

## "IDEA" Options for Therapists

### **IDEAS TO MAKE YOU DISTURBED**

1. It is necessary for me to be approved and understood by my patient at all times - 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 patient (or other person) 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 patient or others do not behave in a manner that I think is best, or if he/she resists my efforts.
6. I should be frustrated if I have to wait for my patient; or if he/she does not respond immediately to my instructions or good intentions.
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 patient, but even without it, I can still do my best and be proud of it and accept myself! Doing things well is satisfying - but, it's human to make mistakes. I forgive myself and will do better next time.
2. It is unreasonable to expect that anyone would be competent at everything. All I can expect is that I do my best and try to improve in my weaker areas
3. Sometimes people are harder to like and tolerate, 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 treatment that I can accept.
5. Although it would be easier for me if my patient or others acted the way I want, people will generally act the way THEY want, and I can accept and live with that. Further, everyone's efforts will sometimes be resisted - That's Life!
6. Although It would be easier if my patients or others responded immediately or worked at my pace, it is not terrible or catastrophic 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.