

How to Stubbornly Refuse to Make Yourself Miserable: About Anything Yes, Anything! By Albert Ellis
How to Stubbornly Refuse to Make Yourself miserably RET is based on the scientific method of questioning cause and effect and does not require deep probing into one's past (although doing so can sometimes help you discover your irrational beliefs). **How to Stubbornly Refuse to Make Yourself miserably** We naturally feel both appropriate and inappropriate feelings when we our goals are blocked: appropriate = disappointment.

How to Stubbornly Refuse to Make Yourself miserably

You become miserable because you can't imagine life without the thing you want and you sabotage yourself so you won't be able to get it. **How to Stubbornly Refuse to Make Yourself miserably** Disputing irrational beliefs can be described in six steps: What irrational belief do I want to dispute and surrender? Can I rationally prove this belief? What evidence can I find to disprove this belief? Does any evidence exist for the truth of this belief? What are the worst things that could actually happen to me if I give up this belief and act against it? What good things could happen or could I make happen if I give up this belief? He also goes into using behavioral reinforcement in order to help change your irrational beliefs. **How to Stubbornly Refuse to Make Yourself miserably** The ABCs of RET concern what happens when one of your goals is blocked: A=Activating event blocks your goal C=consequences of your goal being blocked and B=Beliefs of how you feel about your goal being blocked. **How to Stubbornly Refuse to Make Yourself miserably** Ellis gives many insights designed to help you dispute your irrational beliefs most of which entail you figuring out what the "shoulds" and musts are in your life that cause you to be unhappy. **How to Stubbornly Refuse to Make Yourself miserably** It's important to learn that you can have desires and preferences but as soon as you feel that you must have something or you'll just die then neuroses begin to take over because you can't stand the idea of not having the thing you want. **How to Stubbornly Refuse to Make Yourself miserably** Basically the crux is: argue yourself out of your negative thinking cycles and attack those negative beliefs with rational logic create a plan to get you through things you struggle with and do a bunch of things you don't want to do because it breaks you of your fear and distaste and proves to you that if you fail you will still be fine. **How to Stubbornly Refuse to Make Yourself miserably** Albert Ellis who created Rational-Emotive Behavior Therapy (REBT) believed that anger anxiety and depression are not only unnecessary they're unethical because when we allow ourselves to become emotionally upset we're being unfair and unjust to ourselves. **How to Stubbornly Refuse to Make Yourself miserably** This classic book teaches you how to: *Retrain your brain to focus on the positive aspects of your life and face each obstacle without unnecessary despair*Control your emotional destiny*Refuse to upset yourself about upsetting yourself*Solve practical problems as well as emotional problems*Conquer the tyranny of shoulds . **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About Anything Yes Anything! Despite his oddball writing style Albert Ellis had many amazing insights into psychotherapy and was one of the pioneers of cognitive therapy. **How to Stubbornly Refuse to Make Yourself miserably** Two core insights in the book are that misery comes from how we think about events not the events themselves and that relief comes not from understanding but from active practice in retraining your thinking. **How to Stubbornly Refuse to Make Yourself miserably** In How to Stubbornly Refuse to Make Yourself Miserable About Anything--Yes Anything Ellis makes the simple yet profound point that you can figure out by sheer logic that if you were only . **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About Anything Yes Anything! Phong cách của Ellis khác hẳn những psychologists khác ông trao cho bệnh nhân tough love khá phũ phàng nhưng hiệu quả nếu có thể kiên trì áp dụng phương pháp của ông. **How to Stubbornly Refuse to Make Yourself miserably** Gần đây ở VN đang nổi lên cuốn sách theo trường phái tâm lý học của Alfred Adler mình nghĩ Ellis và Adler có rất nhiều điểm tương đồng đều chịu sự ảnh hưởng khá lớn từ trường phái stoic và tư tưởng Buddhism. **How to Stubbornly Refuse to Make Yourself**

miserably Phương pháp của Ellis đọc thấy khá hợp lý nhưng đánh giá tính hiệu quả thì cần thời gian đọc lại và thực hành nhiều mới có thể đúc kết được. **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About AnythingYes Anything! Using REBT (Rational Emotive Behavior Therapy) Albert Ellis wages war against musturbation as the root cause of many psychological disorders. **How to Stubbornly Refuse to Make Yourself miserably** When someone tells himself/herself I must be perfect and act perfectly or else I am worthless this dogmatic statement for which there's no compelling evidence makes the person disturbed. **How to Stubbornly Refuse to Make Yourself miserably** If disputing your irrational beliefs is accompanied by acting and encountering what you irrationally avoid you can better forsake your unhealthy beliefs and replace them with more realistic ones. **How to Stubbornly Refuse to Make Yourself miserably** Based on a 1982 professional survey of USA and Canadian psychologists he was considered as the second most influential psychotherapist in history (Carl Rogers ranked first in the survey; Sigmund Freud was ranked third). Misery comes from saying that you must do something or things must be a certain way: **How to Stubbornly Refuse to Make Yourself miserably** Whenever we are rigid about what we want and need then we set ourselves up to be miserable when we do not get what we want: **How to Stubbornly Refuse to Make Yourself miserably** We therefore should learn to identify our irrational beliefs and seek to replace them with rational ones, **How to Stubbornly Refuse to Make Yourself miserably** There is also much danger in backsliding once you change an irrational belief (because you've held your IB your whole life). **How to Stubbornly Refuse to Make Yourself miserably** One of the most important things about RET is that it needs to be done strongly and forcefully, **How to Stubbornly Refuse to Make Yourself miserably** If you want major results you have to dispute your IBs with all of your energy; half-hearted efforts will only get half-hearted results, **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About AnythingYes.

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My notes and quotes: Ellis describes how to deal with emotional misery through Rational Emotive Therapy, **How to Stubbornly Refuse to Make Yourself miserably** The basic tenet of RET is that while we can't always control the bad things that happen to us regret frustration; inappropriate = anger panic depression rage: **How to Stubbornly Refuse to Make Yourself miserably** Ellis points out that A does not cause you to feel bad about C instead your beliefs are what cause you to be miserable not the actual consequences. **How to Stubbornly Refuse to Make Yourself miserably** In other words when you must have something Anything! Repetitive, **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About AnythingYes Anything! This is a good book, **How to Stubbornly Refuse to Make Yourself miserably** A lot of what is in it may seem like common sense but you have to remember that people who live with mental misery aren't always able to access common sense. **How to Stubbornly Refuse to Make Yourself miserably** I did get a little upset with Ellis at one point but I think that says more about me than about the author: **How to Stubbornly Refuse to Make Yourself miserably** The last two chapters were especially helpful for me: they have a summary and tools for maintaining the gains you make. **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About AnythingYes Anything! An urgent call to stop Musturbating too much, **How to Stubbornly Refuse to Make Yourself miserably** Drop the shoulds musts in our irrational thoughts/ beliefs and we'll conquer the everyday miseries: **How to Stubbornly Refuse to Make Yourself miserably** It was amazing seeing how those small words can make us feel so miserable: **How to Stubbornly Refuse to Make**

Yoursel miserably A must for anyone suffering from shyness panic depression anxiety sadness and other non-organic/biological mental ailments. **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About AnythingYes Anything! Due to the language / word choices of the writer it's very hard to read, **How to Stubbornly Refuse to Make Yourself miserably** Not hard as in difficult but hard to accept his methodology. **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About AnythingYes Anything! All of us worry about something big or small every day, **How to Stubbornly Refuse to Make Yourself miserably** But much of the emotional misery we feel is an overreaction and it can be significantly reduced using the techniques you'll find in this landmark book: **How to Stubbornly Refuse to Make Yourself miserably** Thinking negative thoughts is a choice we can refuse to make, **How to Stubbornly Refuse to Make Yourself miserably** Applying the proven time-tested principles of REBT is a simple logical way to find true mental health and happiness, **How to Stubbornly Refuse to Make Yourself miserably** REBT acknowledges the power of emotions but it also helps us understand which feelings are healthy and which are not. **How to Stubbornly Refuse to Make Yourself miserably** and much more providing all the tools you need to take back your life-and your happiness: **How to Stubbornly Refuse to Make Yourself miserably** If you can refuse to make yourself miserable you're that much closer to making yourself happy-every day. **How to Stubbornly Refuse to Make Yourself miserably** It's better written and more up-to-date than his classic work A New Guide to Rational Living. **How to Stubbornly Refuse to Make Yourself miserably** More importantly it contains plenty of hands-on exercises for self-improvement: **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About AnythingYes Anything! This is one of Albert Ellis's best self-help book on rational emotive behavior therapy (REBT), **How to Stubbornly Refuse to Make Yourself miserably** to stay with your desires and preferences and if you were never, **How to Stubbornly Refuse to Make Yourself miserably** to stray into unrealistic demands that your desires have to be fulfilled you could very rarely disturb, **How to Stubbornly Refuse to Make Yourself miserably** At the end of the book Ellis identifies various unfortunate potential life circumstances and then shows readers how to use his REBT refuse to feel disturbed: **How to Stubbornly Refuse to Make Yourself miserably** Mental health professionals will also find this book to be a helpful resource to learn the theory and practice of REBT: **How to Stubbornly Refuse to Make Yourself miserably** He humorously coined the word musturbation to point out that our musts have pernicious effects on our emotional health, **How to Stubbornly Refuse to Make Yourself miserably** There are according to Ellis three fundamental musts that people usually cling to and therefore render themselves disturbed, **How to Stubbornly Refuse to Make Yourself miserably** The first must has to do with the individual and his/her irrational expectations of himself/herself. **How to Stubbornly Refuse to Make Yourself miserably** The person who musturbates tells himself/herself that other people must treat him/her perfectly well and if they fail to do so they are damnable and deserve to go to hell, **How to Stubbornly Refuse to Make Yourself miserably** Finally the third must requires that the world must be exactly the way the individual wants it to be or else it's a terrible place, **How to Stubbornly Refuse to Make Yourself miserably** Ellis argues that this musturbatory mindset can be replaced at least in part by a more flexible scientific philosophy via educating individuals about the basic tenets of science, **How to Stubbornly Refuse to Make Yourself miserably** Science is not dogmatic and is always looking for facts to support its assumptions and theories, **How to Stubbornly Refuse to Make Yourself miserably** If by looking at facts we give the lie to an assumption we forgo it and look for another one which better befits reality, **How to Stubbornly Refuse to Make Yourself miserably** There's no absolute truth in science thereby dogmatism can be kept at bay. **How to Stubbornly Refuse to Make Yourself miserably** Now individuals can come to terms with their beliefs which are largely responsible for their emotions in a scientific way. **How to Stubbornly Refuse to Make Yourself miserably** This enables people to look at their beliefs and consider them as mere assumptions and not facts: **How to Stubbornly Refuse to Make Yourself miserably**

miserably Albert Ellis also strongly emphasizes the interdependence of thinking feeling and acting. **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About Anything Yes Anything! I'm glad to see not being the only one to find this book hard to digest, **How to Stubbornly Refuse to Make Yourself miserably** It's been written in a poor style; is often offensive incompetent unnecessarily philosophical with algorithm-like attempts to describe problems: **How to Stubbornly Refuse to Make Yourself miserably** This is definitely not for the people with a broad knowledge in the subject. **How to Stubbornly Refuse to Make Yourself miserably** Although I can give credit for the main message of the book packed in a length of an article would have been more satisfactory: **How to Stubbornly Refuse to Make Yourself miserably** How to Stubbornly Refuse to Make Yourself Miserable: About Anything Yes Anything! Albert Ellis was an American psychologist who in 1955 developed Rational Emotive Behavior Therapy (REBT). **How to Stubbornly Refuse to Make Yourself miserably** degrees in clinical psychology from Columbia University and American Board of Professional Psychology (ABPP), **How to Stubbornly Refuse to Make Yourself miserably** He also founded and was the President of the New York City based Albert Ellis Institute for decades. **How to Stubbornly Refuse to Make Yourself miserably** He is generally considered to be one of the originators of the cognitive revolutionary paradigm shift in psychotherapy and the founder of cognitive behavioral therapies[1]

We can control how we react to those bad things. There. That's the whole book. World renowned therapist Dr. This is one of his better books. .yourself about anything (p. 21). I strongly recommend this book for the general public. The second must is about other people. Each affects the other in a reciprocal way. He held M.A. and Ph.D.

