

Rigid rules	Alternative more rational rules
I should never feel hurt.	
I should always be happy and serene.	
To be happy I must be accepted, liked and admired by all people at all times.	
My value as a person depends on what others think of me.	
I should always be spontaneous.	
I should always control my feelings.	
I should never be tired or get sick.	
I should never hurt anybody else.	

I should always be at peak efficiency.

If I make a mistake, it means that I'm inept.

I should be a perfect lover, friend, parent, teacher, student and spouse.