

## Schema-Focused Therapy Worksheet

Give appropriate answers to the questions related to any negative schema that you find difficult to handle.

**Write about an event in your life that led to a negative schema?**

---

---

---

**Write the schema that you had after this event?**

---

---

---

**What are your feelings about this schema?**

---

---

---

**How did this schema affect your behavior?**

---

---

---

**What evidence do you have that supports this schema?**

---

---

---

**Think and write about a healthy positive response that you could show in this situation as compared to the negative schema**

---

---

---