

TABLE 15.2 Triggers, catalysts and alternative beliefs

<b>Triggers (the activating event)</b>	<b>Catalysts (the self-destructive belief)</b>	<b>Alternative belief (to neutralise the catalyst)</b>
Being teased.	Other people should always respect me.	Sometimes people are disrespectful; I can cope with that because I know that I'm OK.
Someone tries to get me to do something that I don't want to do. Being pushed.	They are trying to take advantage of me. Other people don't respect me.	I am me and I can make my own decisions about what to do. I respect myself and I will be assertive when other people try to push me around.
Being shamed. Making a mistake.	Other people are better than me. Making mistakes is a disaster.	I am me, and I am OK. Everybody makes mistakes; that's normal, so I am normal.
Waiting in a queue.	I should be served first.	It would be nice if I were served first but everybody has to queue up, not just me.
Not being able to do something competently.	I'm useless.	There are some things I'm really good at doing and other things I need more practice at; nobody's perfect.
When something is lost.	Someone has taken it.	It's just mislaid; I can find it if I stay calm and take time to look.
Accidental intrusion by others.	They don't respect my rights.	They are careless; I am capable of telling them what I need.
Someone else doesn't do what I want them to do.	Other people should live up to my expectations.	Other people don't need to live up to my expectations.
Being unfairly treated. Losing in a game.	I should always be treated fairly. I must always win.	Life is not always fair and just. If I win 50 per cent of the time I'm doing well.
Being told what to do by someone in authority.	People in authority do not have the right to tell me what to do.	I can accept that in some situations I will be told what to do and that is appropriate.