

According to the Rational Emotive Behavior Therapy (REBT) perspective, people develop emotional disturbances as a result of learnt irrational beliefs that stems from our childhood. People learn irrational beliefs as children from significant others; people who have great influence on their impressionable young minds. From then on, people keep recreating these beliefs all through adulthood and their entire life. Therefore, it is the fault of our repetition of these early irrational beliefs in our adult lives that brings about emotional disturbances, rather than the influence of parental repetition.

Blame is the core of most emotional problems/ disturbances. Ellis thinks we shape our desires around definite “shoulds”, “musts” and “ought tos”. We believe things must go a certain way or we view our goals around what should happen. When in all actually, we’re viewing our desires through unrealistic truths and standards. The ideas and expectations of these desires lead to disruptive and dysfunctional behaviors because we’re responding to falsehoods.

The key to being psychologically healthy is to stop blaming ourselves, and others and in turn being able to accept ourselves, others, and our imperfections unconditionally. Without accepting ourselves and others genuinely with all “the mess” attached or learning to stop placing blame, we’d only remain emotionally disturbed. We keep ourselves emotionally disturbed by internalizing self defeating beliefs but the goal in all of this is to achieve and then maintain good psychological health.