

"IDEA" OPTIONS FOR HELPERS

IDEAS TO MAKE YOU DISTURBED

1. It is necessary for me to be loved and approved by my spouse, relatives, and significant others in my life - and if not, it's awful!
2. I must be thoroughly competent and effective in everything I do, or else it's terrible.
3. Sometimes my spouse is simply a bad person and undeserving of help, and I should not have to put up with him/her
4. It is terrible when I am frustrated in my efforts to do a good job, or when obstacles keep things from going the way that I would like.
5. It is reasonable to become upset if my spouse or family members do not behave in a manner that I think is best.
6. I should be frustrated if I have to wait for my spouse; or if he/she does not respond immediately to my instructions.
7. I must get everything done that needs to be done without having to change plans, change my approach, or change my style of working.
8. If part of my well intended efforts are resisted or if my attempts to help are particularly stressful or threatening, I should worry about it and be preoccupied by it.

IDEAS TO HELP YOU FUNCTION EFFECTIVELY

1. It's definitely nice to have the approval of my spouse and relatives, but even without it, I can still do my best and be proud of it and accept myself!
2. Doing things well is satisfying - but, it's human to make mistakes. I forgive myself and will do better next time.
3. Sometimes people are harder to like and put up with, but I can still try to do a good job and be proud of my efforts with them.
4. Being frustrated is unpleasant and disappointing, but it is not terrible...it is a normal and natural part of living that I can accept.
5. Although it would be easier for me if my spouse or others acted the way I want, people will generally act the way THEY want, and I can accept and live with that.
6. It would be easier if my spouse or family members responded immediately, and worked at my pace, but it is not terrible when they don't, and at least I can control myself by remaining calm and flexible.
7. It is nice to work without unexpected changes or inconvenience changes, but these things are not terrible...and sometimes there are more things to do than there is time. Making a reasonable effort is what counts.
8. While it may be difficult not to worry or dwell on stressful events, these are not catastrophic, worrying will not change them, and I've handled stress like this before.