

Explore Maladaptive Modes

Use the following worksheet to help the client better understand their active schemas (schema modes) and look back at their childhood to understand their origins.

In the present

What happens when this mode is triggered?	
What feelings and bodily sensations do you have?	
What thoughts do you have?	
What happens in your relationships at this time?	
Give examples of the sort of things you say to others when you feel this way	

In the past

When do you first remember thinking/feeling/acting in this way?	
What did people say and do that reinforced this?	
What specific memories are important to this schema mode?	