

- DOGMATIC DEMANDS (musts, absolutes, shoulds)
- AWFULIZING
 (II's awful, terrible, horrible)
- LOW FRUSTRATION TOLERANCE (I can't stand it)
- SELF/OTHER RATING (I'm / he / she is bad, worthless)

- Where is holding this belief getting me? Is it helpful or self-defeating?
- Where is the evidence to support the existence of my irrational belief? Is it consistent with reality?
- Is my belief logical? Does it follow from my preferences?
- Is it really awful (as bad as it could be?)
- Can I really not stand it?

- NON-DOGMATIC PREFERENCES (wishes, wants, desires)
- EVALUATING BADNESS (it's bad, unfortunate)
- HIGH FRUSTRATION TOLERANCE (I don't like it, but I can stand it)
- NOT GLOBALLY RATING SELF OR OTHERS (I--and others-are failible human beings)

- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Frustration

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