

## HANDOUT 5-7 Search Warrant

We have searched and found the following irrational items in your thinking:

Name of Suspect: \_\_\_\_\_ Name of Officer: \_\_\_\_\_

Place a check (✓) next to all that apply.

- Needing Approval:** "Everyone I work with must approve of me at all times."
- Making Mistakes:** "I must prove thoroughly competent, adequate, and achieving at all times."
- Changing Others:** "I have an obligation to change others who act unfairly or obnoxiously."
- Catastrophize:** "When I get very frustrated, treated unfairly, or rejected, I have to view things as awful, terrible, horrible and catastrophic."
- Others Cause Misery:** "My emotional misery comes from external pressures that I have little ability to change."
- Worry, Fret, and Fear:** "If something seems dangerous or fearsome, I must preoccupy myself with it and make myself anxious about it."
- Avoidance:** "It's easier to avoid facing difficulties and self-responsibilities than to do something about them."
- The Past:** "My past remains all-important, and because something once strongly influenced my life, it has to keep determining my feelings and behavior today."
- Unrealistic Expectations:** "People and things should turn out better than they do, and I must fix them."
- Competition:** "My worth can be measured by competitive situations."
- Source of Problems:** "The people and conditions in my life are the source of my problems."
- Negativity:** "Certain occurrences or events are negative by nature."