	<p><b>(D) Discover Self-Distancing Techniques:</b></p>
 <p><b>. 1 (B): Basic Attitude</b> – {} Feelings of Fear – When I believe something is awful, my sense of fear increases. {} This thinking could result in feeling anxious and all the self-defeating behaviors that go along with feeling worried, such as avoiding, procrastinating, and feeling moody and irritable. {} When I think adverse events will last forever, I tend to give up. I think the situation is hopeless. {} I am overly nervous, or I am overthinking the long-term effect, which may or may not happen. {} Excessive fear leads to anxiety, which leads to a higher chance of feeling angry, depressed, jealousy, hurt, envious, etc. {} I cannot predict the future accurately because I have this human tendency to over-estimate or to under-estimate.</p>	 <p><b>6 (D) Discover a New Way of Thinking</b> {} Being Determined to take control of your emotional choices demonstrates you can be trusted, and you can reach your short and long-term goals. {} Expectations are useful for setting standards, but you want to remember that expectations can quickly become “demands.” {} When your expectations are realistic, you understand that bad thing don’t last forever. {} Many events are moderately adverse, and the situation could be worse.</p>
 <p><b>. 2 (D) Discovering Meaningfulness</b> {} When I believe something is awful, my sense of awareness increases. {} Feeling anxious and not getting along with others is a warning not to avoid, procrastinate, and get irritable at others. {} When I think adverse events will last forever, I tend to give up, but I need to tell myself that persistence is one of life’s demands.</p>	 <p><b>. 7 (D) Discovering Meaningfulness:</b> {} It takes determination, confidence, and inspiration to discover meaningfulness.</p>
 <p><b>3 Restricting Your Uniqueness</b> {} When you awfulize, you are taking an extreme view of things. {} It is true it is unfortunate, which is a non-extreme view. {} Logically, an extreme view is not identical to a stern look (it’s awful), and non-extreme opinions (it’s wrong but not terrible) can contradict and exclude non-extreme views. {} Illogical restrict your uniqueness because your brain is getting mixed messages, so it goes into survival mode.</p>	 <p><b>8. (D) Discovering Your Uniqueness:</b> {} You realize that unfortunate events don’t last forever (Time perspective). {} You know that things won’t appear as bad as they are now. {} If you experience permanent physical damage, you can change your beliefs about your misfortune. {} You realize that there are positive and negative consequences in every situation. {} It is only the percent of good and bad in every situation you can see as accurate.</p>
 <p><b>. 4 (B) Unrealistic Attitude</b> <i>Low frustration tolerance beliefs are inflexible and extreme.</i> {} When I adhere to a frustration intolerance belief, I am adhering to inflexible ideas because I am unwilling to alter a predetermined course of action or purpose. {} For instance, if I believe “I can’t stand to exercise or do my taxes,” I will most likely not exercise or pay my taxes. {} When holding on to a frustration intolerance belief, my thinking is rigid because I am adhering rigidly – even conforming slavishly to a conclusion that is extreme and undermines my goals and self-interest. {} I believe “I can’t stand it,” because this task is too frustrating, so I think that I don’t have to do it!</p>	 <p><b>9 (D): Discover Realistic-Flexible Thinking</b> {} <i>Anti-Awfulizing beliefs are not extreme.</i> {} Something can always be worse, and you can’t find one situation that is 100% bad. {} No relationship or situation can be 101% good or 102% bad. {} There are worse things than failed relationships; something could be worse. {} There were positive things about getting out of this relationship, and there were negative about leaving this relationship.</p>
 <p><b>5 (B) Unworkable and Impractical Attitudes</b> {} A frustration intolerance has two components (1) non-extreme component (e.g., “I don’t like being in difficult situations”) and (2) an extreme component (“...therefore I shouldn’t be in this intolerable situation”). {} The latter does not logically follow from the former since a non-extreme position cannot be identical or consistent with an extreme point of view.</p>	 <p><b>10 (D): Discover Rational-Pragmatic Thinking</b> {} Awfulizing tends to numb you. It makes all actions feel hopeless. {} When you see things as impossible, you stop trying, and other harmful, unhealthy feelings develop, such as depression.</p>

**Worksheet #6:**

**(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness**

**. 1 (B): Basic Attitude –**  
 – {} Feelings of Fear – When I believe something is awful, my sense of fear increases.  
 {} This thinking could result in feeling anxious and all the self-defeating behaviors that go along with feeling worried, such as avoiding, procrastinating, and feeling moody and irritable. {} When I think adverse events will last forever, I tend to give up. I think the situation is hopeless. {} I am overly nervous, or I am overthinking the long-term effect, which may or may not happen. {} Excessive fear leads to anxiety, which leads to a higher chance of feeling angry, depressed, jealousy, hurt, envious, etc.  
 {} I cannot predict the future accurately because I have this human tendency to over-estimate or to under-estimate.

**2 (D) Discovering Meaningfulness in**  
 {}

**3 How this form of thinking Restricts Your Uniqueness**  
 {}

**4 (B) Basic Attitude in Unrealistic and Inflexible**

**5 (B) Basic Attitude in Unreasonable and Illogical**

**6 (B) Basic Attitude in Unworkable and Impractical**

**13 (F) Follow Up: What was the purpose of this exercise?**  
**14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?**

**15 (E) Exercise: List three ways you can be more rational thinking?**

**16 (G) Goal: What goal did you expect to reach by doing this exercise?**

	<b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b>				
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Not Helpful</b>	<b>A Little Helpful</b>	<b>Somewhat Helpful</b>	<b>Helpful</b>	<b>Very Helpful</b>

**(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person**

**7 (D) Discover a New Way of Thinking**  
 {}

**. 8 (D) Discovering Meaningfulness:**  
 {}

**9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}**

**10 (D): Discover Realistic-Flexible Thinking–**

**11 (D): Discover Reasonable-Logical Thinking**

**12 (D): Discover Rational-Pragmatic Thinking**  
 {}

**13 (F) Follow Up: What was the purpose of this exercise?**

**14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?**

**15 (E) Exercise: List three ways you can be more rational thinking?**

**16 (G) Goal: What goal did you expect to reach by doing this exercise?**

**Cheat Sheet #7:**

(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to use Non-Extreme Evaluations	(D) Discover Self-Distancing Techniques:
 <p><b>. 1 (B): Basic Attitude –</b> {} Always believing this situation is the worst thing that could ever happen to us, thinking this is a permanent situation, feeling this situation will continue to happen if I don't see it as being awful (continuous). {} Awfulizing leads to deep-seated feelings of anxiety by blowing the case out of proportion. {} When I exaggerate, I am giving yourself an inaccurate picture of the case, so I have made a difficult situation seem impossible. {} This thinking could lead to feelings of hopelessness and helplessness, which would increase my feelings of depression and anxiety.</p>	 <p><b>6 (D) Discover a New Way of Thinking</b> {} An awfulizing belief is extreme, while the world is not extreme. {} Awfulizing is an “extreme” view of things. {} When I take an exaggerated view of things, we have a greater tendency to stop trying, and we give up our sense of choice. {} This form of thinking brings about a feeling of helplessness, which decreases my ability to tolerate frustration.</p>
 <p><b>. 2 (D) Discovering Meaningfulness</b> {} Extreme evaluations are telling myself that I am overestimating the impact of events, and I am underestimating my ability to marshal my resources.</p>	 <p><b>. 7 (D) Discovering Meaningfulness:</b> {} The world has extreme moments, such as disasters, wars, etc. once in a while, but every moment, there is meaningfulness. Creating meaningfulness takes tolerance, courage, and humility.</p>
 <p><b>. 3 Restricting Your Uniqueness</b> {} The belief “bad things must not exist because I don't like it” is rigid because it involves only one choice (not to exist); it is a half-truth because it exists; you can't solve the problem with it only half the information. {} So, rigid beliefs and flexible beliefs are not identical. {} Since these beliefs are not similar, either it is an unyielding belief or a resilient belief. {} Something can't be rigid and flexible at the same time because they are not identical. {} It is an impossible goal to make things not exist that do exist, such as adverse events.</p>	 <p><b>8. (D) Discovering Your Uniqueness:</b> {} You can suspend your judgment until you have all the relevant facts. {} You have a higher chance of seeing your alternatives and options more realistically. {} You are more willing to listen to others without giving up your sense of self-direction and purpose.</p>
 <p><b>. 4 (B) Unrealistic Attitude</b> {} It is awful that I failed (in my relationships, at school, at work). If this statement was right, “It is awful if I don't do well in relationships,” then there would be no way that anything could be worse than this because “awful” is this extreme means it is. {} I think the situation is 100% bad and nothing can be worse. # I believe this is the worst thing that could ever happen. {} It goes against reality that “it must not be harmful as it is. It can only be what it is – no better or no worse. {} I believe nothing good will come of failing in this marriage/ job/ friendship. {} When I awfulize, I fail to put things into perspective. I believe that no other aspect exists or matters.</p>	 <p><b>9 (D): Discover Realistic-Flexible Thinking</b> <i>Anti-Awfulizing Attitudes are not extreme.</i> {} Other perspectives do exist and do matter. {} You have a <i>time perspective</i>, which states that terrible events <i>do not</i> last forever. Things won't appear as bad as they do now in 6 months or a year. {} Do you have a <i>comparative perspective</i> in which you see how does this event, failed marriage, compare in badness to other activities such as the holocaust?</p>
 <p><b>5 (B) Unworkable and Impractical Attitudes</b> {} When I abide by frustration intolerance beliefs, I abide adamantly to the idea I “can't stand it, which results in believing there is no way I will be able to tolerate such a frustrating task or situation.</p>	 <p><b>10 (D): Discover Rational-Pragmatic Thinking</b> <i>Semantically Un-Clear</i> {} When something is awful, it is: (a) exceptionally bad, (b) bad, or (c) as bad as it could be. {} When important people in your life act disrespectfully, you don't have to see it as exceptionally bad but only as moderately bad. {} It is certainly not totally because it could always be worse. {} So, this belief doesn't, by any means, conform to reality. {} You will have trouble proving that their acts against you are harmful. {} Because in some respects, they may be “good,” others may not view them as “bad.” {} The concept of desertedness for one's sins implies that individual acts are unquestionably under all conditions sinful, and this is impossible to prove. {} When something is awful, it is: (a) terrible, (b) bad, or (c) as bad as it could be.</p>

**Worksheet #7:**

**(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness**

**1 (B): Basic Attitude –**  
 {} Always believing this situation is the worst thing that could ever happen to us, thinking this is a permanent situation, feeling this situation will continue to happen if I don't see it as being awful (continuous). {} Awfulizing leads to deep-seated feelings of anxiety by blowing the case out of proportion. {} When I exaggerate, I am giving yourself an inaccurate picture of the case, so I have made a difficult situation seem impossible. {} This thinking could lead to feelings of hopelessness and helplessness, which would increase my feelings of depression and anxiety.

**2 (D) Discovering Meaningfulness in**  
 {}

**3 How this form of thinking Restricts Your Uniqueness**  
 {}

**4 (B) Basic Attitude in Unrealistic and Inflexible**

**5 (B) Basic Attitude in Unreasonable and Illogical**

**6 (B) Basic Attitude in Unworkable and Impractical**

**13 (F) Follow Up: What was the purpose of this exercise?**

**14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?**

**15 (E) Exercise: List three ways you can be more rational thinking?**

**16 (G) Goal: What goal did you expect to reach by doing this exercise?**

**(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person**

**7 (D) Discover a New Way of Thinking**  
 {}

**8 (D) Discovering Meaningfulness:**  
 {}

**9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}**

**10 (D): Discover Realistic-Flexible Thinking–**

**11 (D): Discover Reasonable-Logical Thinking**

**12 (D): Discover Rational-Pragmatic Thinking**  
 {}

	<b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b>				
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Not Helpful</b>	<b>A Little Helpful</b>	<b>Somewhat Helpful</b>	<b>Helpful</b>	<b>Very Helpful</b>

Exaggerating interferes with Problem Solving

Cheat Sheet #8:	
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to use Non-Extreme Evaluations	(D) Discover Self-Distancing Techniques:
 <p><b>. 1 (B): Basic Attitude</b> – {} When I exaggerate, I am using incorrect information in an attempt to solve problems –I see things as exceptionally bad, which gives us the idea that this situation is 100% awful. {} When I exaggerate, I feel the way I don't want to feel. {} This thinking will only lead to unsuccessful attempts to improve my life. {} I don't see reality accurately, which has an impact on my problem-solving abilities and ability to make rational decisions, which brings about more unhealthy negative emotions.</p>	 <p><b>6 (D) Discover a New Way of Thinking</b> Anti-Awfulizing beliefs are true. {} When you don't awfulize, you can see some see the situation as unfortunate. {} Most situations involve significant consequences while realizing it is unfortunate, but it is only a partial aspect of your life. {} You can see this lousy event as sad, but you still have other pleasures. Other perspectives do exist and do matter. {} (Time perspective) Won't things appear as bad as they do now in six months or years? {} (Comparative perspective) How does this event, failed marriage, compare in badness to other activities such as the holocaust?</p>
 <p><b>. 2 (D) Discovering Meaningfulness</b> {} When I think it is the worst thing that could ever happen, I am protecting myself. {} I want to use non-extreme evaluation. {} When I use non-extreme belief, I can cope with this problem.</p>	 <p><b>. 7 (D) Discovering Meaningfulness:</b> {} To discover meaningfulness, your eyes and mind need to be open. If you are so busy awfulizing, then meaningfulness will pass you by right in front of you.</p>
 <p><b>. 3 Restricting Your Uniqueness</b> {} People's concerns are rarely addressed because I am avoiding the situation I feel is "awful." {} This form of thinking brings about feelings of anxiety and excessive fear, which restricts my sense of uniqueness.</p>	 <p><b>8. (D) Discovering Your Uniqueness:</b> {} You can discover meaningfulness if avoid awfulizing. {} Awfulizing beliefs involve a non-extreme position, and you realize that the world is not extreme. {} For instance, it doesn't snow all the time; the temperature varies, etc. all things in nature change.</p>
 <p><b>. 4 (B) Unrealistic Attitude</b> {} It is illogical to believe you can avoid reality or blame people for the truth because it does not follow that because you don't like something, "it must not happen." {} Denying bad things or the good that comes from adverse events will not magically change anything. Your wishing does not change reality.</p>	 <p><b>9 (D): Discover Realistic-Flexible Thinking</b> {} It exists because it exists, and all the whining in the world will not change the fact that bad things happen. {} Realistically, you cannot remove the bad from a situation or prevent bad things from happening your entire life. {} When you are realistic, you focus on what is workable and doable. {} You will set yourself up for failure when you establish impossible goals for yourself, such as "I must never fail because I have to be perfect."</p>
 <p><b>5 (B) Unworkable and Impractical Attitudes</b> {} An frustration intolerance belief has two components (1) non-extreme component (e.g., "It is difficult to tolerate") and (2) an extreme component ("...therefore it is intolerant"). {} The latter does not logically follow from the former since I inevitably cannot derive something drastic from something that is non-extreme.</p>	 <p><b>10 (D): Discover Rational-Pragmatic Thinking</b> {} Denying will make matters worse, and accepting will help you start to problem solve. {} Figure out what you can change and figure out what you can't change about the situation. Focus on what you can influence. {} Do your best and forget the rest. {} Wisely choose the best, which means the most effective and work very hard at improving your life.</p>

**Worksheet #8:**

**(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness**

**(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person**



**. 1 (B): Basic Attitude –**  
 – {} When I exaggerate, I am using incorrect information in an attempt to solve problems –I see things as exceptionally bad, which gives us the idea that this situation is 100% awful. {} When I exaggerate, I feel the way I don't want to feel. {} This thinking will only lead to unsuccessful attempts to improve my life. {} I don't see reality accurately, which has an impact on my problem-solving abilities and ability to make rational decisions, which brings about more unhealthy negative emotions.



**7 (D) Discover a New Way of Thinking**  
 {}



**2 (D) Discovering Meaningfulness in**  
 {}



**. 8 (D) Discovering Meaningfulness:**  
 {}



**3 How this form of thinking Restricts Your Uniqueness**  
 {}



**9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}**



**4 (B) Basic Attitude in Unrealistic and Inflexible**



**10 (D): Discover Realistic-Flexible Thinking–**



**5 (B) Basic Attitude in Unreasonable and Illogical**



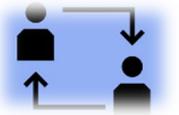
**11 (D): Discover Reasonable-Logical Thinking**



**6 (B) Basic Attitude in Unworkable and Impractical**



**12 (D): Discover Rational-Pragmatic Thinking**  
 {}



**13 (F) Follow Up: What was the purpose of this exercise?**

**14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?**



**15 (E) Exercise: List three ways you can be more rational thinking?**



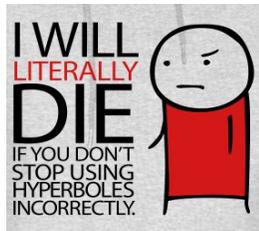
**16 (G) Goal: What goal did you expect to reach by doing this exercise?**



<b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b>				
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Not Helpful</b>	<b>A Little Helpful</b>	<b>Somewhat Helpful</b>	<b>Helpful</b>	<b>Very Helpful</b>

**What can you do when bad things happen? Albert Ellis suggests...**

<p style="text-align: center;"><b>A</b></p> 	<p><b>Accept it</b></p>	<p>Accept it but still dislike it. Distinctly dislike it but still fully accept that it “should” exist because it does.</p>
<p style="text-align: center;"><b>B</b></p> 	<p><b>Best to remove it</b></p>	<p>Live with it and do your best to remove it. Learn new skills or get more training.</p>
<p style="text-align: center;"><b>C</b></p> 	<p><b>Construct something new out of it</b></p>	<p>You can see the negative and positive in every situation. See it as unfortunate and I still have other pleasures. See that it has some good aspects. Positive and good aspects in every situation</p>
<p style="text-align: center;"><b>D</b></p> 	<p><b>Don't dwell on it</b> — <b>Don't exaggerate it.</b></p>	<p>Don't dwell on it and don't exaggerate its horror. Don't enlarge or increase beyond the average. Don't overemphasize. Don't make an overstatement.</p>
<p style="text-align: center;"><b>E</b></p> 	<p><b>Examine it and Test Reality</b></p>	<p>Realize adverse events are inevitable. Realize it may be inevitable and incapable of being avoided or evaded. Test reality and decide what you can control and what you can't control. Test reality and decide whom you can influence and how you can control them.</p>
<p style="text-align: center;"><b>F</b></p> 	<p><b>Fateful – Unfortunate</b></p>	<p>Involving momentous consequences It is unfortunate, but are only partial aspect of your life.</p>

<p><b>Accept</b> it unconditionally:</p>  <p>You can accept it without liking it</p>	<ul style="list-style-type: none"> <li>Responsible: Denying will make matters worse and accepting will help us begin to problem solve.</li> <li>Realistically: Bad things exist because they exist and all the whining in the world will not change the fact that bad things happen.</li> <li>Accepting will not logically make you feel worse, as denying will not logically make you feel better in the long run. It is how you view of the situation that influences your emotional reactions.</li> </ul>
<p><b>Best</b> to remove it:</p>  <p>Do your best to correct the situation.</p>	<ul style="list-style-type: none"> <li>Figure out what you can change and figure out what you can't change about the situation. Focus on what you can influence. Do your best and forget the rest. Wisely choose the best, which means the most effective and work very hard at improving your life.</li> <li>Realistically, you cannot remove the bad from a situation or prevent bad things. When you are realistic, you focus on what is workable and doable. You will set yourself up for failure when you establish impossible goals for yourself, such as "I must never fail because I have to be perfect."</li> <li>Logically, you cannot have right without a wrong just as you cannot have an "up" without a "down."</li> <li>So, you are illogical when you over-focus on the bad because the vast majority of situations you face various parts that are excellent and numerous parts that are bad.</li> <li>You don't want to judge the "whole" based on a few pieces. A few bad apples cannot spoil the entire barrel of apples.</li> </ul>
<p><b>Construct</b> something new out of it; some good may come out of this very bad situation</p> 	<ul style="list-style-type: none"> <li>Awfulizing tends to numb us. It makes your actions feel hopeless.</li> <li>When you see things as impossible, you stop trying, and other harmful, unhealthy feelings develop, such as depression.</li> <li>Good things can happen from unfortunate events.</li> <li>You will never like adverse events, but you can be productive and constructive in your daily life.</li> <li>Constructive is not identical to destructive—this thinking to contradict each other and exclude each other. Awfulizing can lead to self-defeating and self-destructive behaviors.</li> </ul>
<p><b>Don't</b> exaggerate it or dwell on it.</p> 	<ul style="list-style-type: none"> <li>When you dwell or exaggerate on one thing, you illogically conclude you don't have a choice. You may not stop bad things from happening, but you can choose your attitude about the adversity, and you can refuse to awfulize about them. The total of your misery is not identical to terrible events. When you are rational and use your brain and abilities efficiently, you have a better chance of solving your problems.</li> <li>Exaggerating is distorting reality. When you dwell on one fact, you end up denying other facts.</li> <li>Your pepper your beliefs with half-truths, and your sense of "right and wrong" becomes distorted, and your understanding of "correct and incorrect" becomes imprecise and fuzzy.</li> <li>Dwelling on one element of your life will interfere with the other aspects of your life. When you distort reality, you tend to stop trying. You give up your sense of choice and self-determination; you view certain activities as impossible, so you develop feelings of helplessness.</li> <li>You start demanding perfection, which leads to feelings of discouragement and desperation.</li> </ul>
<p><b>Examine and Test Reality:</b> realize you can't avoid bad things from happening</p> 	<ul style="list-style-type: none"> <li>It is illogical to believe you can avoid reality or blame people for the truth. It does not follow that because you don't like something, "it must not happen." Denying bad things or the good that comes from adverse events will not magically change anything. Your wishing does not change reality.</li> <li>When you see reality accurately, you can measure what you are not getting and what you are getting.</li> <li>Factually, the deed is done, and all the droning will not make a horrible event into an outstanding event.</li> <li>When you test reality, you clarify what you want, and it is possible to get what you want at this time, given your current resources.</li> </ul>
<p><b>Fateful - Unfortunate:</b> see it as unfortunate and not something that is awful, terrible, or horrible</p> 	<ul style="list-style-type: none"> <li>When you awfulize, you are taking an extreme view of things. It is true it is unfortunate, which is a non-extreme view.</li> <li>Logically, a non-extreme view is not identical to an extreme view (it's awful), and non-extreme views can contradict and exclude extreme views.</li> <li>Unfortunate bad things happen to everyone. It happens to the rich, the poor, the famous, and the unknown. You don't want to demand perfection from the world. You know that bad things happen because that is how life has been in the past, is now, and, in all probability, bad things will continue to occur in the future.</li> <li>To help deal with stress, you can choose to see unfortunate events lightly, moderately, or catastrophically. When you see things as unfortunate, you have a better chance of solving your problems and getting what you want.</li> </ul>

<b>Accept</b> it unconditionally:	<i>You don't like, but you can accept it because...</i>
<b>Best</b> to remove it:	<i>You will like such behaviors from others, but you can remove and correct these aspects of your life by...</i>
<b>Construct</b> something new out of it:	<i>You don't like, but it is not hopeless because...</i>
<b>Don't</b> exaggerate it	<i>You don't like, but with effort and persistence you can solve this difficult problem...</i>
<b>Examine &amp; Test Reality:</b>	<i>You don't like it, but you can think realistically, solve problems, and communicate clearly with others by....</i>
<b>Fateful - Unfortunate</b>	<i>You don't like this unfortunate event or situation, but it is not an extreme situation or events because....</i>
<b>Good things</b> can happen from bad events	<i>You don't like it, but there are the things that you have found meaningful in this situation. What were the positive elements of the situation?</i>

Choices: Awful (Find the extreme choice)	Preference with Negation	Because	Because
#1 I can't maintain a good relationship. It is awful to be in a horrible relationship.	I want to be in a good relationship, but it is not awful when a relationship fails.	There are much worse things that can happen, like going blind and becoming deaf.	Failed relationships are meaningful because I can be more tolerant to another person's needs and wants.
#2 I don't like it when people yell at me and it is awful when people scream at me and put me down!			
#3 I feel horrible when I am depressed and I can't do anything about the way I feel. "I'm bi-polar."			
# 4 Life is awful if you don't exactly give me what I need.			
# 5 You are no damned good for making me feel horrible.			
# 6 It would be awful if bad things happened, as they must not.			
# 7 I can't stand that awful things might happen			
# 8 This would be a fate worse than death.			

<b>Choices: Awful</b> <b>(Find the extreme choice)</b>	<b>Correcting:</b> <b>D: Dispute</b> <b>Cancelling out demand</b>	<b>Changing:</b> <b>E: Effective new belief</b> <b>Changing to a realistic belief</b>	<b>Changing:</b> <b>E: Effective new belief</b> <b>Changing to a logical/ and pragmatic belief</b>
<p># 9 It's awful that I can't handle these frustrating conditions.</p>	<p>You don't like experiencing frustration, but it is not awful when things go badly. Frustration is meaningful because you are working in an important part of your life. If it was not frustrating, it would mean you didn't care about it. Realistically, anything worth something is always difficult to achieve. It does not follow because you don't like frustration, then it must not happen.</p>		
<p># 10 Between my helplessness and feelings of inadequacy, I am always letting myself down, my whole life is hopeless.</p>			
<p># 11 Because I must not act wrongly and my acts are awful, I am awful, and I, therefore, should be condemned and punished.</p>			
<p># 12 Conditions must be better! What an awful world it is for it is poorly arranged and the world is horrible to me.</p>			