

Schema Therapy - Flash Card

Acknowledgement of Current Feeling

Right now I feel _____ because _____
(emotions)

(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)