

Psychology of Emotion: Theory and Applications
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Module 9, Lecture 21: Adaptive emotion regulation using the ABC model

I welcome you all to module number 9 of the course. So, in this module, we are talking about Emotion Regulation and Coping. Today's lecture is number 21, and this is the second lecture of module 9. So, today's lecture is about adaptive emotion regulation using the ABC model. We will discuss this in today's lecture, so before talking about today's lecture, let me give you a brief recap of the last lecture. In the last lecture, we introduced emotion regulation and coping in a more general sense, where we tried to understand the meaning of emotion regulation and how it differs from coping.

So, in that context, we discussed that emotion regulation is a very broad term where any kind of regulation of emotion, whether you are intensifying or decreasing, whether you are trying to experience positive or negative emotion, everything will come under emotion regulation. Coping is a very specific term when we generally try to reduce negative emotions. It comes under coping strategies. So, we have discussed some of the introductory concepts. We also discussed why we regulate emotions and the motivations behind regulating emotions.

In that context, we have discussed, there could be hedonic reasons, there could be kind of instrumental reasons to kind of bring out some specific task in a particular situation, or could be related to impression management, could be related to pro-social reasons to kind of also fit with the social norms and so on. So, we have discussed all these possible reasons why we regulate emotions. In the end, we have discussed how we regulate emotions, the different strategies, and the different steps involved in the emotion regulation process itself. So, in that context, we have discussed the process model of emotion regulation. We try to understand the different processes and strategies involved in each process. So, that is what we have discussed in the last lecture. So, in today's lecture, we will cover more specifically how to adaptively regulate emotions.

So, more specifically, we will be talking about a coping strategy where we can, specifically the negative emotions when they are generated adaptively, and how we can regulate them. So, one of the strategies that we will try to understand is at the thought level how, what can we do, and how can we change the thought processes. So, we will try to understand this whole aspect using Albert Ellis's ABC model. In that context, we will try to understand how we can apply that to regulate emotions, particularly reduce negative emotions. So, one of the strategies we discussed in the process model is

regulating emotion by changing our thought processes because we have seen that thoughts and emotions are very closely connected. We will also discuss in the ABC model that many of the thoughts and emotions we experience are because of how we think about a situation. So, your emotional balance will be congruent with the balance of your thoughts or the kind of thought processes you have.

So, if you have negative thought processes, you are more likely to experience negative emotions. So, one of the strategies we can use to change or regulate emotions is changing thought processes. So, intervention could be at the thought level. So, regulating emotions by changing thought is a fundamental concept in cognitive behaviour therapy. So, in most cognitive behaviour therapy, whatever strategies therapists use, one of the fundamental aspects of all these therapies is that you know they try to intervene at the thought level. They try to identify the faulty thought processes the person is having that are causing emotional disturbances, and then they try to correct them using different strategies.

So, this is one of the fundamental aspects of a large chunk of behaviour or therapy, called cognitive behaviour therapy. This is one of the most used and effective therapies for different disorders, and the fundamental here is changing thoughts. So that they can change the balance of emotions, and that is how they can regulate emotions. So, this process involves recognizing and modifying thought patterns that contribute to unintended distracting emotions. So, here, basically, we try to identify and then modify that is what is done. So, two terms used in this context are connected to changing thought processes. One is called cognitive reappraisal, and the other is called cognitive restructuring.

So, these are the two essential techniques used in most cognitive behaviour therapy to help individuals manage their thoughts and emotions more effectively. So, both strategies focus on changing thought patterns to regulate emotion effectively. So, these are the two basic overall strategies used to change thought processes for regulating emotion. When we use this term, cognitive reappraisal basically means changing one's interpretation or appraisal of a specific situation or even managing emotional responses. So, you change the interpretation of the situation.

So, if a situation is stimulating certain emotions, and let us say that emotion is distressing, one can change how you interpret the situation. So, that is called cognitive reappraisal. So, you are reappraising again, looking at the situation and trying to make a different interpretation of the situation, and consequently, it is changing the emotion. So, it aims to reduce the intensity of negative emotions and promote a more adaptive stress response. So, when trying to interpret, one of the main reasons is that you want to reduce the negative emotions by changing the interpretation of the situation.

So, this can involve looking at positive aspects. So, we can do different things. We can look at a situation for reappraisal like, you know, you look at positive aspects. So, every situation may have negative aspects. If you focus on the negative part of it, you will experience more negative emotions. On the other hand, you can find some positive aspects if you focus on that; it will also change your emotions. Positive aspects: Also, considering alternative perspectives, there can be alternatives if this situation is not working. You can work on some alternative perspectives, or you can downplay the significance of the situation.

So, if the situation is causing a lot of distress, you can kind of downplay it. It is important to see that there are many other important things in life, among others. So, like that, we can reinterpret a situation in different ways. So, all these can be called cognitive reappraisal. For example, if someone is anxious about giving a presentation at work, let us say speaking in front of others and giving a presentation could be full of anxiety for a lot of people. So, one can do cognitive reappraisal to reduce anxiety by reframing the situation and interpreting it as an opportunity to share valuable knowledge, the knowledge you have, or the understanding you have about a particular topic. This situation can provide an opportunity to share your knowledge and valuable information.

So, we are focusing on the positive aspect of the situation. So, if such an interpretation is true, you can kind of change it from a threat to the possibility of sharing valuable information; it will also impact your emotions and reduce anxiety. So, that is an example of cognitive reappraisal. Now, cognitive restructuring is also a related term. Still, it is used more specifically in the context of deeper underlying assumptions about life, our future, and the world. So, they try to change it because they are more unconscious and deeper.

Cognitive reappraisal may be very situation-specific, but cognitive restructuring may involve many deeper assumptions that are causing disturbances or negative emotions in us where sometimes our whole interpretation process becomes so chronic that it becomes a habit of looking at things in a particular way because of doing it repeatedly. So, they can become very unconscious. So, cognitive restructuring addresses those things in more specific ways to change those deeper assumptions that may not be very apparent in the conscious mind. So, it is a broader and more systematic technique used to identify and modify unhelpful thought patterns or beliefs that underlie various emotional and behavioural problems. So, it targets core recurring cognitive distortions that contribute to emotional distress.

So, it is more of our core assumptions, which may be very unconscious. People may not

realize many of these assumptions, but they may have a lot of assumptions about life. We will be talking about that in the ABC model. So, those may take more time and deeper approaches than cognitive reappraisal. So, that is called cognitive restructuring. So, it involves recognizing automatic negative thoughts, challenging their validity and replacing them with more realistic, rational, constructive thoughts. So, in this process, you replace all these kinds of deeper automatic negative thought processes or assumptions about life and about the world or about your future, whatever it is, in a more, you know, restructure them and kind of replace them with more healthy thoughts.

So, that is called cognitive restructuring. For example, if someone consistently believes, I must always please everyone. So, this could be a kind of deeper assumption one could have consistently: the person tries to do a particular thing because of a certain belief system. That belief could be that I must always please everyone, and the person tries to please everyone in every situation because of this assumption, which may create a lot of emotional disturbance because you cannot please everyone. So, cognitive restructuring may involve challenging this irrational belief. That is why you think about why you hope these assumptions could be faulty. You know, cognitive restructuring will involve identifying that this is a thought that is at the root of a lot of your problems and recognizing that it is impossible to please everyone all the time and replacing it with the more rational belief I can strive to do my best, but I cannot control others opinion. So, like this, slowly identifying and then replacing them with more realistic thoughts is done in cognitive restructuring.

Now, this cognitive reappraisal, which is more situation and cognitive restructuring, which more kind of addresses deeper automatic thoughts, are closely related to the ABC model developed by Albert Ellis, which is also a part of cognitive behaviour therapy or cognitive, you know, the kind of you know rational emotive behaviour therapy both these aspects are connected to this model. So, the ABC model is a fundamental concept in rational emotive behaviour therapy, which is a form of cognitive behaviour therapy is a more specific form of cognitive behaviour therapy, and we will try to understand this model to understand how to change thought processes and how thought processes could influence emotions. So, these two techniques, cognitive reappraisal and restructuring, are used within the framework of the ABC model to help individuals identify and challenge irrational beliefs and thought process patterns. We will try to understand how that is done using the ABC model now. So, what is this ABC theory or ABC model? This was proposed by Albert Ellis, who is one of the most successful and one of the most celebrated therapists and theorists in cognitive therapy.

He developed this rational emotive behaviour therapy, a cognitive behaviour therapy that focuses on changing the thinking or belief patterns to reduce maladaptive emotions and

behaviour. So, the focus of this whole approach is to change the belief system, or thought processes about different aspects of one's life that are contributing to negative emotions and change them to change the maladaptive emotions that one is generating. So, it is kind of focused on changing thought processes, and emotions automatically change according to the changing of the thought processes. So, the idea is that we humans are imperfect information processors, and we develop many distorted or dysfunctional thought processes. Most of the time, we do not process information objectively, especially when we think about ourselves, the world, and other people. You know, a lot of biases are involved in our thought processes.

We kind of process according to the way we think something is right or somebody should behave like that. These are all our opinions and our subjective interpretations of the situation. So, a lot of this could be, you know, kind of biased and many times, we develop a habit of distorted thinking or dysfunctional thinking, which is not rational. Many of these thought processes are not rational, and this functional thinking pattern is common to many psychological disturbances. A lot of psychological disorders could be associated with problems in the thought process themselves. So, there is a problem in that there is a dysfunction in the thought process. Your thought process is very biased, and accordingly, you are experiencing irrational emotions, and you know negative emotions, which could lead to psychological disorders also. So, many of these psychological disturbances could be connected to the disturbances and problems in the thought process itself because we develop many dysfunctional or irrational thought processes as we grow. So, a basic model tries to address that.

So, it is a large percentage of our thoughts are not factual thoughts are fine when we are talking about, you know, trying to solve a problem and a lot of things that are practical purposes is fine, but many times, a lot of these thoughts are irrational and coloured by biases, negativities, insecurities and so on. When we think about ourselves, our future, the world, other people, and so on, a large percentage of our thoughts are biased and full of insecurities and negativities. These thoughts could be very deep and unconscious. Also, as we kind of practice them and kind of, you know, kind of process them again and again, they can become very automatic and unconscious. So therefore, many times, symptoms of stress, anxiety, depression and other negative emotions are caused by distorted and dysfunctional thinking. So, depression, for example, could be, you know, largely it is a problem with the thought processes.

People become very pessimistic, and most of their thoughts are very negative about their future. So, kind of this can become a very deep and very recurrent thought process among patients with depression. So, many times, a lot of these emotional disturbances are connected to our thought processes. Therefore, one useful way of dealing with many of

these emotional disturbances could be changing our thought processes where a solution could lie. So, according to Albert Ellis, you feel the way you think.

So, that is the main core idea: your emotions are the product of your thoughts. So, the emotion you express will only be decided by your thoughts. So, if your thoughts are positive, your emotions will be positive. If your thoughts are negative, your emotions will be negative. So, these correspond to each other.

So, you feel the way you think. So, your thinking will determine your emotions. Therefore, things can be changed by changing the thought process. So, we cannot change emotions very easily directly. It may not be a productive approach that could directly, you know, change the emotions because the cause is in the thought processes. So, a more productive way of handling emotion could be by addressing thought processes. So, emotion will automatically change.

So, the problematic emotional reactions are mostly caused by negative self-talk or negative thought processes that are very unconscious. Ellis calls them irrational or catastrophic thinking. So, the thought processes that cause negative emotions are very deep within the human psyche. According to Ellis, these are called irrational or catastrophic thinking. So, Albert Ellis use an ABC sequence to explain all these concepts. So, let us see what this ABC model is all about.

So, before we talk about the ABC model, the idea is that three things are connected: thought will connect and influence behaviour, and behaviour may influence your thoughts, thoughts can influence your emotions, emotions can influence your thoughts, feelings, or emotions could influence your behaviour and behaviour can influence anymore. So, all three are kind of interconnected to each other, and each of them can influence the other. So, that is one of the ideas, particularly thoughts and emotions. So, this ABC model talks about how we can determine how emotions are generated in a specific situation.

So, first is A, which is an activating event. So, when we experience emotion, it is in the context of a sudden event that happens in our life. So, if something happens, some event will happen. So, that is an A-activating event. Now, generally, this A, whenever after this event, people generally if that event is emotional, it has some emotional consequence, then this event will impact you and generate certain emotions.

So, let us say some event happens. So, there will be some consequences. C This consequence could be anything, including emotional consequences, like, you know, sadness or happiness, whatever it is. So, something happens, and you experience some

emotions, and a positive event happens. So, then, you may experience happiness. If something bad happens, you may experience sadness and so on. Now, generally, we believe that it is event A that is causing the C. It is a general belief you know that this is causing this. We generally believe that this event happens.

So, I am experiencing emotions. So, something good happened. So, I feel happy because I passed an exam, I passed an interview, or I qualified for an interview. So, you are happy, you are attributing your happiness to, or you failed an exam, or you are experiencing sadness. So, you are attributing your sadness to the event's failure.

So, we always link A with C. Now, Ellis says this is not right, this path is not right, this is not what actually happens, and actually what happens event activates this one called belief, or the B is B. B means belief. So, a lot of belief systems, a lot of ideas, and a lot of assumptions have to be activated after an event. So, if there is a positive event, it may be. So, many positive thought processes will activate whatever assumptions you have about life if something negative happens.

So, many negative assumptions or beliefs you have will be activated, and this belief causes this one. So, this one is right. So, this is causing this. So, if you have positive thoughts, that thought will cause happiness or if you have negative thoughts, that will lead to sadness or something. So, this event does not cause happiness or sadness; it is this B that causes happiness or sadness.

So, that is something called the ABC sequence in that model where Albert Ellis focuses on the belief part, which we generally neglect, which we do not focus on as the main culprit in terms of emotional consequence. We generally do not think about that or never kind of catch the real culprit and all the time attribute our emotions to the events that have happened. So, I am sad because this has happened. I am happy because this has happened, but he says we miss one thing: the belief system generated by that event that is causing it. The event itself will not cause emotions. It is how you think and what beliefs you have about that event that will cause the emotions. So, that is the main fundamental thing, and that is why the same event can cause different emotions in different people: because their beliefs could be different. So, here is an example: let us say you failed a task.

So, that is an activating event. Let us say whatever task is given, it could be an interview, an examination of whatever. So, the natural consequence would be that you may feel sad, depressed, stressed, anxious, and so on. All these emotions could be there. You may feel, generally, let us say, sadness or maybe a little depression and so on. Albert Ellis will say that it is not right. This failure in a task is not causing depression or sadness. This failure

in a task will activate certain beliefs that we have, which may be very, deep down, very automatic. So, this belief could be the moment you fail; you may have certain thoughts come to your mind that I am a failure in life, I am a worthless person, and this thought could kind of be stimulated, you know. Now, this thought could be very unconscious. You may not consciously think like that, but failure stimulates such thoughts because you have been thinking like that. Maybe you are conditioned by the environment, and so on.

So, these thoughts are there. This could be very deep, and sometimes very unconscious and automatic, and they are generated when you fail, and automatically, these thoughts will come. So, that is the B part that is generated, and Ellis said these thoughts are causing sadness or depression. The moment you say I am a failure or I am a worthless person, you are bound to experience sadness or depression that is automatically going to happen, you know. So, failure itself is not causing. So, many people may fail and not feel any sadness, depending on how they think about the event. They may feel they will try again, but they may not feel anything because those thoughts are not there the moment a person fails, and if this kind of thought is generated in their mind, it will cause sadness or depression. If this kind of thought is not generated, then it will not lead to sadness or depression.

So, the event itself is not the cause. It is the belief that is important and the belief that is generated by the event. So, for many people, emotional disturbances are actually in the B part, which we generally do not give any importance to, or we do not even realize that those are the beliefs that cause emotions. We all the time blame the situations or the persons or the events. So, that is something very important. So, that is what the ABC model talks about.

So, what is he saying? So, most of these emotional disturbances are the B part or the belief part. Most of us have a lot of irrational beliefs. So, these are the thoughts we develop as a habitual pattern, which are at the root of many emotional disturbances. So, at the B part, this catastrophic or irrational thought we have, we all have many such thoughts that may be responsible for many emotional disturbances. So, what are these irrational, catastrophic thoughts? So, according to Ellis, an irrational idea or belief has the following characteristics. So, this kind of thought causes disturbances in emotions. They are called irrational and have many characteristics, like distorting reality.

So, they are not realistic. You know these thoughts distort reality. They do not present the reality as it is. For example, in the earlier example, the moment you fail in a task and you say I am a failure, this is the distortion of reality. Why distortion of reality? This thought is not based on reality; simply because you failed in one particular task that cannot be called a failure in life or I am a failure means you are kind of assuming your

whole personality as a failure. So, you are kind of taking one instant and making it a global thought process. One failure means everything has failed. So, that distortion of reality is not a realistic thought.

It is an illogical thought because it is not based on reality. So, it is illogical. So, no logic failing in one task can lead to failure in a whole life. So, that is, there is no logic in it. It prevents you from reaching your goal the moment you experience or feel that I am a failure. It is more likely you will not be able to put in the kind of effort and energy required in the future task.

So, it will kind of hinder you from reaching your goals in future tasks. So, in that sense, it will block your energy and your motivation. So, it also leads to unhealthy emotions. The moment you say I am a failure. It will lead to a lot of unhealthy emotions. You will experience sadness, which leads to depression and so on. It will also lead to self-defeating behaviour. So, you will not kind of do the right kind of behaviour that is required to reach a goal. You will kind of maybe avoid or run away because you think you will not be able to do it. After all, you are assuming you are a failure.

So, that can also lead to self-defeating behaviour. So, many of these irrational or catastrophic thought processes have these characteristics, which may lead to many negative consequences regarding emotions and reaching goals and other things. So, we all may have many irrational beliefs which we may not, if somebody asked, probably would not say, I do not have this kind of belief. Still, unconsciously, we all have many such assumptions, which is why we get disturbed. If something happens that we do not think should happen, we assume that this should not happen in our lives. This is your assumption, but you do not know life what life will bring to you. So, we have many beliefs and assumptions that may be very unconscious consciously. If somebody has probably, you will say I do not have such beliefs, but it is there in many of us. Ellis found out that there are three main core irrational beliefs.

So, and many more are associated with them, there can be many other such beliefs, but these are variations of these three particular beliefs. These are based on how you think about yourself, what you think your life should be, how you think about other people, and how you think about the environment. Based on this, there are three important beliefs that, according to Ellis, are very fundamental to many human beings, and they are irrational. One is that I must be outstandingly competent, or I will be worthless. So, one of the beliefs that could be prevalent in many people's thought processes is that people want to experience the experience that they are very competent or if they do not have extreme negativity, that they are worthless. So, this could be one of the major beliefs in many people: others must treat me considerably, or they are rotten. You expect that other

people, especially the people around you, should behave very considerably with you all the time. If they do not, they are worthless or kind of rotten people.

These are fundamental; you may not express them like that, but they are in the assumption. Third, the world should always give me happiness. You know, that is something at an unconscious expectation that we all have and want to experience happiness. That is fine, but you know, when you believe that the world should always give the word keyword, then the problem happens because if anything goes against your wishes, you will feel disturbed because you are always expecting to be happy. So, that is the irrational part of it. So, all these thoughts are irrational. You can think about why they are irrational. For example, the last one is very clear in all these things. There is an irrational component to it. The world should always be happy. It is not possible, and it is not realistic. How the world or life is designed and how human societies are designed for each human being is very different.

So, you cannot expect others to behave according to you. The world event that happens in your life can happen very randomly. So, we do not have control over so many things, and things may not go how we want them to go all the time. So, that expectation of getting happiness all the time is unrealistic. It is not possible if you assume that you are bound to experience sadness and that kind of unhappiness in response to that. So, all these beliefs and many other associated beliefs are irrational simply because they are not realistic. They do not happen this way in the world. In absolute terms, life is very kind of, you know, in relative terms, the absolute things do not happen. So, like this, we may have many assumptions, but these are according to at least our core assumptions, and many others could be associated with them.

So, if you see this catastrophic thinking, these core assumptions are based on irrational assumptions; automatic habitual and unconscious thought can be very automatic. This could be just an implicit belief that we have. We may not even consciously know that these are there, but this is how we kind of get conditioned, or the mind gets conditions in society. So, these beliefs are absolute statements and have many thinking errors. So, these are mostly absolute statements: if you see the world should always give happiness, I must get this. So, these are mostly if you see these beliefs in absolute terms, which are problematic in the real world.

So, this belief is basically if you see they are ignoring the positives. So, even if something positive happens because of this irrational belief, you may just ignore it. You exaggerate the negative part of it. If something bad happens, you will exaggerate it. If something happens this much, you will exaggerate it to this much. So, that is the exaggeration part of it. So, you failed in one task and are saying my life is a failure. So,

that is an exaggeration part of it, you understand. So, over-generalization means moving from one situation to every situation; the same example is a kind of generalization.

You are failing in one thing and saying all the aspects of your life are a failure, which means you are generalizing from one event to another. You might have succeeded in so many other things, but you neglect that and generalize to everything else. So, that is the characteristic of many of these irrational thoughts. Now, one thing is the in terms of applied implication in terms of regulation of emotion since we understood from this model that a lot of these irrational thoughts are at the foundation of negative emotions or disturbances or psychological disorders. So, one important implication of this model is that we need to reduce these kinds of thoughts as much as possible because these thoughts could be very deep unconscious and automatic.

So, we need to kind of reduce them. So, the more we reduce them, even if we cannot completely eradicate them, the more we reduce them, the better we will be in terms of emotional experience. Our emotional experience will kind of get towards more positive aspects, or negative intensity will be less. So, that is one thing that the applied aspects of this model that we should reduce this irrational thought as much as possible. So, the question is, how can we reduce them? So, the major aim of rational emotive behaviour therapy or Albert Ellis, whatever the model they gave, is to use this idea in the therapies and help people reduce their irrational thoughts.

So, that is the important part of it. So, reduce irrational thoughts. So, one of the things is if most of these thoughts are irrational, one thing we can reduce them is using logical and rational faculties. So, if something is irrational, the solution for this is that you make it more rational. Now, it could be easier said than done simply because we are often unable to detect it. So, the solution lies here: if a thought is irrational and causing a disturbance, we need to make it more rational and replace it with healthier thoughts.

So, how do we do that because many of these thoughts are very unconscious? So, there are two major steps, according to Albert Ellis. One is detecting irrational thoughts, which is very important because we often cannot detect them. Once we detect the second is to dispute them or, because they are irrational, make it more rational by disputing them. So, how can we detect them? So, that is most important if you can detect that the change is not that difficult. So, detecting irrational thoughts is something very important. The best thing we can do is whenever we feel disturbed. One thing we can ask ourselves is, why are you getting disturbed? Why are you upset or emotionally disturbed? So, that is a question because if something is very deep and unconscious, by asking questions, you can find out what is going on in your mind.

So, you will become more conscious of what is going on in your mind. One of the ways is to ask questions. So, then your reflection will be much deeper, and you can detect those thoughts. So, your energy will be focused on answering that question. So, if you ask why I am getting upset or emotionally disturbed, your mind will try to find the reasons. So, one of the reasons they could find out that I am disturbed is because something has happened wrong or something is not right. Then, you may further ask questions or examine what is going on regarding thought processes.

So, what is everything if, in this situation or whatever event is bad, we have understood that the event itself may not cause the emotions? So, how are you thinking about it? So, kind of catch those thoughts from that particular pointer or question: Why are you getting upset automatically? It may lead to those situations, and then you can. It can lead to the thought processes that are there. So, it will direct your attention from the event to the thoughts. So, one can ask this question: why am I getting upset or emotionally disturbed? One of the main things is that you can see or identify what thoughts are going on because, abstractly, identifying thoughts could be difficult or detecting thoughts could be difficult. Most of our thoughts manifest themselves in self-talk.

We constantly talk to ourselves even if nobody is there. When we think or reflect on something, we can realize we are talking to ourselves. So, thought processes are manifesting themselves mostly in terms of self-talk. So, you are talking to yourself. So, self-talk is where you can detect your thought processes. How are you talking to yourself? What are you talking to yourself? That is where thoughts can be detected. Some thoughts are in the form of imagination in the form of certain images, but mostly, they are self-talk.

So, to catch a thought, you need to look at your self-talk and how you are talking to yourself because all the thoughts manifest themselves mostly in the form of self-talk. That is where you can find out your irrational thoughts and expectations. If something is irrational, there will be an unrealistic pessimism or exaggeration of your thinking. For example, in the earlier case, failing in one thing, you are saying my life is a failure. So, it is a very clear exaggeration and unrealistic pessimism. So, if you are talking to yourself in terms of very unrealistic pessimistic thoughts or exaggerating thoughts, that is where you can kind of detect them, see if you are using keywords like it never, must, always, which are kind of absolute statements I must get it this should never happen to me.

So, these are absolute statements that are generally unrealistic and irrational simply because, in real life, most things are not in absolute terms. Sometimes things can happen, and sometimes they may not happen. You cannot get something every time, and they must always never work, mostly in real-life situations. So, most of these thoughts,

because you think something has to be there, something should never happen, are unrealistic, causing exaggerated emotional disturbances. So, you need to find out what you are thinking about an absolute statement like this. So, that is also an indication that these are unrealistic or more irrational thoughts.

So, these are some indicators you can use to detect your irrational thoughts. Once we detect it, the next step that we need to take is disputing those irrational thoughts. How can we dispute those irrational thoughts? Disputing is obvious; if something is irrational, we need to make it rational and then use rational thought processes use reasoning to remove the irrational part of it. So, Albert Ellis also again pauses because it is you cannot directly very, you know, the abstract way you cannot do the disputing of thoughts. So, he gave some pointers or important questions you can ask yourself to dispute those thoughts. So, Albert Ellis proposes asking questions to dispute irrational thoughts. You can ask questions to detect and ask questions to dispute those thoughts because by questioning, your energy and attention go there; otherwise, it is very abstract. It is difficult to catch and change a thought. So, by questioning, you can direct your attention.

So, Albert Ellis proposes you can ask this kind of question. So, what are these self-defeating irrational beliefs that I have not responded to first? That is the detection part we have already discussed: what kind of thought is causing a disturbance? So, what is that irrational thought that you want to dispute next? What evidence exists for the falseness of this place? So, just ask what evidence is available that this is a false statement, just a kind of corollary. You can also ask if any evidence exists to support the truth of this belief. Is there any evidence for the truth of this belief? Is there any evidence for the falseness of this belief? These use different questions to direct your attention and make it a more conscious process because things may be very automatic. Fourth, what is the worst thing to happen if you give up this belief? So, what will happen even if you just give up this belief? What is the worst thing that is going to happen? What kind of worst thing can happen? Fifth is the best thing to happen if you give up this belief; everything has pros and cons.

So, there may be some positive things you can think about. So, these are different questions that you can use to kind of address or direct your attention to dispute irrational thought processes if you kind of detect them. So, more specific examples can be given here of how to dispute using these questions. I took it from albertellis.org, or their website, which is a very clear example of how these questions can be used to dispute irrational thoughts. So, let us say the first question is, what self-defeating irrational beliefs do I want to dispute? So, let us say you find out that I must receive love from someone for whom I really care. So, this same belief that you find out that you are disturbed because you did not receive love from someone whom you are expecting.

So, let us say the best: if you are feeling disturbed because of this, that means there is an assumption behind it that you must receive. So, that is an irrational thought. According to this model, you are asked, and you are kind of making an absolute statement that I must receive love from someone, whatever in that context. So, let us say you find out how you dispute that. So, the next question is what evidence exists for the falseness of this belief, and in what sense is this an irrational or false belief? So, Ellis says, for example, you can find out no law in the universe exists that says that someone I care for must love me back as there is no such rule as from your part what you are doing, but you cannot really control the response of another person that what that person will do it is not in your hand you know.

So, there is no law that it will be reciprocated. So, that is what I must get, which is not a rational part of it. I do not receive love from person one person but still get it from others and find happiness that way. So, in that sense, you know I, you know, it is not like the end of the world itself. There are many other possibilities if no one I care for ever cares for me, which is very unlikely. I still find enjoyment in friendship, workbooks, and other activities in my life. If someone I deeply care for rejects me, that will be very unfortunate, but I still hardly die. It is not the end of it. You know this is an expectation that you have, but you will feel sad about it. That is fine, but that is not kind of the end of it in terms of. So, that is why, if you see these reasonings, they are more rational and more realistic in terms of how things happen in the real world.

So, you can see that belief may have many false aspects to it. So, this kind of reasoning can be done by one person. When a person is very emotionally impacted, he or she may not be able to do it in himself or herself simply because the impact of emotion could be very high. So, that is why you know people are generally asked to take support from others, including professional support. That is what most therapies do because you cannot do it by rational interpretation. They can do it because they are not involved in that emotion. So, they are neutral. So, another person can support that process, but one can also do it if there is enough motivation for it.

So, for example, this is one aspect where you can find out the falseness of this belief in some sense. Does any evidence exist for the truth of this belief? For example, not really considerable evidence exists that if I kind of love someone dearly and have never been loved in return, I will find myself disadvantaged, inconvenienced, frustrated and deprived. There is no evidence as are. Obviously, that may cause me some inconvenience and so on. But that does not mean you know that is an absolute truth.

I certainly would prefer, therefore, not to get rejected, but no amount of inconvenience

amounts to a horror. So, inconvenience is understandable, but one can still stand the frustration and loneliness. So, that is not the end of everything. So, this is a more realistic thought process. What is the worst thing that can happen if you give up this belief? I would be deprived of various possible pleasures and convenience. So, a lot of projections and fantasies, whatever you have about another person, probably a lot of this thing will not be there.

So, some convenience pleasure would be kind of deprived; that is, I would feel inconvenienced by having to keep looking for somewhere else, and so on. So, that is a reality that is the worst thing at the worst that could happen. What is the best thing that can happen? I could devote more time and energy to winning someone else love and probably find some other better options. I could devote myself to other enjoyable pursuits that have little to do with loving or relating, such as work or artistic endeavors, many other alternative things where you can find meaning in your life. I find it challenging and enjoyable to teach myself to live happily without whatever you know other people present in one's life.

So, there could be many positive aspects to it and some negative aspects to it. So, the idea is that Ellis is asking this kind of question. So, then, all these irrational assumptions will come in front of you, and you will be able to detect where I am going wrong in terms of thought processes, where I should go, and where I need to correct it. So, because in itself it is difficult. So, if you ask this kind of question, it will help you direct your energy to find problems and flaws in your thought processes or irrational parts of it, and you can have an intervention.

So, that is the whole idea. So, these are some of the ways that one can do. So, there are a lot of simple exercises people can do in terms of using this kind of chart where you can find out what is the event that is causing depression anxiety or if any kind of emotions whenever something goes wrong in terms of emotional experiences, why you can find out what is the activating event here what is the consequence happening and what are the belief system associated with them in terms of using questions like that and then how can you dispute them. For example, in the earlier examples that we gave where we said, now failing in one task and the person believes I am a failure, I am a worthless person, one can dispute using questions like that that earlier we have also can directly question like how do I become a total failure if I do not succeed in one task I have failed does not mean I am a failure. So, this kind of irrational aspect will come in front of you if you can devote more directive energy to that attention. So, one can use this kind of chart to practice this. So, in terms of final thought, obviously, it is not easy in every context when the emotions are very strong. It will probably not be easy to do this kind of task.

So, a lot of people actually need help professional help or maybe some kind of loving people or people who are around them in terms of who understand them. Many people, you know, actually tell them that this is not the right way of thinking. That is what our near and dear people do all the time when we feel disturbed, when we are not happy, or when sad comes to us. Other people around us kind of detect that our thought processes are not right when we talk to them because they are not in that emotion. So, they can clearly see that something is irrational. So, a supportive network or getting help from other people, especially those who are trustworthy people in your life, can detect a lot of this irrational part of it, especially when you are in those emotions. If you are not able to detect it, professionals such as counsellors and therapists can always do it. One can do it oneself, and it may take some time because it is not easy to immediately change a lot of these thoughts because they could be very deep and unconscious. So, it needs practice, understanding, and motivation, and many times, we may need support and help from other people in that context.

So, the support of a therapist and a structured professional setting could facilitate this process of restructuring our thoughts, and obviously, the techniques that are used could also be used by oneself if slowly that impact of emotion reduces. So, that can be done also. So, these are some of the things that can change our thought processes to change our emotions.

This is one of the ways where we can do an adaptive emotion regulation using the ABC model. So, with this, I stop here. In the next class, we will be talking about mindfulness and other adaptive emotion regulation strategies. Thank you.