The Schema Therapy Clinician’s Guide:
Handouts from the book

Individual Schema Therapy 1: Schema Therapy Conceptualization Example

**Functional Mode**
Healthy adult Isabel:
go to work and cares for her daughter

**Innate Child Modes**
Vulnerable Child Mode (lonely little Isabel)
- her parents did not have time for her
- today she feels extremely lonely when her husband needs to travel for work

**Dysfunctional Parent Modes**
Demanding Parent Mode
- vicarious learning: parents who worked extreme amounts
- forces Isabel to be the perfect mother and wife

Punitive Parent Mode
- nanny who had headaches when Isabel needed attention
- guilt-inducing when Isabel needs something from her husband today

**Maladaptive Coping Modes**
Avoidant Protector Mode (scared Isabel)
- never goes to activities by herself
- avoids social gatherings

Overcompensator (Miss Perfect)
- tries to be perfect

Compliant Surrender (doormat Isabel)
- never argues with her partner, even when something is important to her

ST conceptualization example
Isabel, 28 years, Major depressive disorder and avoidant personality disorder
Individual Schema Therapy 2: Your Schema Therapy Conceptualization

Make a treatment conceptualization with your therapist. Match the symptoms or problems you experience with modes. Define your goals of treatment. Make the treatment goals reachable. Also connect the goals to specific mode changes.
Individual Schema Therapy 3: My Goals in Schema Therapy

My MCM mode: _____________________________
Difficulties I experience when I am in this mode:
______________________________________
______________________________________
My goal of ST treatment regarding this mode:
______________________________________

My Child mode:__________________________
Difficulties I experience when I am in this mode:
______________________________________
______________________________________
My goal of ST treatment regarding this mode:
______________________________________

My DyPM mode:________________________
Difficulties I experience when I am in this mode:
______________________________________
My goal of ST treatment regarding this mode:
______________________________________

My _________ Mode: (this one can be another MCM, ICM or DyPM or to strengthen the HAM or HCM)
My mode:________________________________
Difficulties I experience when I am in this mode:
______________________________________
My goal of ST treatment regarding this mode:
______________________________________
# Individual Schema Therapy 4: Example of a Problem Summary in Mode Terms with Treatment Plan

<table>
<thead>
<tr>
<th>Schema mode</th>
<th>Schema triggers</th>
<th>Your problems/issues related to this mode</th>
<th>Do you flip? To which mode?</th>
<th>How are you working on this?</th>
</tr>
</thead>
</table>
| **Vulnerable Child Mode**    | Feeling hurt. Remembering how Mom treated me. Remembering abuse. Being talked to in a loud or mean voice. Feeling abandoned or scared. | Feeling hurt about something in the present brings up a lot of old hurt feelings and my VC cannot tolerate having these feelings. | Yes, sometimes I flip to IC. Sometimes I flip to PP. Sometimes I flip to DP. | 1. *Identify need*: to feel cared about. To feel I have stability and safety.  
2. *Ask (therapists, group) for help with need*: I could ask for a hug, or for someone to sit with me.  
3. *Access your HA for help*. For example, do a circle to access your HA (cortex).  
4. *My HA could get a soft blanket to wrap up in and my bear to cuddle. I could rock and remember Grandma hugging and rocking me.*  
5. *I need* to ask others for help to stay safe – like not to have anything unsafe near me and not to have objects to swallow. |
<p>| <strong>Angry or Impulsive Child Mode</strong> | Feeling I cannot stand the feeling for a minute more. I need my need met now! | In this mode, I cut myself or swallow, anything I can to end the scary hurt feelings. | <strong>Impulsive Child Mode</strong> | |</p>
<table>
<thead>
<tr>
<th>Schema mode</th>
<th>Schema triggers</th>
<th>Your problems/issues related to this mode</th>
<th>Do you flip? To which mode?</th>
<th>How are you working on this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Punitive or Demanding Parent Mode</td>
<td>This flip gets triggered if I hear my internal parent voice say it is my fault or I am bad.</td>
<td>In this mode, I hurt myself as punishment for feeling, being “weak.”</td>
<td></td>
<td>6. <strong>I need</strong> Good Parent protection.</td>
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<td>7. I could talk about what I feel with someone who will reassure me that I am good.</td>
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<td></td>
<td>8. I could access HAM and use the soothing image we worked on in group or read Good Parent cards.</td>
</tr>
<tr>
<td>Maladaptive Coping Mode</td>
<td>This can happen automatically when I get to a high intensity or overload.</td>
<td>In this mode I may self-injure later – to feel <em>something</em>, if it gets too scary to feel numb. I can start to feel unreal.</td>
<td>Detached Protector Mode</td>
<td>9. <strong>I need</strong> to reduce my hurt feelings.</td>
</tr>
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<td>10. I could vent my feelings.</td>
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<td>11. I could use healthier detachment like my safe-place or safety image.</td>
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<td></td>
<td>12. Awareness that I am getting too distressed is important to stop DP.</td>
</tr>
</tbody>
</table>
Individual Schema Therapy MCM 1: Behaviors of Your Maladaptive Coping Modes

Most people have different Maladaptive Coping Modes (MCM). It is helpful to know what yours are, the situations that trigger them, and how you react when you are in each MCM.

The MCM I have most often is: ___________________________
My most dangerous MCM is: ___________________________
Individual Schema Therapy MCM 2: Behavioral Experiments for the Maladaptive Coping Modes

Different situations and different people trigger your MCMs, but not all of them trigger them at the same intensity. Let’s find out what your differences in intensity are.

Example: My Avoidant Protector says that peers are really dangerous and I should avoid them.

My Avoidant Protector says that because I was bullied by other kids in school I started avoiding other people.

A behavioral experiment I worked out with my therapist is:

1. Example: Talk to my neighbor for 5 minutes and afterward rate the intensity of my Avoidant Protector.

2. Example: Talk to another person in the clinic waiting room for 5 minutes and rate afterward how strong the AP was.

3. Example: Talk to a group of people waiting for my gym class.

What did you learn from these behavioral experiments?
Individual Schema Therapy MCM 3: Pros and Cons of My Maladaptive Coping Modes

(Advantages or benefits versus disadvantages or problems)

Your MCMs have helped you to survive difficult and painful situations in your past, particularly in childhood. This is one reason why they have so much power over you now. However, they may not be working to get your needs met in your present life. Let’s see …

List the past situations in which your MCM was helpful:

________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________

List the situations in your present life over the last 3 months where your MCM was helpful for you:

_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________

Now let’s put it together and compare the arguments for and against keeping your MCM at the same intensity in your current life:

<table>
<thead>
<tr>
<th>Pro MCM (advantages)</th>
<th>Con MCM (disadvantages)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
Individual Schema Therapy MCM 4: Cognitive Distortions of the Maladaptive Coping Modes

When you are in your MCM you see the world through a specific filter. This filter is distorted by your schemas. Let's find out what the cognitive distortions of your MCM are:

Example: “If you trust people, they will only hurt you.” Is that one of your beliefs? What are some others from the MCM?

1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________
5. ____________________________________

Cognitive Antidotes from Healthy Adult Mode

Let's see if your Healthy Adult Mode can find “antidotes” to the cognitive distortions of your MCM:

Examples: “People can hurt you, if you trust them, but most people will not hurt you on purpose. As an adult you can deal with painful experiences without being destroyed.” “You can only have relationships if you trust some people and you want to have relationships; that is important to you.”

1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________
5. ____________________________________
Individual Schema Therapy MCM 5: Making an Agreement with My Maladaptive Coping Mode

I want my Healthy Adult Mode to take more control in therapy, because

________________________________________________________________________________________

________________________________________________________________________________________

My Healthy Adult Mode can take more control in therapy in the following way:

________________________________________________________________________________________

________________________________________________________________________________________

I want my Healthy Adult Mode to take more control in my life, because

________________________________________________________________________________________

________________________________________________________________________________________

My Healthy Adult Mode can take more control in my life in the following way:

________________________________________________________________________________________

________________________________________________________________________________________
Individual Schema Therapy DyPM 1: Historical Role-Play

First Play: The Original Childhood Situation
What I assume the other person thinks:
________________________________
________________________________
________________________________
What I think:
________________________________
________________________________

Second Play: When We Switched Roles
What else could the other person think (alternatives):
________________________________
________________________________
What else I could think (alternative):
________________________________

Third Play: Trying Out My New Behavior
Look at all of the above conclusions.
From this experience, what do you need to take into consideration in the future?
________________________________
________________________________

Individual Schema Therapy DyPM 2: Weekly Positive Schedule

One way to work against your Dysfunctional Parent Modes is to engage in positive activities – ones that you enjoy or are helpful to you or positive for other people.

<table>
<thead>
<tr>
<th>Day</th>
<th>My positive activity</th>
<th>Time plan</th>
<th>How I felt after my positive activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>I want to make dinner for me and my friends.</td>
<td>Tonight at 8 pm. I can start cooking at 7 pm.</td>
<td>I felt good when my friends told me they really liked the dinner and I was able to enjoy eating some of it also.</td>
</tr>
<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<tr>
<td>Sunday</td>
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</tbody>
</table>
Individual Schema Therapy DyPM 3: Instructions for the Identity Circle

In Schema Therapy we want to help you develop your own stable identity, including a Healthy Adult Mode who can take adequate responsibility for him/herself and meet your needs.

Discuss what the following kinds of information have contributed to your identity.

1. **Punitive/Demanding Parent Mode statements**, for example, “You are a loser” or “You never get anything right,” “You must do more,” and so forth. What are your PPM or DePM messages?

2. **Facts** that give basic information about you. For example, what are your successes and accomplishments? What have you done in your life up to now?

3. **New positive facts** – Here is the place to put in the positive feedback you get from peers, therapists, staff, etc. These are “facts” about you that you can work to accept and eventually will come to replace distorted facts from your childhood. Growing up we accept the “facts” of our parents and other people important to us, as it is all we know. Why not reconsider what you accepted as “facts” when you were a kid? Back then you knew no better and you did not have healthy, positive adults to provide more accurate feedback. Why not work to take in facts about yourself from less biased people – like your therapists and peers? Remember that you have decided to believe reliable people and not listen to your Maladaptive Coping Modes.

4. **“Leftovers”** – All of us have made mistakes and done things that we are not proud of. You may still struggle with some of the “leftovers,” conclusions about yourself based upon mistakes. Write down what these leftovers are for you. We will look at them together and what you may need to do to have closure around them.

**Antidotes to the Punitive and Demanding Parent Modes** include:

- identifying the foundations of a negative belief and re-evaluating and correcting any distortions in it;
- learning to love and accept yourself by making peace with past mistakes and having healthy and reasonable expectations for yourself;
• taking in the validation and acceptance that are available now in your environment, particularly in the ST Program, and protecting yourself from rejecting or negative people.

Punitive/Demanding Parent Mode statements

Facts/New positive facts

Leftovers and how I can deal with them…
Individual Schema Therapy DyPM 4: Cognitive Distortions of the Demanding Parent Mode

The Demanding Parent Mode generally has a lot to say about how you should live your life. Examples are:

“You must always put everyone else’s need before your own.”
“You must look perfect.”
“You can never make any mistakes.”

Let’s look at all the commandments your Demanding Parent Mode has for you:

1. Everything you do must be perfect.
2. _________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
6. ____________________________________________
7. ____________________________________________
8. ____________________________________________
9. ____________________________________________
10. ____________________________________________

You don’t have to live by the rules of your Demanding Parent Mode. Now write down the antidotes or guidelines that your Healthy Adult Mode has:

1. Example: Do your best, it is good enough.
2. _________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
6. ____________________________________________
7. ____________________________________________
8. ____________________________________________
9. ____________________________________________
10. ____________________________________________

How do you feel now?
Individual Schema Therapy DyPM 5: Flashcard for Fighting the Dysfunctional Parent Mode

I am in my _______________ Parent Mode now because (fill in how you identify your DyPM).

Example: PPM – because I am hearing the message that:

“You are a loser and always will be.”

I really need The message to stop.

My Healthy Adult Mode can help me by Shutting up the PPM or throwing it out the door.
Individual Schema Therapy VCM 1:
New Techniques to Soothe My Sad Vulnerable Child Mode

My vulnerable child likes:
1. People and pets
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

2. Things
   a. Teddies or other cuddly objects
      ______________________________________________________
      ______________________________________________________
      ______________________________________________________
   b. Books
      ______________________________________________________
      ______________________________________________________
      ______________________________________________________
   c. Postcards
      ______________________________________________________
      ______________________________________________________
      ______________________________________________________
   d. Drinks (e.g., tea, hot chocolate) or food
      ______________________________________________________
      ______________________________________________________
      ______________________________________________________

3. Activities
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
Individual Schema Therapy VCM 2: Fears of My Vulnerable Child Mode

My VCM is scared of:
1. ___________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________

My Dysfunctional Parent Modes respond to my Vulnerable Child Mode by saying:
________________________________________________________________
________________________________________________________________
________________________________________________________________

My Maladaptive Coping Modes respond in the following way:
________________________________________________________________
________________________________________________________________
________________________________________________________________

The need of my VCM is: ___________________________________________
________________________________________________________________
________________________________________________________________

My Dysfunctional Parent Mode’s reaction meets the need of my VCM:
○ Yes ○ No

My Maladaptive Coping Mode’s reaction meets the need of my VCM:
○ Yes ○ No

Can your Healthy Adult Mode meet the need of your VCM?
________________________________________________________________
________________________________________________________________
________________________________________________________________

What my VCM really needs is __________________________________________
My Healthy Adult Mode can fulfill the need of my VCM better by
________________________________________________________________
________________________________________________________________
________________________________________________________________
Imagine your Healthy Adult Mode meeting your VCM’s needs. How does that feel?
Individual Schema Therapy VCM 3: The Needs of Children

All children have core needs. These needs are extremely important and meeting these needs is necessary for healthy development. When a person's core childhood needs are not met, schemas and modes develop. Look at the following list of core childhood needs. How were these needs met in your childhood? For the needs that still exist, how do you try to meet them now?

1. Safety and attachment, predictability and love
   Childhood experience with this need:
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   How I try to meet this need now:
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

2. Autonomy, competence, identity development
   Childhood experience with this need:
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   How I try to meet this need now:
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

3. Freedom to express your own feelings and needs
   Childhood experience with this need:
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
4. Freedom to play and be creative
Childhood experience with this need:

How I try to meet this need now:

5. Realistic limits and self-control
Childhood experience with this need:

How I try to meet this need now:
What do you think the rights of children are? Let’s list some examples together.

1. ____________________________________________________
   _____________________________________________________
   _____________________________________________________

2. ____________________________________________________
   _____________________________________________________
   _____________________________________________________

3. ____________________________________________________
   _____________________________________________________
   _____________________________________________________

4. ____________________________________________________
   _____________________________________________________
   _____________________________________________________

5. __________________________________________________________
   __________________________________________________________
   _______________________________________________________

6. __________________________________________________________
   __________________________________________________________
   __________________________________________________________

Now, let’s look at the United Nations Declaration of the Rights of the Child. Are there any rights listed that you did not know children have?

____________________________________________________________
____________________________________________________________
____________________________________________________________

Were these rights respected in your childhood?

____________________________________________________________
____________________________________________________________

What effect do you think the way your rights were respected or not had on you?

____________________________________________________________
____________________________________________________________
Individual Schema Therapy VCM 5: Flashcard for the Vulnerable Child Mode

I am in my VCM now, because *(Example: I am aware of intense fear because my therapist will be on vacation next week – the fear seems too big)*

I really need *(Example: some reassurance that she will come back, maybe like keeping some small object from her office while she is away)*

My Healthy Adult Mode can take good care of my VCM by *(Example: asking my therapist if I can have one of her cards with the next appointment on it and keep the shell on her desk until she is back)*

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- [ ]
- [ ]
- [ ]

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[Image of a cartoon character comforting a sad figure.]

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[Image of a cartoon character comforting a sad figure.]
I am in my Angry/Impulsive Child Mode now, because (“Example: My therapist is not listening to me.”)

I really need (“Her to understand that this is really important to me.”)

My Healthy Adult Mode can take good care of my Angry/Impulsive Child Mode by (“Telling her how I feel and that it is important instead of just yelling at her”).
**Individual Schema Therapy ACM 2: Reactions of Others to My Angry Child Mode**

Sometimes our behaviors in Angry Child Mode get us in trouble with other people.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Angry Child Mode’s reaction</th>
<th>The other person’s reaction</th>
<th>What mode is the other person in?</th>
<th>How could you react in Healthy Adult Mode?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have asked my roommate to clean the dishes. The dishes are not done.</td>
<td>I storm into my roommate’s room and yell at her: “I can’t believe it. You never do anything. You are just lazy.”</td>
<td>My roommate yells back: “I don’t care. You didn’t do the laundry, although I asked you to. You are just lazy yourself.”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My mom is upset with me because I did not take an exam that was important.</td>
<td>I run into my room and shut the door. Behind the door I scream: “This is none of your business, mom. Why don’t you leave me alone?”</td>
<td>My mom says: “Oh whatever. I don’t care if you never get a degree.”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My boyfriend and I have an argument.</td>
<td>“Oh yeah, you are always right, aren’t you. You are so clever! Maybe it is better if we break up.”</td>
<td>“You are right. I am sorry. We should do it your way.”</td>
<td></td>
<td></td>
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<td>-----------------------------------</td>
<td>-------------------------------------------------------------------------------------------------</td>
<td>--------------------------------------------</td>
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</table>
Individual Schema Therapy ACM 3: Needs of the Angry Child Mode

All children have core childhood needs. These needs are very important and meeting them is necessary for normal healthy development. The Angry Child Mode is an innate child reaction to these needs not being met. Let us talk about the following childhood needs that are relevant for Angry Child Mode. How were these needs met in your childhood? If these needs still exist, how do you try to meet them now?

1. **Acceptance**
   
   Childhood experience with this need:
   
   
   
   
   
   
   
   How I try to meet this need now:
   
   
   
   
   
   
   

2. **Validation of needs and feelings**
   
   Childhood experience with this need:
   
   
   
   
   
   
   
   How I try to meet this need now:
   
   
   
   
   
   
   

3. **Respect for boundaries**
   
   Childhood experience with this need:
   
   
   
   
   
   
   

How I try to meet this need now:

---

---

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---
Attention is a legitimate need and one that frequently underlies the Angry Child Mode. The way we try to get this need met is important. Let's talk about the following questions.

1. Do you accept your need for attention?

2. What does it take for your need for attention to be met?

3. How was your need for attention met as a child?

4. How is it met today?

5. What happens today when your need for attention is not met?

6. Have you ever tried to get this need met in unhealthy ways? What are they?
7. What healthy ways do you know to ask for attention?

________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________

Assignment

Practice using a healthy way from #7 and record the results.

________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________
Individual Schema Therapy HCM 1: Evoking Your Happy Child Mode

Look for activities that evoke (call him/her out to play) your Happy Child Mode. Activities that are fun, like playing games, watching funny movies or cartoons, outdoor sports, doing things with friends, listening to certain songs, playing with your pet ….

How do you evoke your Happy Child Mode?

_____________________________________________________________________________________________________

_____________________________________________________________________________________________________

_____________________________________________________________________________________________________

_____________________________________________________________________________________________________

Tell your therapist about Happy Child Mode experiences. Together, you can try to revisit the scene in imagery in which your Happy Child Mode was evoked. Try to visualize it as clearly as possible. Focus on your feelings. How did you feel? Where was that feeling in your body? Did you smile or laugh? How did smiling or laughing feel?

Do not write about your Happy Child image! Practice visualizing the same scene again the next day … and the day after … learn to feel positive emotions through imagery!

*This is supposed to be a fun activity! If you notice your Demanding Parent popping up, saying things like “You have to be able to visualize it perfectly” or “Practice more, you need to get better at this!” – stop immediately and do something that is fun (watch TV, talk to someone, eat candies). If any of the Dysfunctional Parent Modes get in your way again and again, talk to someone about it and tell someone you feel comfortable with about your Happy Child scene.*
Individual Schema Therapy HCM 2: Likes of My Happy Child Mode

My Happy Child Mode likes:

1. People and pets
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

2. Things
   a. Funny objects
      __________________________________________
      __________________________________________

   b. Books
      __________________________________________

   c. Other things
      __________________________________________

   d. Drinks (e.g., strawberry smoothie) or food (e.g., jelly beans)
      __________________________________________

3. Activities
   __________________________________________
   __________________________________________
   __________________________________________

4. Other things you can think of
   __________________________________________
Individual Schema Therapy HCM 3: Positive Feedback for the Happy Child Mode

Your Dysfunctional Parent Modes have a lot of negative things to say about the Happy Child Mode. Your Happy Child Mode needs some positive feedback. Let’s see what your Healthy Adult Mode can say to your Happy Child Mode:

1. **Example:** “I love your happy smile.”
2. ___________________________________
3. ___________________________________
4. ___________________________________
5. ___________________________________
6. ___________________________________
7. ___________________________________
8. ___________________________________
9. ___________________________________
10. ___________________________________
11. ___________________________________
12. ___________________________________
13. ___________________________________
14. ___________________________________
15. ___________________________________
16. ___________________________________
17. ___________________________________
18. ___________________________________
19. ___________________________________
20. ___________________________________
Individual Schema Therapy HAM 1: Behavioral Experiments for the Healthy Adult Mode

Try something new that is a HAM behavior. It can be an activity or a new dress or a new social skill – it just has to be something that you haven’t tried before.

Example: Anne’s Demanding Parent Mode told her she always had to be on time. Terrible things would happen if she wasn’t always on time. Anne’s new Healthy Adult behavior was to be 3 minutes late. She decided that she was going to be 3 minutes late for individual therapy, for a date with her boyfriend at night, and for work in the morning. After her behavioral experiments she wrote down how she felt and what bad things happened because she was 3 minutes late. Guess what – nothing terrible happened … and Anne felt alright allowing herself to be a little late from time to time.

Which new Healthy Adult behavior do you want to try? In which situations?
• ______________________________________________________
  ______________________________________________________
  ______________________________________________________
  ______________________________________________________

How did you feel after your behavior experiments?
• ______________________________________________________
  ______________________________________________________
  ______________________________________________________
  ______________________________________________________

Did you experience any consequences of your new behavior?
• ______________________________________________________
  ______________________________________________________
  ______________________________________________________
  ______________________________________________________
Individual Schema Therapy HAM 2: Getting to Know Your Healthy Adult Mode

What do you know about your HAM? List all positive, negative, and neutral qualities you know about (e.g., woman, brown-haired, caring, loud, impatient, indecisive, creative, musical ...)

• _______________________________________
  _______________________________________
  _______________________________________  
  _______________________________________
  _______________________________________
  _______________________________________

What is important to your HAM? What do you believe in?

• _______________________________________
  _______________________________________
  _______________________________________  
  _______________________________________
  _______________________________________
  _______________________________________

How do you want to be (remember that you don't have to be perfect)? Sometimes it helps to list the things you do not want to be to help you find out more about what you want.

• _______________________________________
  _______________________________________
  _______________________________________  
  _______________________________________
  _______________________________________
  _______________________________________
Individual Schema Therapy HAM 3: Your Healthy Adult Mode and the Future

Visualize positive memories that your Healthy Adult has. Imagine that your mind is like a slide projector – put in a positive slide of a memory and if a negative slide shows up, eject it and put the positive one back in. Remember that we don’t have conscious control of every thought that comes into our heads, but we can do something about whether we let it stay or replace it with something else.

Visualize a dream you have for a Healthy Adult future. What do you want your life to be like in 3, 5, 10, 40 years? What would make you happy?

What concrete steps can you take today to move a step closer to your dream future? You might need help when taking some of these steps – remember that you are not alone and that we support your efforts.