

# AI-00602 Axioms Albert Ellis

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## List 30 axioms from Albert Ellis

Albert Ellis, the founder of Rational Emotive Behavior Therapy (REBT), proposed various irrational beliefs that individuals may hold, which can contribute to emotional distress. These irrational beliefs are not necessarily presented as axioms, but they are fundamental concepts in REBT. Here are 30 irrational beliefs along with examples:

1. **Demand for approval or love:** The idea that one must be universally approved or loved.
  - Example: "I must be liked by everyone, and if someone dislikes me, it's terrible."
2. **Demand for success or achievement:** The belief that one must be thoroughly competent, adequate, and achieving in all aspects of life.
  - Example: "I must excel at everything I do, and any failure is a sign of my worthlessness."
3. **Demand for comfort:** The belief that life should be easy and without discomfort or inconvenience.
  - Example: "I can't stand any discomfort or inconvenience, and life should always be pleasant."
4. **Demand for fairness or justice:** The idea that life must be fair, and injustice is intolerable.
  - Example: "Life is supposed to be fair, and if something unfair happens, it's a tragedy."
5. **Demand for change:** The belief that one cannot be happy or content unless things change the way one wants them to.

- Example: "I must change my circumstances to be happy, and if I can't, life is unbearable."
6. **Global evaluation of oneself based on one's acts:** The tendency to judge one's whole self-worth based on a single act or characteristic.
    - Example: "If I make a mistake, I'm a complete failure as a person."
  7. **Demand for others to act as one wants:** The belief that others must behave as one expects.
    - Example: "People should always do what I want, and if they don't, they're terrible."
  8. **Demand for cooperation or consideration from others:** The idea that one is entitled to the cooperation or consideration of others.
    - Example: "Others must always consider my needs, and if they don't, it's a reflection of their selfishness."
  9. **Demand for fairness from others:** The belief that others should treat one fairly at all times.
    - Example: "People should always treat me fairly, and if they don't, they're wrong."
  10. **Demand for the removal of discomfort or inconvenience:** The belief that life should be free from pain, effort, or inconvenience.
    - Example: "I can't stand any form of discomfort, and it should be eliminated immediately."
  11. **Demand for the elimination of risk or responsibility:** The idea that one should not have to face difficult situations or take responsibility.
    - Example: "I should never have to take risks, and if I do, it's too much to bear."
  12. **Demand for the elimination of problems:** The belief that one should not have problems, and life should be free from difficulties.
    - Example: "I can't handle any problems in life; it's too much for me."
  13. **Low frustration tolerance:** The belief that one cannot bear or tolerate life's difficulties.

- Example: "I can't stand the frustration of waiting; it's unbearable."
14. **Personalization and blame:** The tendency to blame oneself or others for events over which one has no control.
    - Example: "It's entirely my fault that my friend is upset; I should have done something differently."
  15. **Awfulizing or catastrophizing:** The tendency to view a situation as absolutely terrible or disastrous.
    - Example: "This minor mistake I made is the worst thing that could ever happen."
  16. **Labeling and mislabeling:** The tendency to attach global labels to oneself or others based on one's mistakes.
    - Example: "I made a mistake; I'm a complete idiot."
  17. **Dwelling on the negative:** The tendency to focus on the negative aspects of a situation and ignore the positive.
    - Example: "I got nine things right, but I can't stop thinking about the one thing I got wrong."
  18. **Ignoring the positive:** Disregarding positive aspects of a situation and insisting that only the negative elements are significant.
    - Example: "I don't care about the compliments; all I can think about is the one criticism I received."
  19. **Emotional reasoning:** Believing that because one feels a certain way, it must be true.
    - Example: "I feel like a failure, so I must be a failure."
  20. **Should statements:** The use of "should," "must," or "ought" statements that dictate how things should be.
    - Example: "I should always be productive, and any relaxation is a waste of time."
  21. **Overgeneralization:** Drawing broad conclusions based on a single event or limited evidence.
    - Example: "I failed this test; I'll never succeed at anything in life."

22. **Selective abstraction:** Focusing only on a small, usually negative, detail while ignoring the broader context.
- Example: "I made one mistake in my presentation; it was a complete failure."
23. **Mind reading:** Assuming to know what others are thinking or feeling without concrete evidence.
- Example: "I know my boss thinks I'm incompetent because of that mistake I made."
24. **Fortune telling:** Predicting that a situation will turn out badly, without evidence to support the prediction.
- Example: "I just know that I'll embarrass myself at the party; it's going to be a disaster."
25. **Catastrophizing:** Imagining the worst possible outcome of an event or situation.
- Example: "If I don't get this job, my life is over; I'll never find another opportunity."
26. **Personalization:** Taking responsibility for events outside of one's control.
- Example: "It's my fault that it's raining today; I must have done something wrong."
27. **Discounting the positive:** Minimizing or dismissing positive experiences or qualities.
- Example: "Getting an A on this test doesn't mean anything; it was just luck."
28. **All-or-nothing thinking:** Seeing situations in black-and-white terms without recognizing any middle ground.
- Example: "If I'm not the best, then I'm a total failure."
29. **Perfectionism:** The belief that one must be perfect in all aspects of life.
- Example: "I can't make any mistakes; if I do, it means I'm not good enough."
30. **External control:** Believing that one is not responsible for one's own choices and actions.
- Example: "I can't help it; it's just the way I am, and there's nothing I can do about it."