

Incorrect or irrational core beliefs:

•“I must do well and win approval for my performance or else I rate as a rotten person.”

•“Others must treat me considerately and kindly and precisely the way I want them to treat me if they don't society and the universe must severely blame, damn, and punish them for being inconsiderate.”

•“Conditions under which I live must be arranged so that I get practically everything I want comfortably, quickly, and easily and so I get nothing that I don't want.”

- Albert Ellis

Irrational beliefs held by children:

- It's awful if others don't like me.
- I'm bad if I make a mistake.
- Everything should go my way.
- I should always get what I want.
- Things should come easy to me.
- The world should be fair and bad people must be punished.
- I shouldn't show my feelings.
- Adults should be perfect.
- There's only one right answer.
- I must win!
- I shouldn't have to wait for anything.
- It's my parents fault if I'm not happy.
- I can't help it that's just the way I am.
- It's better to avoid challenges than to risk failure.
- I can't stand to be criticized.

