

CBT Schema Worksheet

Fill in the table with any schema you remember in your life with the help of the example provided in the worksheet regarding schema.

Event	Schema	Thoughts	Feelings/e motions	Bodily sensations	Behavior
Bad experience of Job interview, the interviewer asked tough questions and also criticized you and you didn't get selected for the job	Job interviews are tough and scary.	I can never find any job because I cannot give interviews.	Fear, anxiety, depression	Sweating, shortness of breath	Talking anxiously, not able to give interview properly, behaving rudely with everyone