

## 12 Lies we tell ourselves – by Dr Albert Ellis



1. I must have the love and approval of others. I must avoid disapproval at all costs.
2. I must be perfect, a success in all that I do. I must not make any mistakes.
3. People must always do the right thing - when they do not, they must be punished.
4. Things must be the way that I want them to be – otherwise life will be intolerable.
5. My happiness/unhappiness is caused by external events. I have no control over my happiness/unhappiness.
6. I must worry about things that might be dangerous, unpleasant, or frightening - otherwise they might happen.
7. I will be happier if I can avoid life's difficulties, unpleasantness, or responsibilities.
8. I am weak and need to depend on those who are stronger than I am.
9. Events in the past have strongly influenced me – and they must continue to do so.
10. I must be upset when others have problems. I must become sad when others are unhappy.
11. I should not have to feel discomfort or pain. I must avoid them at all costs.
12. There is one right and perfect solution to any problem (usually mine). It is a tragedy when it is not found.

*These are classic irrational cognitions / distortions – and can be challenged and replaced with rational thinking that is in proportion to events instead. Think different. Feel different. With CBT.*