



Rational vs. Irrational Thoughts Practice

State that your brain is making thoughts all the time, some of them are true, some of them are not. Thoughts that are true, or make sense, are called rational thoughts. Thoughts that are not true, or don't make sense, are called irrational thoughts. Say that you are going to read some thoughts, and ask your subject to give a thumbs up if the thought is true, and a thumbs down if the thought is not true.

I can't stand it when things aren't fair.
When things aren't fair, I can handle it.
I never do anything right.
Everybody makes mistakes.
I make mistakes but most of the time I get it right.
Mistakes are horrible.
Mistakes are normal, and help me learn.
If other people break the rules, I have to make sure they are punished.
It is not my job to make everyone else follow the rules.
Asking for help is shameful and bad.
Asking for help is smart and good.
I would make better grades if they taught me the right way.
I won't always agree with the way my teacher does things.
Winning is the most important thing.
Games and competition are for having fun.
I could be happy if I had everything I wanted.
You have to be happy with yourself.
Everybody should like me.
Not everyone will like me.
Everyone should always treat me fairly and exactly the way I want to be treated.
Life is not always fair but usually it is.
If someone makes fun of me I have to retaliate.
I don't have to let what others say make me upset.
People and situations make me feel the way I do.
Nobody can make me feel anything without my permission and cooperation.
I create my own feelings with the way I think about what happens.
If something doesn't seem easy it's best not to try.
Trying when it's difficult is how we learn and grow.
I never get to do anything fun.
All I ever do is work.
Life has boring moments.

