Schema Therapy - Flash Card

Acknowledgement of Current Feeling

Right now I feel ______________________ because ______________________

______________________________

(trigger situation)

Identification of Schema(s)

However, I know that this is probably my ______________________
(relevant schema/s)

schema(s), which I learned through ______________________

(origin)

These schemas lead me to exaggerate the degree to which ______________________

______________________________

(schema distortion)

Reality-Testing

Even though I believe ______________________

(negative thinking)

the reality is that ______________________

(healthy view)

The evidence in my life supporting the healthy view includes: ______________________

______________________________

(specific life examples)

Behavioural Instruction

Therefore, even though I feel like ______________________

(negative behaviour)

Instead I could: ______________________

(alternative healthy behaviours)

______________________________