

Stuff to do for Week Six

- If you swear, add swearwords to your beliefs and/or your rational-irrational dialogue and your persuasive arguments. If you don't swear, turn your beliefs into songs. Or do both. Both is good.
- Carry on with your behavioural assignments, either in the imagination, or for real, or both, using force and energy to add extra conviction in times of need
- Note down your successes, your near misses and the times it went wrong (if indeed it did at all)
- Keep practicing
- Find an irrational song and re-write it, using everything that you have learned, so that it is now a rational song
- Before you read the next chapter, just answer the following reflective questions:

Reflective questions

1. What is this chapter about and how have you applied that knowledge?
2. What behavioural assignments have you tried? How pleased are you with your progress? What has adding force and energy to your beliefs and arguments brought you in terms of improvement?
3. What irrational song did you find? What do you think of the rational version?
Do any songs remind you of the work you have been doing on your healthy beliefs? If so, which ones and why?

4. Have you had any insights, or 'light bulb' moments as a result of reading through this chapter, in challenging your beliefs this way, in putting it into practice and in reflecting on what other areas they may relate to over the past week?