

# Exercise

Let's have a look at the basic list of five unhelpful beliefs. In each of the following examples, underline the answer you think is best. In some cases there may be more than one possibility; in those cases underline more than one. The first two have been completed for you.

1. Omar, Carlos and Ryan are all sitting in a bar, near to the door. During the course of the evening four people come in and leave the door open. When the fifth person comes in it is Omar who gets angry.

This is because Omar believes that things should be just how he wants them / believes people take no notice unless you are irritated or angry / believes people are selfish, self-centred and unhelpful / believes people are hostile and constantly trying to put you down / believes if people do wrong they must be punished, you can't let people get away with things.

2. In a particular street in a medium-sized town there are seventeen mothers who have youngsters between the ages of five and fifteen. All those youngsters, to a greater or lesser degree, drop mugs on the floor from time to time.

Lola gets much angrier than any of the other sixteen because she believes that things should be just how she wants them / believes people take no notice unless you are irritated or angry / believes people are selfish, self-centred and unhelpful / believes people

are hostile and constantly trying to put you down / believes if people do wrong they must be punished, you can't let people get away with things.

3. Errol's wife has a habit of contradicting him when they are out in public. This makes him very angry because he feels he 'loses face' in front of other people.

This is because he basically believes that things should be just how he wants them / believes people take no notice unless you are irritated or angry / believes people are selfish, self-centred and unhelpful / believes people are hostile and constantly trying to put you down / believes if people do wrong they must be punished, you can't let people get away with things.

4. Brandon, the electrician, feels really 'put upon' and angry when his boss asks him to do extra tasks towards the end of the day.

He tends to see his boss in this light because he basically believes that things should be just how he wants them / believes people take no notice unless you are irritated or angry / believes people are selfish, self-centred and unhelpful / believes people are hostile and constantly trying to put you down / believes if people do wrong they must be punished, you can't let people get away with things.

5. When Ella laughs and jokes with other men it makes her husband, Lemy, very angry. On the other hand,

when Michelle laughs and jokes with other men, her husband Jamie does not get angry. The difference between the two men is that Lemy basically believes that things should be just how he wants them / believes people take no notice unless you are irritated or angry / believes people are selfish, self-centred and unhelpful / believes people are hostile and constantly trying to put you down / believes if people do wrong they must be punished, you can't let people get away with things.

6. One evening in November 1999 a total of around one million people drank in a British bar. Of that one million people, about 10,000 were jogged so that they spilt their drink over themselves. Of those 10,000, Terry was the only one who broke a beer mug and pushed it in the face of the person who jogged him.

Part of the reason he reacted so badly is that he believes that things should be just how he wants them / believes people take no notice unless you are irritated or angry / believes people are selfish, self-centred and unhelpful / believes people are hostile and constantly trying to put you down / believes if people do wrong they must be punished, you can't let people get away with things.

7. On a particular estate in a particular city there are around six hundred children between the ages of five and fifteen. Only about fifty of them keep their

rooms tidy enough to satisfy their parents. Most parents on this estate nag their children to keep their rooms tidier. Amy, on the other hand, completely 'loses her cool' with her twelve-year-old daughter.

This is because Amy believes that things should be just how she wants them / believes people take no notice unless you are irritated or angry / believes people are selfish, self-centred and unhelpful / believes people are hostile and constantly trying to put you down / believes if people do wrong they must be punished, you can't let people get away with things.

8. Aaron feels terrible because he hit his twelve year-old son across the face because the boy hadn't done his homework and had lied to him about it.

However, Aaron was prone to react this way because deep down he believes that things should be just how he wants them / believes people take no notice unless you are irritated or angry / believes people are selfish, self-centred and unhelpful / believes people are hostile and constantly trying to put you down / believes if people do wrong they must be punished, you can't let people get away with things.

9. Another driver cut across Chris' path as he was going round a roundabout. He got so angry that he 'tail-gated' the other driver for five miles. Eventually, the other driver got out and confronted Chris, and there was a fight during which Chris came off very much second best.