

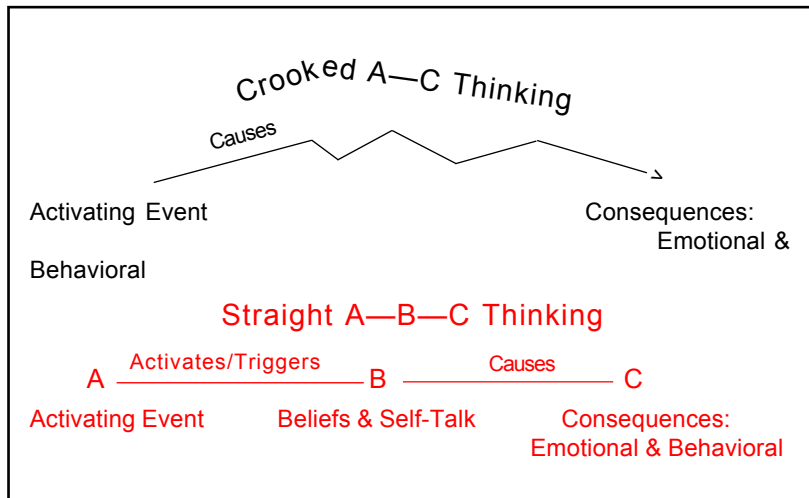


# How Self-Talk Causes Emotions: ABCs



Poster & Counseling Tool

## Crooked Thinking vs Straight Thinking of REBT

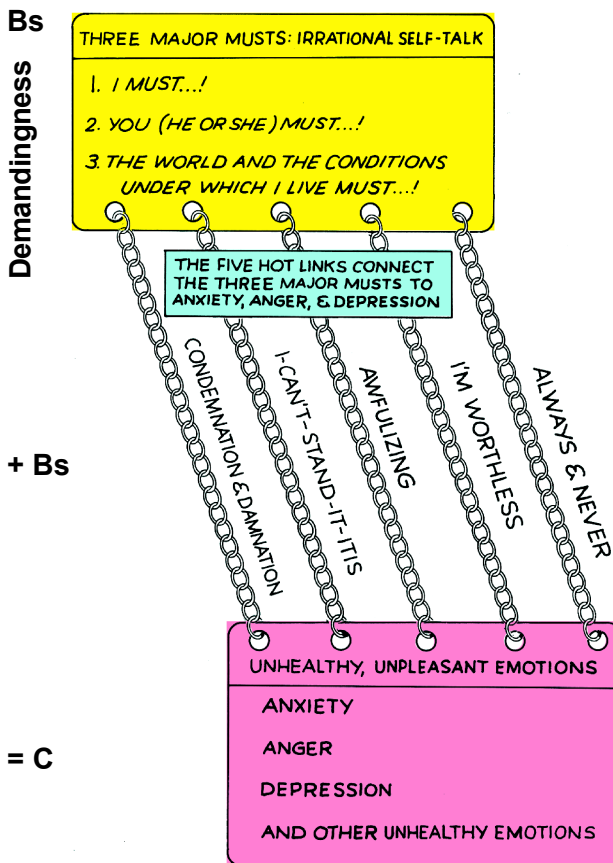


Note that B's (Beliefs & Self-Talk) are absent in Crooked A—C Thinking.



Epic'tetus, a Greek philosopher, lived over 2,000 years ago

## How Self-Talk Causes Emotions



**A + Bs (Major Musts) + Bs (Hot Links) =**

**C (Consequences of Emotions & Behavior)**

Rational Emotive Behavior Therapy/Cognitive Behavior Therapy is taught at Albert Ellis Institute in New York. [www.rebt.org](http://www.rebt.org)

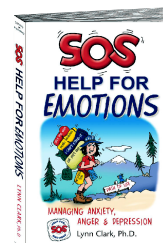
Download this free resource from "Resources For Counselors & Educators" at <[www.sosprograms.com](http://www.sosprograms.com)>.

**When You Are Upset,  
Look For the Must, Look For The Should!**

Insisting on the three Major musts (*I must, you must, and the world and the conditions under which I live must...*) causes us to become anxious, angry, and depressed. *Musts, must nots, absolute shoulds, should nots, oughts, and has to* are all harmful self-talk statements when used as absolute demands that you, others, or the world be different.

The five hot links are also irrational self-talk statements. These include condemnation & damnation, I-can't-stand-it-it-is, awfulizing, I'm worthless, and always & never. CIA, IA, is a useful code for remembering the five hot links.

The three Major Musts join with the five Hot Links (all irrational beliefs) to cause unhealthy anxiety, anger, and depression. Over 500 outcome REBT studies are referenced at [www.rebt.org](http://www.rebt.org)



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