

Common Irrational\* Ideas at the Basis of Emotional Disturbances

\* i. e.    absoluteness  
          in        extremeness    of belief

(i. e. These ideas help make up the subtle hidden "E" propositions)

<u>Religious Ideals</u>		<u>Defenses and Neuroticisms</u>
Good Reputation	1. The idea that it is a dire necessity for an adult human being to be loved or approved by virtually every significant other person in his community.	Compensation
Good Religious Subject	2. The idea that one should be thoroughly competent, adequate, and achieving in all possible respects if one is to consider oneself worthwhile.	Hypocrisy
Orthodoxy	3. The idea that anyone who does not measure up to my standards of "goodness" is therefore "bad", and is thereby my opponent to be scorned, rejected or anathematized.	Displacement (Righteousness)
Idealism	4. The idea that it is awful and catastrophic when things are not the way one would very much like them to be.	Denial of Reality
Indif- ference Humility	5. The idea that human unhappiness is externally caused and that people have little or no ability to control their sorrows and disturbances.	Projection Hyper- criticism
Suffering	6. The idea that if something is or may be dangerous or fearsome, one should be terribly concerned about it and should keep dwelling on the possibility of its occurring.	Inadequacy Catastro- phizing
Detachment	7. The idea that it is easier to avoid than to face certain life difficulties and self-responsibilities.	Rational- ization
Obedience	8. The idea that one should be dependent on others and needs someone stronger than oneself on whom to rely.	Abject Conformity

Religious  
Ideals

Irrational Ideas

Defenses and  
Neuroticisms

Resigna-  
tion to  
God's Will

9. The idea that one's past history is an all-important determiner of one's present behavior, and that because something once strongly affected one's life, it should indefinitely have a similar effect.

Pathological  
Passivity

Charity,  
Solicitude

10. The idea that one should become quite upset over other people's problems and disturbances.

Identification

Religious  
Perfection

11. The idea that there is invariably a right, precise, and perfect solution to human problems, and that it is catastrophic if this perfect solution is not found.

Obsessive  
Compulsive-  
ness

Institu-  
tional  
Loyalty

12. The idea that the "image" of the insti-  
tution, system or establishment must be  
kept enhanced at any cost.

Scape-goating