

STUFF TO DO FOR WEEK THREE

- Read through your disputing arguments several times over the 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 learnt here to other situations and scenarios in 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 Week Four chapter next week, answer the following reflective questions:

REFLECTIVE QUESTIONS

1. What is this chapter about and how have you applied it?
2. Can you relate 'disputing your beliefs' to any other areas of your life? Have you tried to do so and, if so, to what effect?
3. Have you had any insights or 'light bulb' moments as a result of reading through this chapter, disputing your beliefs and reflecting on what other areas they may relate to over the past week?