



Albert Ellis

THE DIRTY DOZEN

THE LIST OF FALSE BELIEFS THAT ARE GUARANTEED TO MAKE LIFE MISERABLE

tick those that apply to you:

1. I must be loved and approved by all significant others
2. Everyone should think and believe the way I do especially those close to me
3. I should never make mistakes or fail
4. I should never let anyone down especially those I love
5. My life must be conflict free especially with those closest
6. I need to be accepted by others at all cost
7. My life should always be happy
8. Everyone needs to understand me especially those nearest to me
9. Everyone needs to agree with me especially those who love me
10. I need to perform to be loved
11. No one can dislike or hate me
12. I can't change the way I am