

## Schema Therapy Flash Card

Schema flashcards are valuable in “summarizing patient’s everyday experiences in terms of schema modes and their cognitive and emotional implications” (Arntz & Jacob, 2013).

Try completing the following worksheet with your client to identify more functional coping and behavior (modified from Young, Klosko & Weishaar, 2007):

### Identify the current feeling

Right now I feel
(emotions)

because
(trigger situation i.e. what has happened)

### Identify the schema(mode)

However, this is probably the following mode

I developed this in my childhood because of
(origin i.e. early life experience)

My typical coping response is
(schema distortions)

## Reality-testing

Even though I think that

(negative cognition/thinking)

reality says that

(healthy cognition/thinking)

The evidence (proof) in my life supporting the healthy view includes

(specific life examples)

## Alternative behaviors

Therefore, even though I feel like doing

(dysfunctional/negative behavior)

I could try to

(healthy alternative)

## References

- Arntz, A., & Jacob, G. (2013). *Schema therapy in practice: An introductory guide to the schema mode approach*. Chichester, West Sussex: John Wiley & Sons.
- Young, J. E., Klosko, J. S., & Weishaar, M. E. (2007). *Schema therapy: A practitioner's guide*. New York: Guilford.