

# What Good Can I Make Of This?



MY EXPERIENCE  
OF RATIONAL EMOTIVE BEHAVIORAL THERAPY

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What Good Can I Make Of This?  
My Experience of Rational Emotive Behavioral Therapy  
by Jerald W. Blackstock  
2020

ISBN: 978-1-7772148-2-1

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# CONTENTS

## TABLE OF DISTORTIONS

Copyright

Contents

About

Practise Practise Practice

Heartbreak Alley

A Real Treasure

trust

Artists Statement

The Duchy Of Jerald

# ABOUT

Self help is based on the notion, I largely created my upsettedness so I can largely uncreate it. If it is to be it is up to me - Albert Ellis.

This is an REBT book, using, with permission, the Self Help Form designed by my teacher Will Ross from the site he created: [rebtnetwork.org](http://rebtnetwork.org).

I met him on social media while I was investigating cognitive therapy for lifelong depression and extreme anxiety. Will was dying of liver cancer and stubbornly refused to upset himself about it. Using this tool he created coincided with many long and enjoyable conversations. I miss him a lot even if he couldn't explain cricket to me.

Fortunately, Will could explain REBT to me and I lost my lifelong over depression and overanxiety. My father died when I was two, my mother abandoned me. I grew up being taught that these events caused my depression and anxiety. A commonly held seemingly perfectly reasonable belief.

It turns out that those events contributed quite heavily to my emotions but it is what I choose to think about those events that form the major sting and keeps it alive.

All people upset themselves with three thoughts:

I must do well

You must be nice to me

Life must be convenient

or else I can't stand it

I can't stand it means I will die from this.

My fathers death was inconvenient, my mother abandoning me wasn't very nice and I grew up poor as a rock so by conventional standards I wasn't doing so well. But, was I dead? No.

So by telling myself I couldn't stand it, life was awful and terrible, I was affirming that I couldn't handle life. This affirmation created the unhealthy negative emotions and self defeating behaviors I experienced all my life.

The healthy negative emotions we experience, such as concern and regret, are motivating and self helping. They motivate us to solve our problems and appropriately ask for help. The unhealthy ones such as depression and anxiety, are self defeating and lead to self defeating behavior such as procrastination and overindulgence in feel good behaviors.

Will taught me to dispute. Is there any evidence that these events are so bad they killed me? (no)

I highly prefer to have had functional parents and financial opportunity but I don't HAVE to, I'll figure it out. I have been standing it, I am standing it so I will stand it. In fact not only can I stand it, but I have a lifetime of experience of standing it, I'm actually really good at it, I could survive on the moon.

As a consequence of the dispute and rational response, my depression left along with the holy terrors. Eventually. I didn't upset myself in one day so I didn't unupset myself in one day.

The link to an expanded explanation of REBT

<http://www.rebtnetwork.org/whatis.html>

An expanded version of the three concepts I mention and most importantly, the consequences of believing them

<http://www.rebtnetwork.org/library/musts.html>

The self help form

<http://www.rebtnetwork.org/library/shf.html>

## REBT Self-Help Form

What is the situation that you are upset about?

Answer: budget and income just enough barely

What are the unhealthy negative emotions that you are experiencing?

Answer: anxiety depression

What demand are you making about the situation?

Answer: life must be convenient or I can't stand it

Dispute: is there any evidence that I can't stand it?

Rational Belief: no evidence at all this is a hassle not a horror

What are your new healthy negative emotions?

Answer: concern

What are your new self-helping behaviors?

Answer: minimum payments until more income from job or funding  
applying for jobs

Warning: This form should not be considered a substitute for individualized treatment with a mental health professional. If you are seeing a counselor or a therapist, it is recommended that you print this page and discuss your responses with him or her.

Designed by Will Ross 2006

Return to [www.rebtnetwork.org](http://www.rebtnetwork.org)

## Further Reading

Dr Micheal Edelstein

<http://threeminutetherapy.com/index.html>

Dr. Albert Ellis

<https://jeraldblackstock.ca/wp/2018/03/21/the-case-against-religion/>

practise

practise

practice



## REBT Self-Help Form

What is the situation that you are upset about?

Answer: heard a graphic news report of abandonment of helpless people in a long term care home.

What are the unhealthy negative emotions that you are experiencing?

Answer: depressed anxiety shame embarrassment guilt

What self-defeating behaviors would you like to change?

Answer: withdrawal procrastination

What demand are you making about the situation?

Answer: if I don't have the love and approval of others I am a worthless person and I didn't perform well because I too was abandoned as a baby consequentially an orphan

Dispute: Is there any evidence I am a worthless person? Does someone else's abandonment of those in their care make those in their care worthless?

Rational Belief: I am not responsible for others behavior, the people in those beds did not 'make' anyone leave them. I didn't make my mother dump me or my siblings. Others decisions describe them. At the same time I accepted that my subsequent abandoners weren't a loss because they didn't have anything to give so I didn't lose anything of value, just empty narcissist promises and similar lies

What are your new healthy negative emotions?

Answer: concern sadness regret disappointment

What are your new self-helping behaviors?

Answer: talking to strangers asking for what I want tackling unpleasant tasks

Warning: This form should not be considered a substitute for individualized treatment with a mental health professional. If you are seeing a counselor or a therapist, it is recommended that you print this page and discuss your responses with him or her.

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# HEARTBREAK ALLEY

Heart broken

I am broken

I didn't do relationship right

Obviously

Because she left

So It's all my fault that she didn't keep her promise That she wasn't loyal

That I am broken

or

She didn't keep her promise

Because she is not sincere

She left because I asked for what I want

To Deepen Relationship

She Had Nothing to Offer

She Didn't Keep Her Promise Of Love Because She Is A Liar She Slept

With Another Because She Is Bored She Craves Chaos

conclusion

I am not Broken

Disappointed yes

Even Devastated

But Not Broken

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# A REAL TREASURE

There is only one of me.

I am a unique individual, one of a kind.

Therefore I have value, Whether I am young

Or old

Fat or thin

Tall or short

I accept myself as a unique work of art

Vastly interesting

Fascinating

Endlessly changing

Person

Of limitless possibilities (I think of Steven Hawking, wheelchair bound, immobile, scientist, professor, husband and father if I happen to contemplate my 'inability' to create satisfaction in my life)

Because:

I am always in this process of change

Therefore:

I cannot be a finished perfect 'Anything' (Insert label here [if you must])

This imperfection (by definition) has no bearing whatsoever

On my 'value' or 'worth'

I have value or worth because I am a unique one of a kind piece of very fine constantly evolving art that has perhaps not existed before and perhaps may not again

And in my mind, so are you.

So I take pleasure in you, simply because I want it,

A real Treasure.

Blackstock '07

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I wrote this after reading *The Myth of Self-esteem: How Rational Emotive Behavior Therapy Can Change Your Life Forever* by Albert Ellis.

# TRUST

What is it? I was raised by conservative narcissists all narcissists are liars  
I am afraid I don't trust anybody blind trust is no trust blinded by the  
charm to create trust

## The Problem

I must do well and win the approval of others or else I am no good. I can't  
trust their approval or their evaluation of do well Other people must do  
"the right thing" or else they are no good and deserve to be punished. I  
can't trust them to do the right thing.

Life must be easy, without discomfort or inconvenience I can't trust life

## The Way Out

Is there any evidence that I am no good? The only evidence I can find is  
that their likes and dislikes only describe them, this I can trust.

Where is it written that others must? Just because I prefer it, does that  
mean I must have it?

It's a pain, but it's not awful

Accept Accept Accept

The purpose of life is satisfaction

What good can I make of this?

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# ARTISTS STATEMENT

I was born in the Kananaskis, Alberta, Canada, my grandfather was a homesteader near Blue Rock. The Bow Valley has been my life.

After working as the Art Director at Chinook Plastics, where I supervised and produced the architectural signage for large projects such as the Cave and Basin in Banff and the University of Calgary I moved on to a career at Art School (Alberta University of the Arts) where after 6 years of study I taught painting and drawing. ([C.V.](#))

By editing to create fleeting moments of exaggerated light, colour and pattern, my contemporary approach to digital painting has created a body of work that is brimming with nostalgia for my first homes, the street, and the mountains.

The works are similar in spirit to Nouvelle Vague:

“From this passion for cinema they developed a belief in the theory of the auteur: that is, a conviction that the best films are the product of a personal artistic expression and should bear the stamp of personal authorship, much as great works of literature bear the stamp of the writer.” 2008  
Simon Hitchman

“(An artist) makes liberal use of artistic license to significantly embellish or change the circumstances of real-life incidents by any means possible”  
– Rosalind E. Krauss. With my emphasis on feeling, I’m a personal history expressionist. I relate to Alice Neel, who as “A successor to the expressionism of Chaim Soutine, Edward Munch, and Ernst Ludwig Kirchner, Neel used distorted drawing and invented color to reveal the character beneath each sitter’s physical appearance. (Artsy)”

I use the camera, editing software, a formal education in painting aesthetics and a lifetime of fine art practice to reveal what lies beneath; the poetry of existence. Blackstock 2019

# THE DUCHY OF JERALD

