

Handout 3.7: Translating Irrational Thinking Into Rational Thinking

In this handout, notice how unhealthy thinking can be translated into much healthier and more flexible thinking when you take away rigid, judgmental negative interpretations.

At the bottom of the list, use your own examples to be a positive emotional translator!

Irrational Thoughts	Rational Alternatives
I can't stand this!	This is disappointing.
It's TERRIBLE!	It's unfortunate.
I'm stupid.	I made a mistake.
I need him/her to do that.	I <i>would like</i> him/her to do that.
Things always go wrong.	I feel as if things often go wrong.
I always goof up.	I am learning from my mistakes.
Life should be fair.	I wish life were more fair.
I should have known.	I wish I had known.
I am a loser.	I am a person with low self esteem.

Now it's your turn to translate. Think of some of your irrational thoughts and translate them into more rational thoughts.

Irrational Thoughts	Rational Alternatives
_____	_____
_____	_____
_____	_____
_____	_____