

**ALBERT ELLIS**  
**1913 -**  
**Rational Emotive Behavior Therapy**

**Core Statement**

**Virtually all humans, no matter how they are raised, have an innate tendency to take their *strong* desires and preferences—many of which they clearly learn—and to *make* them, *construct* them into absolutistic musts; and they therefore have an inborn propensity, at many times to needlessly upset themselves.**

Behavior is a product of believes and given our tendency to think is absolutes, many of our believes are irrational

Core characteristics:

1. Rational and irrational beliefs determine how people respond to events
2. Thoughts cause us to feel
3. Thoughts can be old and go unchallenged
4. Thoughts and beliefs are accessible to conscious reflection
5. People have the ability to choose to work at achieving more growth, development and happiness.

## **Three Categories of Unrealistic Demandingness**

- 1. Self-demandingness**
- 2. Other-demandingness**
- 3. World-demandingness**

### **Ellis ABC's**

**G's = Goals and values**

**A's = Activating Events or Activating Experiences**

**B's = Beliefs (iB's are irrational and rB's are rational)**

**C's = Emotional Consequences**

**When a person have a self-defeating negative feeling (C) about an Activating Event (A) that block a Goal (G), a person usually holds a dysfunctional or irrational Belief (iB).**

REBT holds that people are born as well as reared with strong tendencies both to **defeat themselves** (e.g., to ignore their capacity to function more fully) and to **change their self-destructive** thoughts feelings, and behaviors to achieve fuller functioning

To a large (though not total) degree, **they choose** emotional-behavioral disturbances (or health) **and choose** restricted (or fuller) functioning.