



EXCHANGE VOCABULARY



SMART
Family & Friends

WORD EXCHANGE

<i>Instead of thinking:</i>	<i>Try thinking:</i>
Must	Prefer
Should	Choose To
Have To	Want To
Can't	Choose Not To
Ought	Had Better
All	Many
Always	Often
Can't Stand	Don't Like
Awful	Highly Undesirable
Bad Person	Bad Behavior
I Am a Failure	I Didn't Succeed At

STATEMENT EXCHANGE

<i>Instead of saying:</i>	<i>Exchange with:</i>
I have to do well.	I want to do well.
You shouldn't do that.	I prefer you not do that.
You never help me.	You rarely help me.
I can't stand my job.	I don't like my job.
You are a bad person.	That behavior is undesirable.
I'm a loser.	I failed at this one task.
I need love.	I want love, but don't need it.

EMOTIONAL VOCABULARY EXCHANGE

REBT does not endeavor to eliminate emotions. Quite to the contrary!
Emotions are very useful and part of the human advantage – when appropriate!

<i>Instead of saying:</i>	<i>Exchange with:</i>
Anxious	Concerned
Depressed	Sad
Angry	Annoyed
Guilt	Remorse
Shame	Regret
Hurt	Disappointed
Jealous	Concerned for my relationship

