

Identifying Irrational Beliefs

Application Guide

What are some recent instances where you saw your stress level rise? Take a look: was there an irrational belief involved that added to your stress?

What are some irrational beliefs that you hold regarding ...

- ↪ Who you are as an individual? i.e., “I can’t do anything right,” or “I have to be perfect all of the time.”

- ↪ How you relate to other people? i.e., “I am responsible for the happiness of the people around me,” or “No one must ever be angry with me.”

- ↪ How you act on the job? i.e., “I have to get everything right the first time – all the time,” or “I have to beat every deadline.”

Have your irrational beliefs negatively impacted your decision-making processes? If so, when and how?

