

Consequences of Irrational Beliefs

- High degree of interpersonal difficulties
- Persisting in emotionalism as a reaction to daily problems
- Desiring what one cannot have or is unlikely to obtain
- Not wanting or appreciating what one has or could obtain
- Tending to attribute all one's difficulties to others
- Tending to see one's self as worthless
- Pursuing contradictory goals or behavior inconsistent with professed goals
- Tolerating bad situations rather than taking steps to rectify or improve them
- Remaining dependent on others past the point when it is necessary
- Remaining angry or hurt past a reasonable time period
- Demanding perfection in one's own behavior and in that of others
- Indulging in behavior that injures ones' body or mind or impedes one's functioning
- Needlessly tormenting self over past events or presumed failures
- Chronic or intermittent states of depression and/or anxiety
- Unreasonable fears
- Excessive anger
- Feelings of powerlessness, worthlessness, hopelessness, helplessness