

A Sexual Irrational Belief is Associated with Several Measures of Sexual and Emotional Problems and Reports of Life Trauma

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Abstract

The premise that is subsumed into Rational Emotive and all subsequent cognitive behavioral therapies is that all emotional disturbances can be traced to a range of irrational beliefs. Such irrational beliefs have long been believed to exert a negative influence on sexuality and adversely impact intimacy between partners. The authors devised two irrational belief scales to measure the respondents' level of irrational thinking in matters pertaining to sex and intimacy. The irrational belief scales were administered as part of two sexual attitudes and demographic question surveys administered to 250 and 300 participants respectively. The scores of respondents were related to a variety of items asking about general life distress, existing sexual conflicts, paraphilic sexuality and the sexual preferences of participants. The results of the scales showed a strong relationship with the irrational thinking patterns, life conflicts and sexual distress of participants, but no connection was found with outlying sexual behavior or fantasies.

Keywords

Irrational beliefs, sexuality, Rational Emotive, sexual problems, life distress