

Stuff to do for Week Three

- Read through your disputing arguments several times over the coming week, reflect on them and try to apply them to your specific problem (don't worry if they don't have an effect, that is not the point at this time, the aim is to get into the habit of thinking rationally and objectively).
- Try and apply what you have learned here to other situations and scenarios on your daily life as you encounter them. So, if you notice yourself saying or thinking a demand, or that something is awful, or unbearable, or you call yourself or someone else an idiot, take a step back and challenge the belief.
- Before you start the chapter on Week Four next week, just answer the following reflective questions:

