

WARNING SIGNS: BEHAVIORS CONSISTENT WITH IRRATIONAL THINKING

1. High degree of interpersonal difficulties
2. Persistence of emotionalism in reacting to daily problems
3. Desiring what one cannot have or is unlikely to get
4. Not wanting or appreciating what one has or could get
5. Tendency to attribute all one's difficulties to others
6. Tendency to see one's self as worthless
7. Pursuit of contradictory goals or behavior inconsistent with professed goals
8. Tolerating bad situations rather than taking steps to rectify or improve them
9. Prejudice against individuals as members of a group
10. Hypersensitivity to criticism
11. Using means antithetical to the goals being sought
12. Remaining dependent on others past the period when necessary
13. Remaining angry or hurt past a reasonable period of time
14. Inability to tolerate uncertainty
15. Demand for perfection in one's own behavior or in that of others
16. Demanding what others have without making efforts to get the same for one's self
17. Attempting to get what others have by stealth or aggression
18. Being in constant difficulties with the law
19. Indulgence in behavior that injures one's body or mind or impedes their functioning
20. Needless self-torment over past events or presumed failures
21. Engaging in extremely hazardous or exceptionally difficult activities for the purpose of proving one's self to be worthwhile or to overcome others' criticism or ridicule
22. Fear of or dislike for engaging in activities largely because they are considered vital or desirable by the large majority of people in one's own culture
23. Chronic or intermittent states of depression or anxiety
24. Unreasonable fears
25. Excessive angers
26. Persistent behavior that arouses hostility or avoidance on the part of other people
27. Excessive enthusiasms