

## **The 10 Most Common Irrational Beliefs**

1. The idea that you must – yes, must – have love or approval from all the significant people in your life.
2. The idea that you absolutely must be thoroughly competent, adequate, and achieving.
3. The idea that people absolutely must not act obnoxiously and unfairly, and that when they do, you should blame and damn them, and see them as bad, wicked, or rotten individuals.
4. The idea that you have to see things as being awful, terrible, horrible, and catastrophic when you are seriously frustrated or treated unfairly.
5. The idea that you must be miserable when you have pressures and difficult experiences; and that you have little ability to control, and cannot change your disturbed feelings.
6. The idea that if something is dangerous or fearsome, you must obsess about it and frantically try to escape from it.
7. The idea that you can easily avoid facing many difficulties and self-responsibilities and still lead a highly fulfilling existence.
8. The idea that you're past remains all-important and that because something once strongly influences your life, it has to keep determining your feelings and behavior today.
9. The idea that people and things absolutely must be better than they are and that it is awful and horrible if you cannot change life's grim facts to suit you.
10. The idea that you can achieve maximum human happiness by inertia and inaction or by passively and uncommittedly “enjoying yourself.”

“A Guide to Rational Living”

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