

STUFF TO DO FOR WEEK ONE

- Read through the story about timekeeping a few times, as well as the ABCDE model and what each letter represents. You're not going to be tested on it or anything, but it explains everything that REBT is about, so the more familiar you are with it, the better equipped you will be going forwards.
- Have a go at explaining REBT to someone else using the story about timekeeping if you would like to. Sometimes, our nearest and dearest can throw up quite valuable insights, either about themselves or about you when you do so. 'OMG!' they exclaim, 'I do that then and you do that there.'
- Before you start the Week Two chapter, answer the following reflective questions:

REFLECTIVE QUESTIONS

1. What is this chapter about?
2. Can you relate this model to you and your stuff; to any of your disturbances; to any of your anxieties, or depressions or outbursts, or simply to your life in general?
3. Have you had any insights or 'light bulb' moments as a result of reading through and reflecting on the timekeeping example and the ABCDE model in the past week?