

REBT

Rational Emotive Behavior Therapy

Godly Biblical Beliefs

Safe Beliefs/Truth

I get my self-worth from God

God Loves me.

God is all powerful.

God is faithful

God will provide

All things work together for good

for those who love him (Roms 8:28)

Worldly Beliefs

My Beliefs

_ (My Job)_ is a measure of my self-worth.

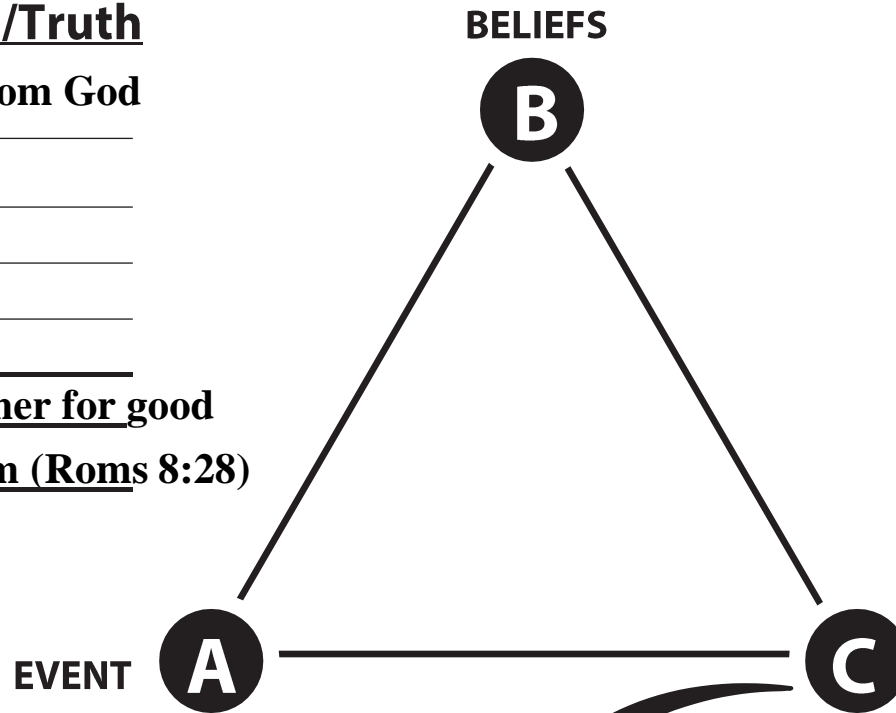
People should act a certain way.

I deserve a good income.

It is up to me to make things work.

My case is different.

Nobody understands me.



Fired from Job

FEELINGS/
EMOTIONAL REACTION

Fear

uncertainty, insecure, doubtful

angry, hurt, disrespected,

depressed, anxious.

NEGATIVE ACTIONS/BEHAVIORS

Yell at wife or kids

Drink alcohol, take drugs.

Break something, Hit something,

gamble, porn, over eat.