



Pierrette Desrosiers
PSYCOACHING

Cultivate
the best
in people
and harvest
success
in business



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Questionnaire – THE IRRATIONAL BELIEFS

Here is a list of irrational beliefs often resulting in feelings such as: depression, anxiety, shame, guilt, anger. Are any of them familiar to you?

Here are 10 irrational beliefs (from Albert Ellis¹) :

1. It is a dire necessity for an adult to be loved or approved by almost everyone for virtually everything he or she does.
2. One should be thoroughly competent, adequate, and achieving in all possible respects.
3. Certain people are bad, wicked, or villainous and they should be severely blamed and punished for their sins.
4. It is terrible, horrible, and catastrophic when things are not going the way one would like them to go.
5. Human happiness is externally caused and people have little or no ability to control their sorrows or rid themselves of their negative feelings.
6. If something is or may be dangerous or fearsome, one should be terribly occupied with it and upset about it.
7. It is easier to avoid facing many life difficulties and self-responsibilities than to undertake more rewarding forms of self-discipline.
8. The past is all-important and because something once strongly affected one's life, it should indefinitely do so.
9. People and things should be different from the way that they are, and it is catastrophic if perfect to the grim realities of life are not immediately found.
10. Maximum human happiness can be achieved by inertia and inaction or by passively "enjoying oneself".

1 : Translated and adapted from A. Ellis, *Dominez votre anxiété avant qu'elle ne vous domine*, Montreal, published by Les Éditions de l'Homme, 1999.

Examine this list. Which are the harmful beliefs that you support? Do you possess (or have) others?

Examine your beliefs concerning others, life and yourselves. Question if they are useful or restrictive and harmful.

They are restrictive if they limit you in the achievement of your personal, professional objectives, prevent you from developing your full potential or continue to deprive you of your happiness.

AN EXERCICE TO ALTER YOUR BELIEFS:

1. Identify your beliefs :

Listen to your inner thoughts, and write them down. You will realize that they are often irrational, unrealistic, unconscious and exaggerated.

Ex.: « *I am not sufficiently intelligent to have this position.* »



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2. Confront your beliefs with three Socratic questions :

a) Is it true?

Verify the facts to support your beliefs. Where is the proof of your thoughts?

b) Is it good?

Is it good for your morale, for your physical health, for your respect to believe in it?

c) Is it useful?

Does this belief help you to succeed or does it harm you?

3. Replace your belief by another one more useful to help you reach your objectives :

Ex.: « *If I take the time to develop the required skills, I can achieve my objective.* »

4. Strengthen your new belief :

Your old beliefs are firmly entrenched; you will have to take the time to solidly entrench your new belief.

5. Notice and appreciate :

Take note of the change in your energy, your respect, your motivation and in the results for having changed your beliefs.

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