Depression



Filesize: 6.78 MB

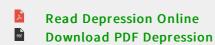
Reviews

Very useful to any or all group of men and women. It is writter in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand. (Althea Fahey MD)

DEPRESSION



Hazelden Information Educational Services, United States, 2006. DVD. Book Condition: New. Language: N/A. Brand New Book. Shame. Anger. Depression. Anxiety. Perfectionism. These unhealthy feelings are often the result of unhealthy thought patterns and ultimately lead to self-defeating behaviors. This is especially true among clients with addictions or compulsive behavior problems. Rational-Emotive Therapy, or RET, was developed by Dr. Albert Ellis in 1955 as a method to help clients challenge and change irrational beliefs. It has since been renamed Rational Emotive Behavior Therapy, or REBT, to reflect its cognitive roots. REBT helps clients learn and practice new ways of thinking, feeling, and acting. Here s how REBT works: THE ABC s of REBT A. Describe the situation that is upsetting you. Include only facts. B. Describe your opinion, judgment, and interpretation of the even. What are you thinking when you are upset? C. Describe your fallings. Pinpointing your feelings and exploring them increase your self-awareness. D. Dispute your thinking. Develop positive thoughts. Substitute each thought in B with a more helpful thought. Turn I should into I prefer. Turn it s awful into it s inconvenient. E. Set reasonable, reachable goals. Take action. REBT in Action A. I did not volunteer to handle a difficult assignment at work. B. I am incapable of handling a tough assignment. C. Sadness, anger, shame. D. I didn t believe I could handle that task, but I I get better t handling harder tasks. E. Goal: to think more positively and develop the necessary skills. Action plan: to enroll in an evening class to improve my skills.



See Also



Read Write Inc. Phonics: Blue Set 6 Storybook 7 Jades Party (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 201 x 146 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

Download Book »



Read Write Inc. Phonics: Pink Set 3 Storybook 5 Tab s Kitten (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 193 x 130 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

Download Book »



Read Write Inc. Phonics: Grey Set 7 Storybook 2 the Lion s Paw (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 108 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

Download Book »



Read Write Inc. Phonics: Grey Set 7 Storybook 6 Wailing Winny s Car Boot Sale (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 148 x 120 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

Download Book »



Read Write Inc. Phonics: Green Set 1 Non-Fiction 3 Let s Go! (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 215 x 88 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

Download Book »