

Point-Counterpoint Exercise

This exercise is designed to identify, assess and modify dysfunctional assumptions and rules that keep the problem going.

There are four simple steps:

1. Start by identifying dysfunctional assumptions and rules in the pink top left box. e.g. "If it's not perfect, then I have failed." "I can't cope with criticism." "I must always work hard to demonstrate my value."
2. Identify the compensatory behaviours in the orange bottom left box. e.g. Develop high standards. Work hard. Over prepare. Look out for shortcomings and correct. Avoid seeking help.
3. Identify the rational alternatives in the blue top right box. e.g. "Not achieving a target doesn't mean I am a failure." "I don't like criticism, but I know it doesn't define me and I can tolerate it." "I can do my best whilst exercising realistic standards and showing self compassion."
4. Finally, identify realistic behaviours in the green bottom right box. e.g. Acting according to my goals and responsibilities, not my mood. Doing things that I find positively reinforcing, even when I don't feel like it.

Dysfunctional Assumption	Rational Alternative
Compensatory Behaviours	Realistic Behaviours