

Additional Initial Assessments

Examining the Evidence for Schemas Worksheet

Instructions:

1. Identify a negative or maladaptive schema that you would like to change, and write it down on this form.
2. Write down any evidence that either supports or disproves this schema.
3. Look for cognitive errors in the evidence for the maladaptive schema.
4. Finally, note your ideas for changing the schema and your plans for putting these ideas into action.

Schema I want to change:

Evidence for this schema:

1.

2.

3.

4.

5.

Evidence against this schema:

1.

2.

3.

4.

5.

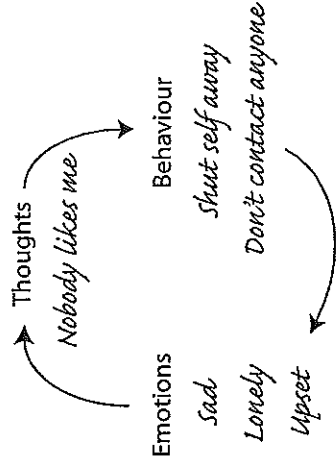
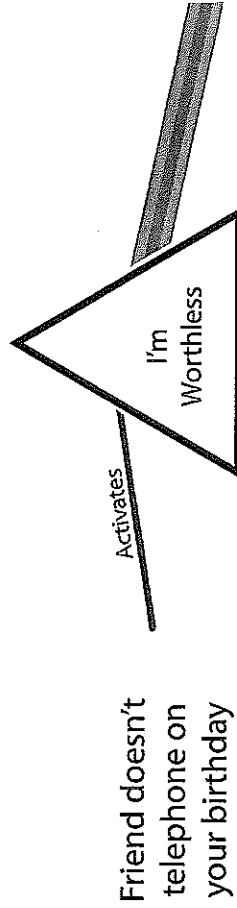
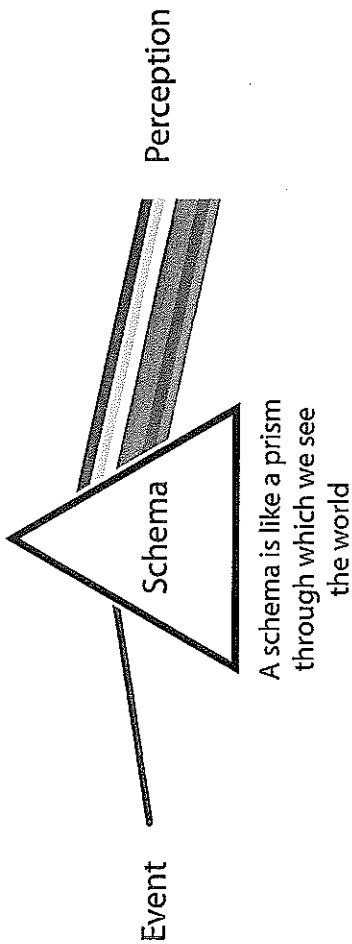
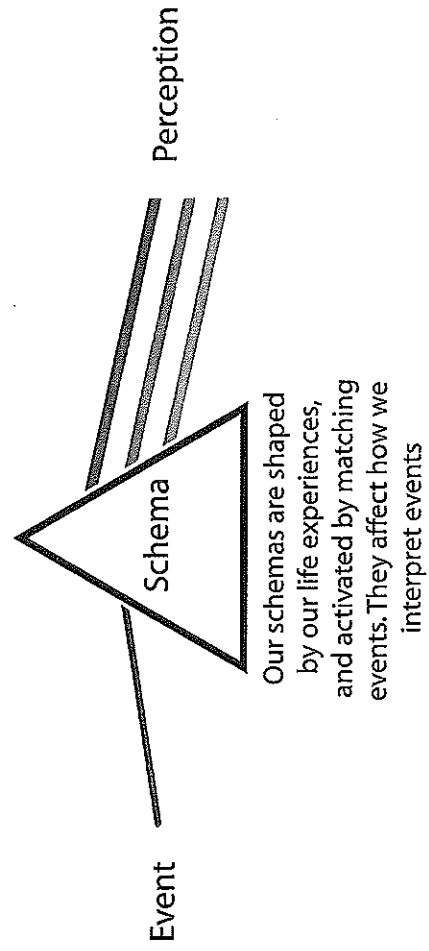
Cognitive errors:

Now that I've examined the evidence, my degree of belief in the schema is:

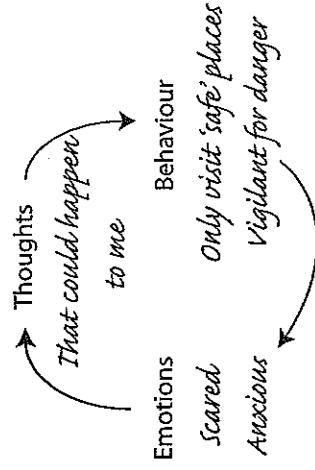
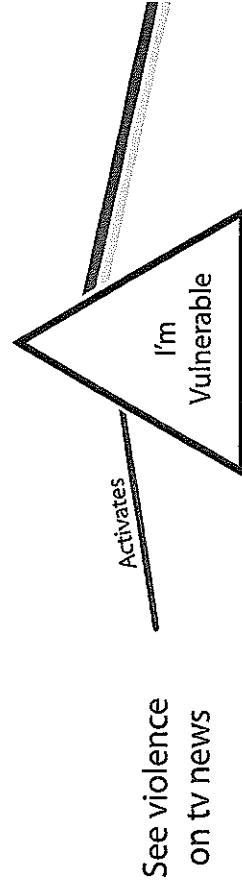
Ideas I have for modifications to this schema:

Actions I will take now to change my schema and act in a healthier way:

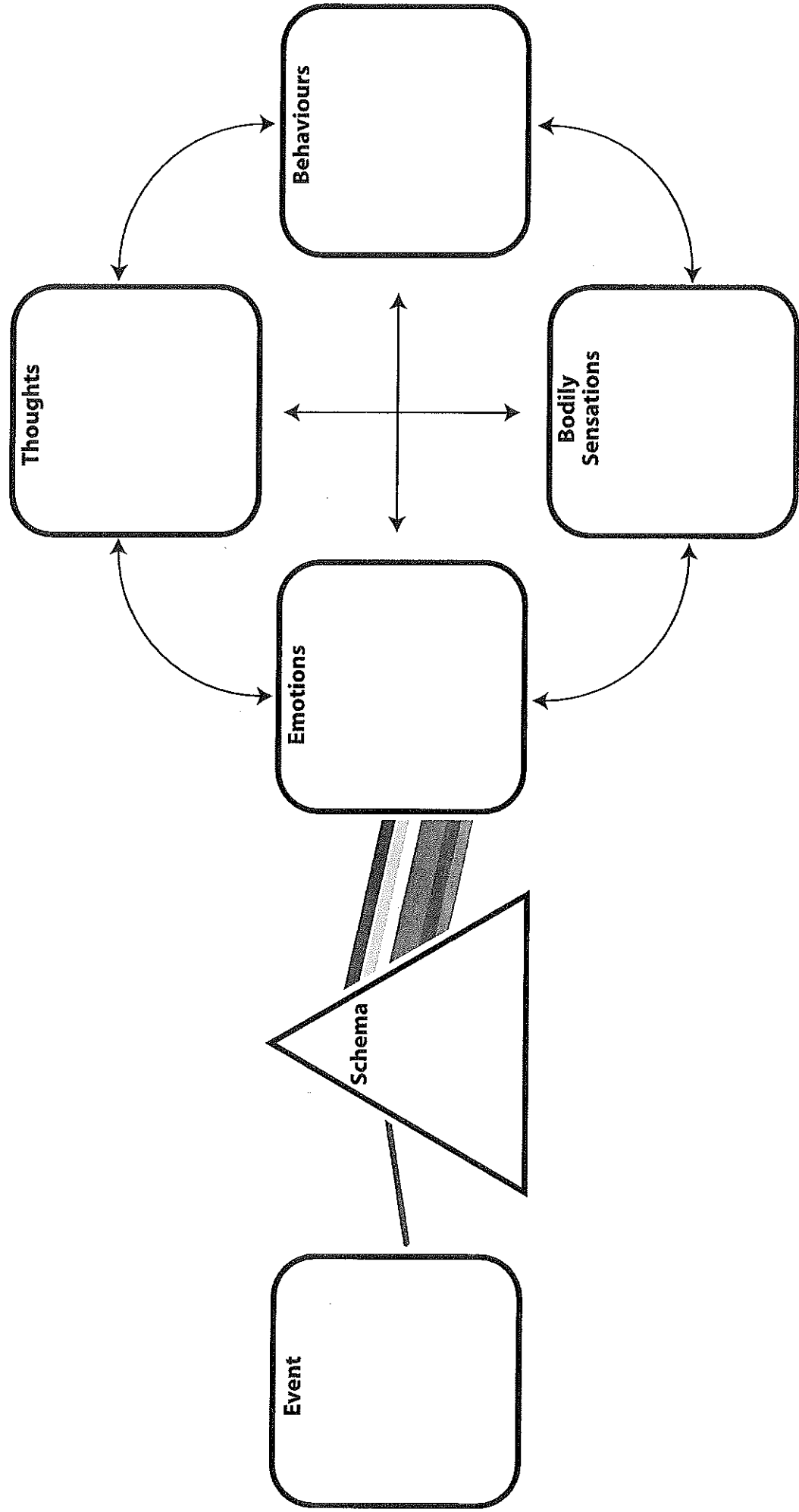
Schema Activation Formulation



Consequence:
 Schema-driven behaviour further confirms the schema



Schema Activation Formulation



Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

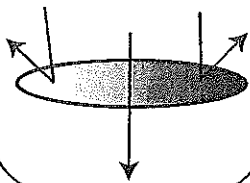
Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

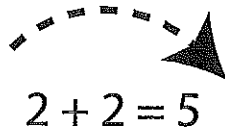
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

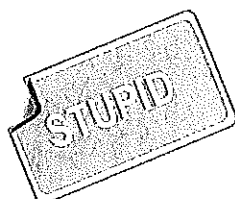
I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

*I'm a loser
I'm completely useless
They're such an idiot*

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.