Abbreviations Used In The Thesis

1. Rational Emotive Therapy (RET)
2. Activating agent (A)
3. Beliefs (B)
4. Consequences (C)
5. Debate (D)
6. Effect (E)
7. Rational Emotive Education (REE)
8. Rational Emotive Imagery (REI)
9. Irrational Beliefs (IBs)
10. Rational Beliefs (RBs)
11. Irrational Beliefs (IBs)
12. Emotionally Disturbed Behaviour (EDBs)
13. Self Winning Behaviours (SWBs)
14. Cognitive Effect (cE)
15. Behaviour Effect (bE)
16. Beulah’s Irrational Belief Description (BIBD)
17. Beulah’s Irrational Belief Questionnaire (BIRBQ)
18. Fear Identification Rating Scale (FIRS)
19. Anger Rating Scale (ARS)
20. Anxiety Checking Questionnaire (ACQ)
21. Poor Self Concept Rating Scale (PSCRS)
22. Cognitive Behaviour Modification (CBM)
23. Progressive Relaxation Exercise (PRE)
24. Awareness Exercise (AE)
25. Participant Observation (PO)
26. In-depth Interview (II)
27. Informal Interview (IMI)