

Disputing Irrational Beliefs Handout

Self-defeating irrational beliefs describe any unhelpful views you hold about yourself, others, and your environment.

As well as being detrimental to our self-esteem, they can negatively influence our sense of self-worth, despite being unrealistic or unlikely.

For example: *"I don't deserve to enjoy myself because I don't work hard enough."*

By definition, irrational beliefs have few to no bases in reality.

Asking yourself these questions on a regular basis can help you develop a more rational approach to thinking.

Instructions

Think of one self-defeating irrational belief that you would like to dispute and defuse.

Spend at least 10-15 minutes daily noting down your answers to the following questions:

What is the self-defeating irrational belief I would like to dispute and reduce?

Am I able to support this belief with objective facts?

What proof is there that this belief is false?

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Is there any proof that this belief is true?

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What is the worst possible outcome that could occur if I fail to get what I believe I must?
Or...what's the worst possible outcome if I do get what I believe I mustn't? What other negative things could happen to me?

What positive things could I cause to happen if my undesirable scenarios pan out?

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