



Marijne van den Kieboom

RET, list of dispute questions (to dispute the irrational line of thinking)

1. Excessive perfectionism

- Let me look at the facts. Where exactly does it say that I'm not allowed to make any mistakes? Explain!
- Who said that?
- Is it possible to be perfect? Do you know people that are able to be perfect 100% of the time? Explain!
- Is it 100% wrong? How much of it is wrong? How much of it not?
- If I think this way, will it improve my performance?
- Can I concentrate well on my work with this thought in the back of my mind?
- What exactly makes me so worthless as a person if I make a mistake?
- Is it true that a person can become more worthy or worthless based on one specific behavior at one specific moment?
- What exactly determines a person's worth?

2. Disaster thinking

- What will exactly happen?
- What is the worst thing that could happen?
- What is the change of it happening?
- Does thinking this way help me solve problems?
- Does thinking this way reduce the chance of these horrible things happening?
- I use the word 'disaster' for this event, but can this event really be compared to earthquakes, wars, floods and plane crashes?
- Will my life still have any meaning if this horrible thing actually happens?



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3. Low frustration tolerance

- How can I prove that? What have been my experience with this so far?
- What were the experiences of others who did the same thing?
- What is the chance that I will not succeed?
- Is there anyone else with the same capabilities as me who has succeeded at this?
- What do I achieve by *not* doing it?
- What kinds of experiences can I gain by doing it?
- What exactly does 'unbearable' mean? Could I die from it?
- Does 'too hard' mean that no one on the planet has ever succeeded at this before?
- Is it possible to know for certain that I won't succeed if I've never tried it before?

4. Addiction to love

- What has been my experience with this so far? Has everyone in my life always liked me up to now?
- If someone doesn't like me, what exactly does that mean? How exactly is that harmful to me?
- Do I like everyone else?
- Will I function better by demanding this?
- Will more people like/love me if I demand this?
- If I want to achieve this, how does it affect my behavior?
- Why exactly is this necessary? Is it fundamental human need like food, water and shelter?
- Is it really possible that all kinds of different people with all kinds of preferences, which could change from moment to moment, will always like me?
- What would my life be like if it turned out that only some people liked me from time to time?
- What is so special about me that everyone should like me?



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5. Demanding line of thought

- Which rule was violated here?
- Who made this rule?
- Are there other rules?
- What do other people think about these rules?
- What kinds of rules are there for the world?
- Do others have to behave differently because I say so?
- Will the world change if I demand it?
- Why should others behave differently just because I want them to?
- What is my position of power in the world?
- Does the fact that there are rules automatically mean that people will adhere to them?
- Would rules be needed if everyone automatically adhered to them?