



Schema Awareness

Schema <i>Identify a schema you strongly identify with.</i>			
Trigger <i>Describe how this schema gets triggered.</i>			
Unmet Needs <i>Identify which emotional needs went unmet in childhood that likely impacted the development of this schema.</i>			
Thoughts <i>List the specific thoughts you have or things you say to yourself when this schema is activated.</i>			
Behaviors <i>List the specific modes or behaviors you engage in when this schema is activated.</i>	Overcompensate	Avoid	Surrender
Key Memories <i>Describe early memories you have that make you believe this schema is true.</i>			
Impact <i>Describe the ways in which this schema is negatively impacting your life.</i>			