

### 9.3) RET Worksheet

Now it is time for an exercise to practice what you have learned. Bill likes to drink after work every day. This is the self-talk that goes through Bill's head every day after work. Circle the irrational words in each statement and tag each statement as Awfulizing, Overgeneralizing, Shoulding, or People Rating. You might use more than one tag for some.

- **I had a hard day and I deserve a drink.** \_\_\_\_\_
- **I can't stand it if I can't have a drink.** \_\_\_\_\_
- **I have no way to tolerate this job unless I drink.** \_\_\_\_\_
- **Everyone has a drink after a hard day at work.** \_\_\_\_\_
- **Not drinking everyday is just awful.** \_\_\_\_\_
- **I can't help it that I drink because I am a powerless alcoholic.**  
\_\_\_\_\_

Now write a new rational statement to counter each of these irrational statements:

- **I had a hard day and I deserve a drink.**  
• \_\_\_\_\_
- **I can't stand it if I can't have a drink.**  
• \_\_\_\_\_
- **I have no way to tolerate this job unless I drink.**  
• \_\_\_\_\_
- **Everyone has a drink after a hard day at work**  
• \_\_\_\_\_
- **Not drinking everyday is just awful.**  
• \_\_\_\_\_
- **I can't help it that I drink because I am a powerless alcoholic.**  
• \_\_\_\_\_