



SCHEMA THERAPY WORKSHEET

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

Event	Schema	Thoughts	Feelings/emotions	Bodily sensations	Behavior	Alternative positive schema
Bad experience of a 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	

References

[Jacob, G. A., & Arntz, A. \(2013\). Schema therapy for personality disorders—A review. *International Journal of Cognitive Therapy*, 6\(2\), 171–185.](#)

[Rafaeli, E., Bernstein, D. P., & Young, J. \(2011\). *Schema therapy. CBT Distinctive Features Series*. New York: Routledge.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.