

SKILLS OF COMMUNICATION NATIONAL
"SOCNAT"

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SUBJECT: SELECTED QUOTES BY ALBERT ELLIS

DATE: May 1986

TO: POLICY FILE

PURPOSE: To provide selected quotes from Dr. Albert Ellis for use in preparation of correspondence, text materials, briefings, and proposals.

1. No matter what your past history, or how your parents and teachers may have helped you feel disturbed, you remain so because you "still" believe some of the unrealistic and irrational thoughts which you originally held. To undisturb yourself, therefore, you need only to observe your irrational self-indoctrinations and energetically and consistently work at deindoctrinating yourself.

Albert Ellis, Ph.D., A New Guide to Rational Living, Wilshire Book Company, North Hollywood, 1975, pg 59.

JIM CAMPBELL

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