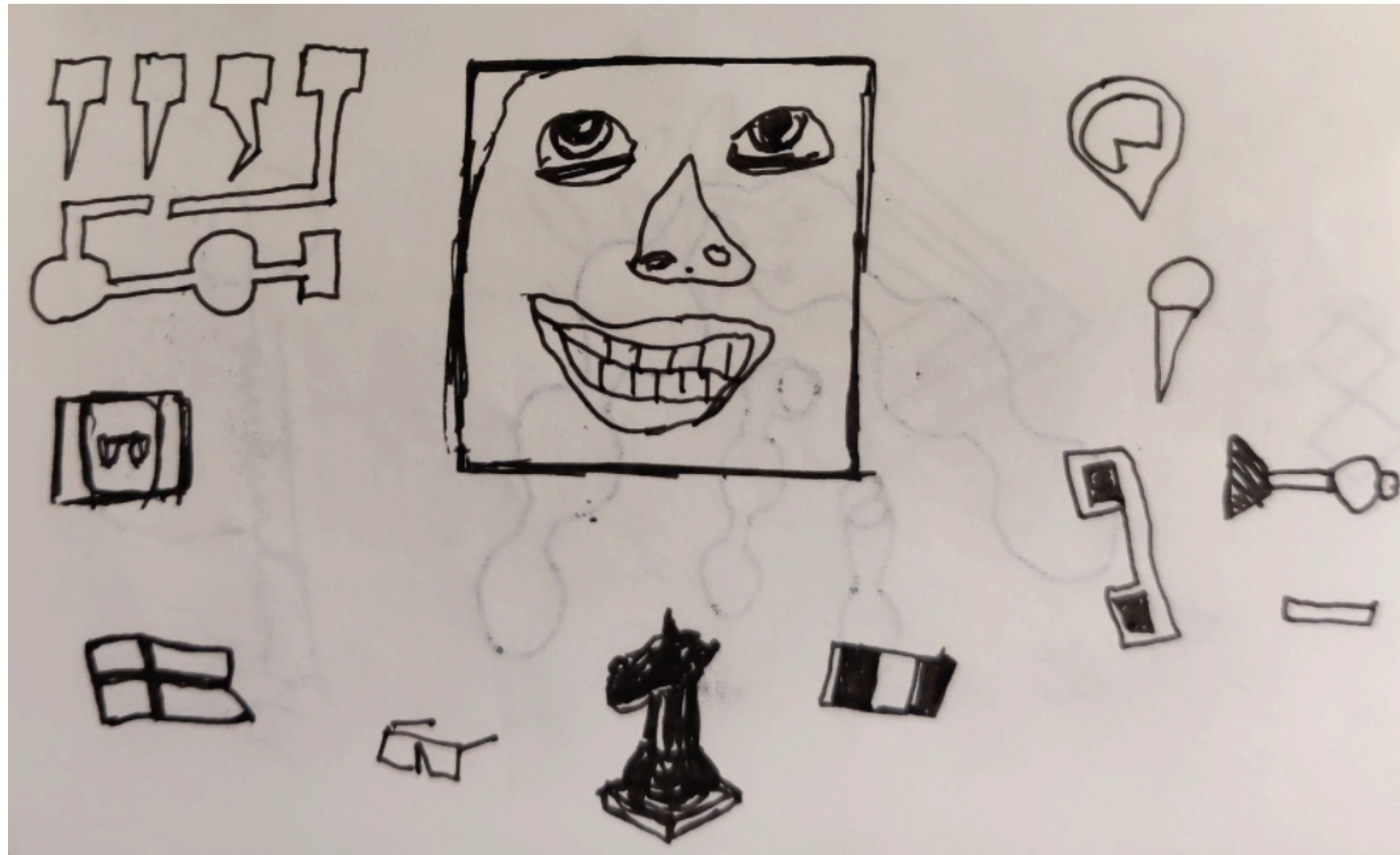


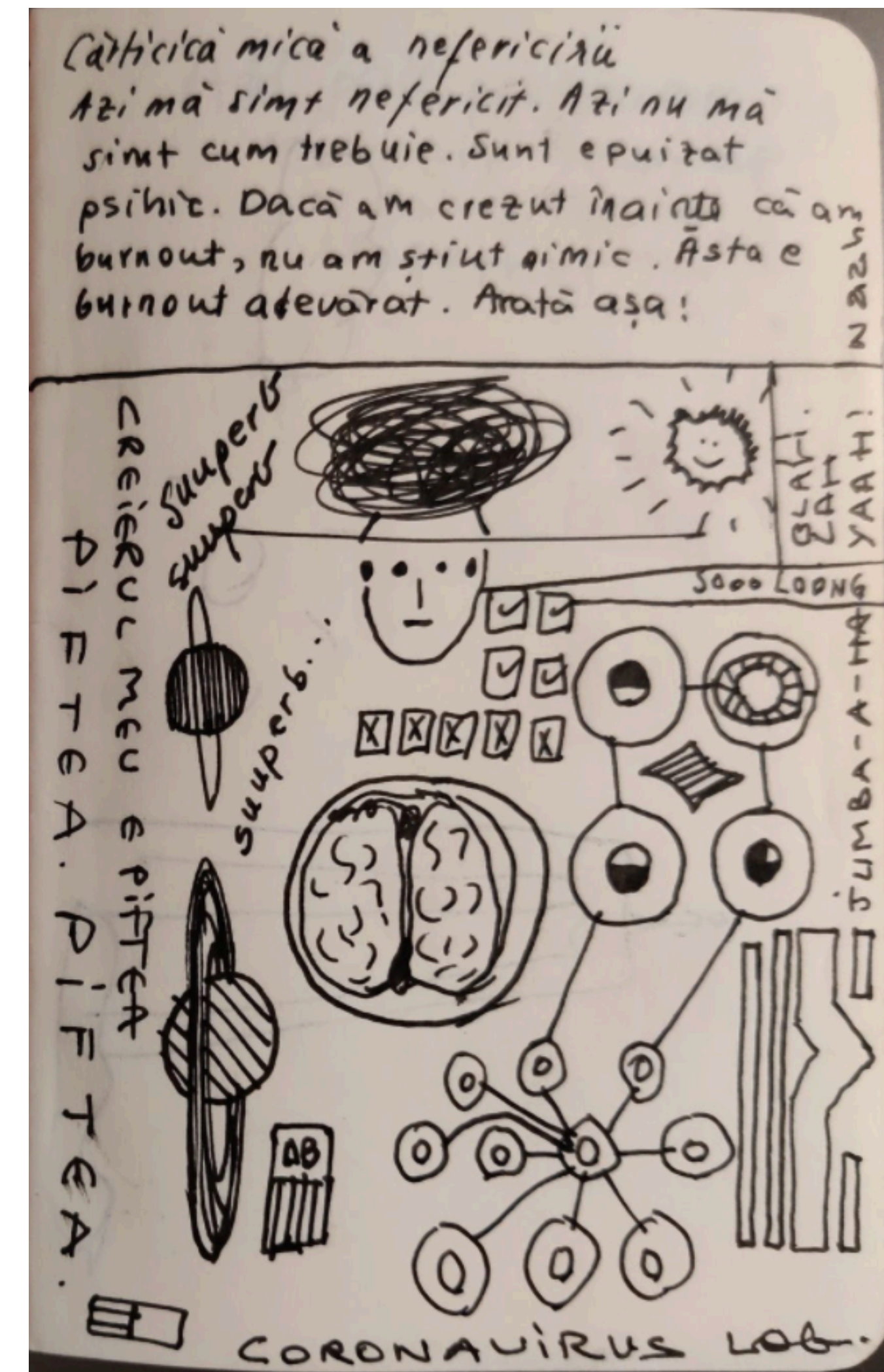
Intro to REBT for Highly Performing Developers

Dorin Dumitrascuta, 2021 London

How **Burnout** Looks Like



Feeling that you need to play against a Chess master program and win in order to deal with your current “unescapable” circumstances



Author's personal interpretation of a busy day and mind

“All contemporaries do not inhabit the same time. The past is always changing but few realise it.”

God Emperor of Dune, Frank Herbert

Moving Goalposts

Turns **success** into failure

- Maps positive to negative

This perpetuates the cycle of failure, shame and fear:

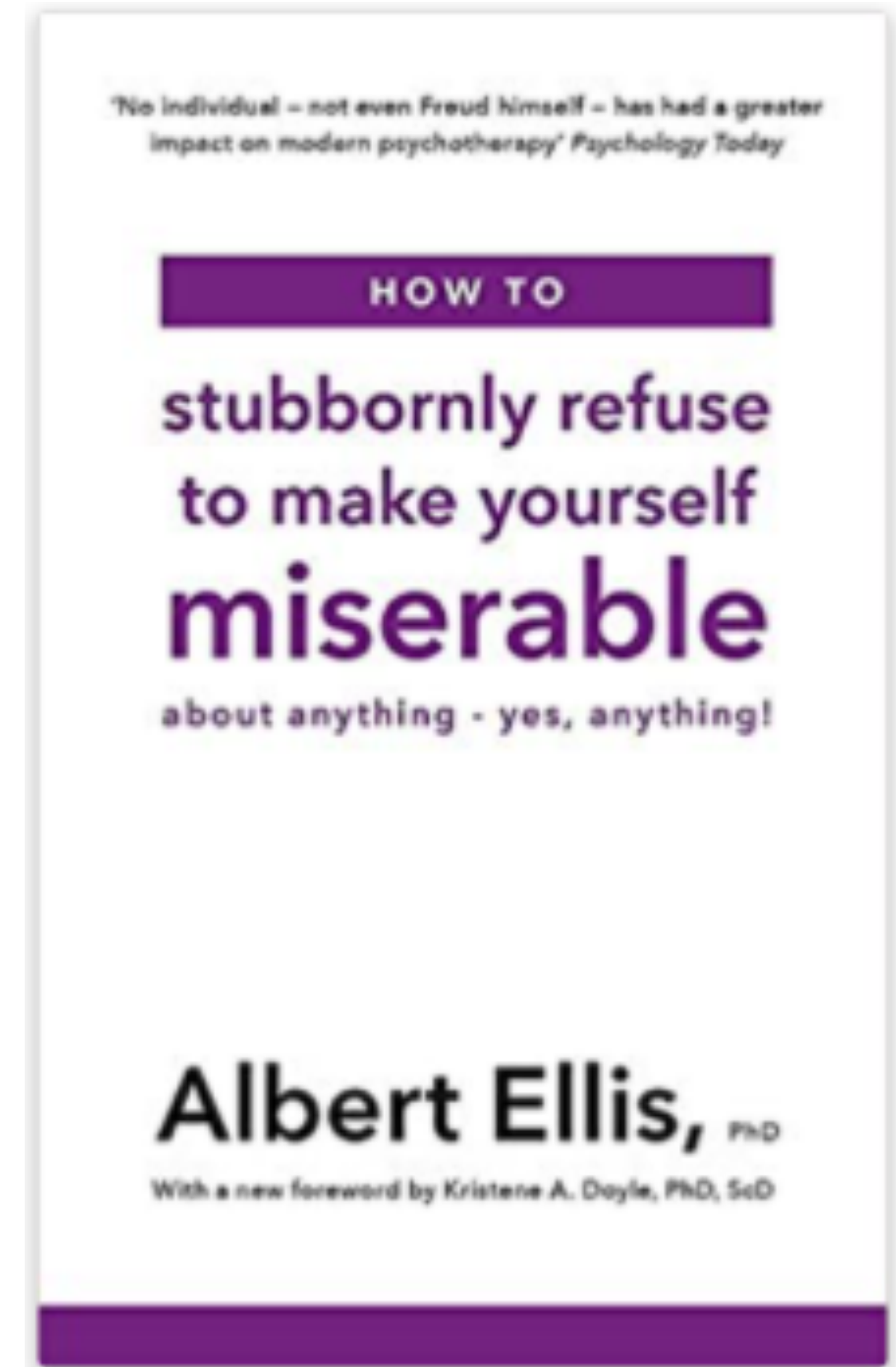
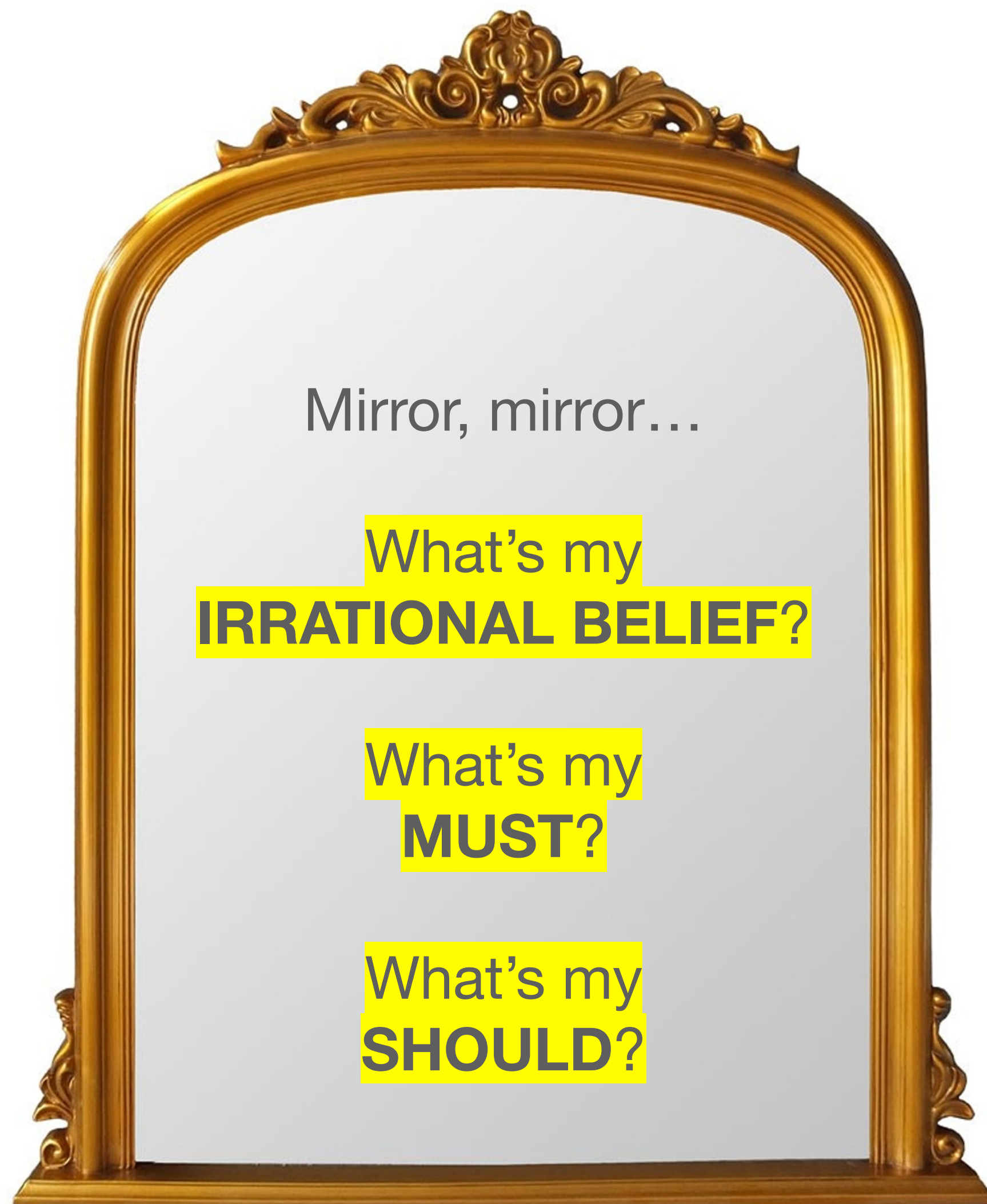
✗ Because I ate healthy today, I will eat healthy all month. Heck, I'll eat healthy all year.

This ***doesn't***:

✓ I will eat a salad **once in a while**.

Welcome **REBT**...

Rational Emotive Behaviour Therapy



[Amazon Link](#)

Irrational Beliefs

Is your belief:

1. Realistic
2. Logical
3. Contradictory
4. Can it be proved?
5. Can it be falsified?
6. What's the benefit of holding the belief?

```
const irrationalBeliefSymptoms = [
  "anxious",
  "depressed",
  "enraged",
  "self hating",
  "self pitying",
  "behaving against your own interest",
  "avoiding what you had better do",
  "addicted to things you shouldn't"
]

const amIThinkingUnscientifically = belief =>
  irrationalBeliefSymptoms.includes(belief);

const irrationalOutcome =
  amIThinkingUnscientifically("enraged");

console.log(irrationalOutcome); // true
```


Choose not to be miserable

We create our own misery by the way we think about it

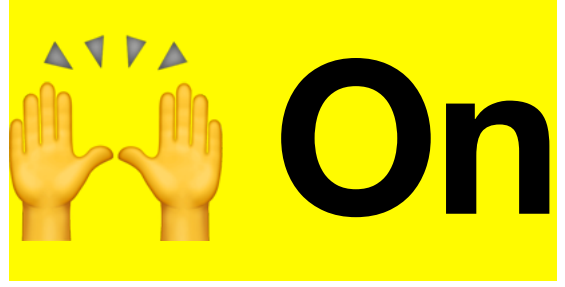
People are disturbed
not by things,
but the views
they take on them.

```
const whenIFeel = {  
  "extreme panic": "concern",  
  "angry": "displeased",  
  "rage": "care",  
  "anxiety": "vigilance",  
  "over concern": "caution"  
};  
  
whenIFeel["extreme panic"];  
// I will choose to be "concerned"  
whenIFeel["angry"]  
// I will choose to be "displeased"
```

INPUTS => OUTPUTS

Rewriting policy

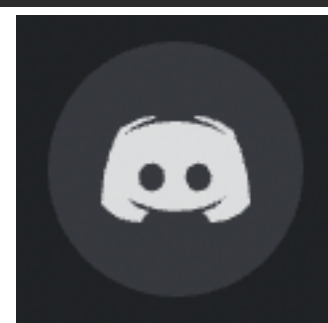
- Just like a computer program is an abstraction of policy, we also have the power to transform / map our cognitive **inputs** into more manageable and rational **outputs**.
- This plasticity allows you to shape the operating models of the mind and allow you to achieve better performance in your career.
- The following exercise aims to be a **detailed policy**.
- **You will be the architect of your emotional destiny.**



REBT Exercise Worksheet (Google Drive link)



<https://gitter.im/DevUnwind/community>



<https://discord.gg/gPqvSwZ>



<https://github.com/JestVA/DevUnwind>