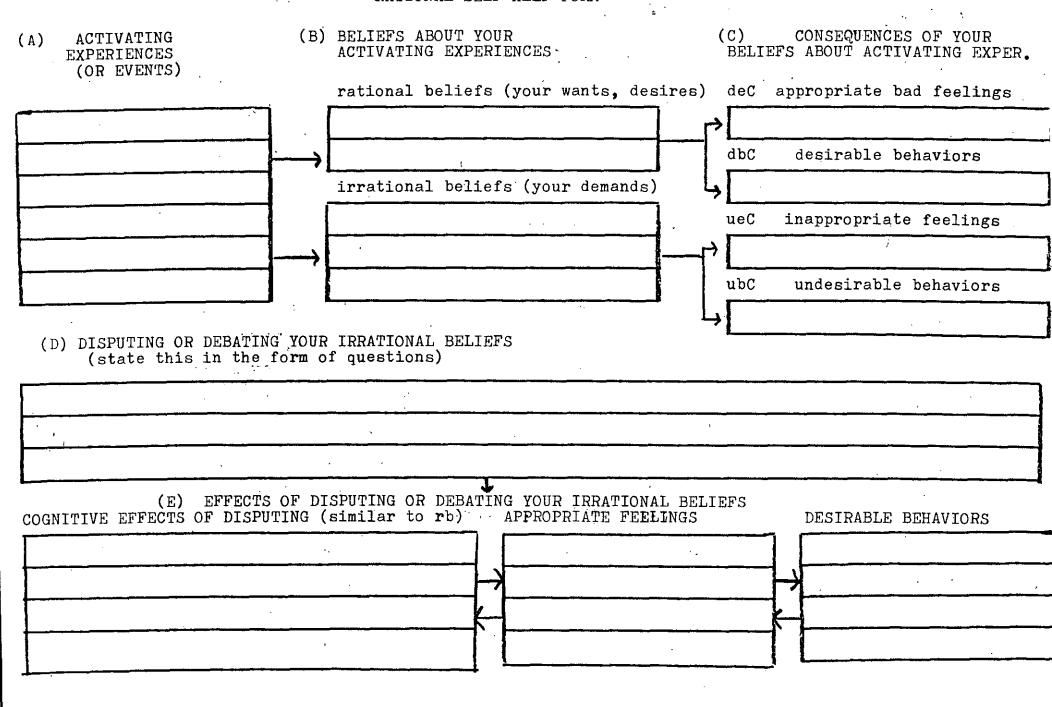
RATIONAL SELF-HELP FORM



| 1. FOLLOW-UP. What new GOALS would I now like to work on? |
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| What specific ACTIONS would I now like to take? |
| 2. How soon after feeling or noting your undesirable emotional CONSEQUENCES or your undesirable behavorial CONSEQUENCES or you irrational BELIEFS did you look for these iB's and dispute them? |
| How vigorously did you dispute them? |
| If you didn't dispute them, why did you not do so? |
| 3. Specific HOMEWORK ASSIGNMENTS given you by you therapist, group, or yourself: |
| 4. What did you actually do to carry out the assignment(s)? |
| 5. How many times have you actually worked at you assignments during the past week? |
| 6. How many times have you actually worked at DISPUTING your irrational BELIEFS during the past week? |
| 7. Things you world now like to discuss with you therapist or group: |
| |

) E. ...