

CONTENTS

Introduction1			
Part One UNDERSTANDING OUR EMOTIONS			
1	Achieving Contentment And Our Goals		
2	ABC Origin Of Our Emotions And Behavior		
3	Self-Analysis Of Our ABC's		

Part Two MANAGING OUR EMOTIONS

4	Managing Our Beliefs, Self-Talk,
	And Emotions
	Solve Emotional Problems First,
	And Then Practical Problems
	Decide On A Goal For Your Emotions
	Replace Unhealthy Emotions
	Replace Musts And Shoulds With Wants And Wishes
	Use Emotionally Cool Language
	Practice Mental Imagery
	Use Coping Self-Talk Statements
	Distraction, Diversion, And Entertainment:
	Helpfulness And Limitations
	Practice Relaxation Exercises
	Rational Thinking And Successful Living
	Detect Irrational Beliefs And Self-Talk
	Dispute And ABC Analysis Of Emotions
5	Uprooting Our Irrational Beliefs
	And Self-Talk87
	Detect Irrational Beliefs And Self-Talk
	Dispute And Uproot Irrational Beliefs And Self-Talk
	Illustration – Managing Anxiety
	ABCDE Self-Analysis Form
	Low Frustration Tolerance (LFT)
	Rational Thinking vs Positive Thinking
	Serenity Prayer – REBT Interpretation
	Advice From Therapists
6	Common Irrational Beliefs And Self-Talk119
	Major Musts And Hot Links Underlie
	Other Irrational Beliefs
	Eleven Common Irrational Beliefs
	Avoid Secondary Emotional Problems
	Thinking Errors To Avoid

Part Three MANAGING ANXIETY, ANGER, AND DEPRESSION

7	Anxiety As A Problem And Disorder Eight Kinds Of Anxiety Disorders Illustration – Managing Anxiety With ABC's Self-Help For Anxiety Problems & Disorders
8	Managing Anger
9	Managing Depression

Part Four HELPING OURSELVES IN MORE WAYS

11	More Ways To Help Ourselves		
12	Quizzes And Exercises		
13	Information For Counselors		
REFERENCES			
AUTHOR INDEX283			
GENERAL INDEX285			
SOS Parenting Program291			