

Worksheet

Professional Version | US English

Schema Formulation



Description

Cognitive therapy addresses three levels of cognition: automatic thoughts, conditional assumptions, and core beliefs (schemas). Our schemas develop as a result of early or critical experiences, and they act to shape the way we perceive ourselves and the world around us.

The *Schema Formulation* worksheet is a cross-sectional case-conceptualization diagram with acknowledgement of schemas which are influencing thoughts & feelings in the present moment. The worksheet is accompanied by a one-page explanation of schemas.

Instructions

Therapists can use this form to help clients make links between early experiences (particularly adverse ones) and ways in which the client interprets situations in the here-and-now. Helpful questions to facilitate such a discussion might include:

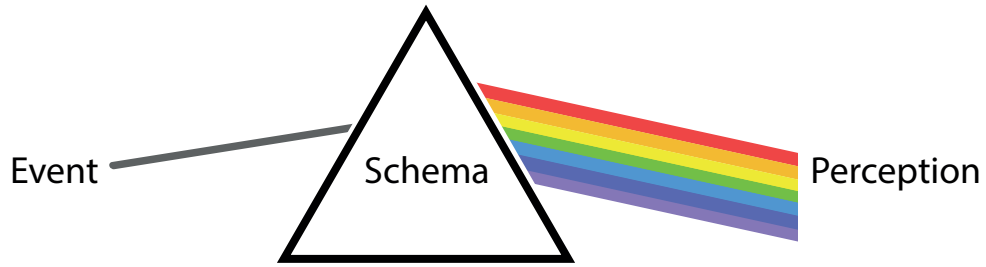
- “How did difficult experiences in your childhood shape your views of other people?” (making an experience-belief link)
- “How might your core belief of “I’m unlovable” have shaped the way you reacted to your partner’s behavior in that moment?”

If clients can be helped to understand where patterns of negative thought and action originated they are more likely to be able to reappraise experiences in the present, and may be motivated to re-evaluate long-standing belief structures.

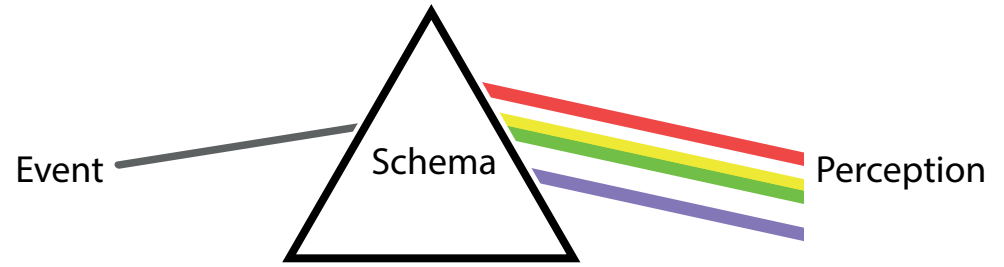
References

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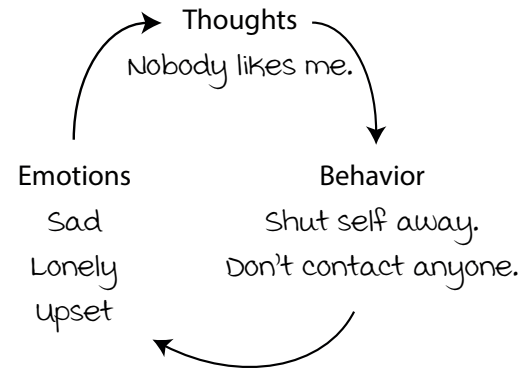
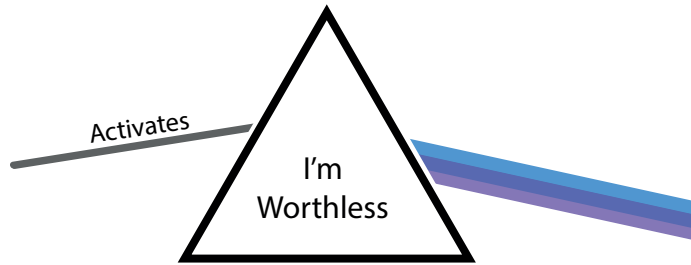


A schema is like a prism through which we see the world.



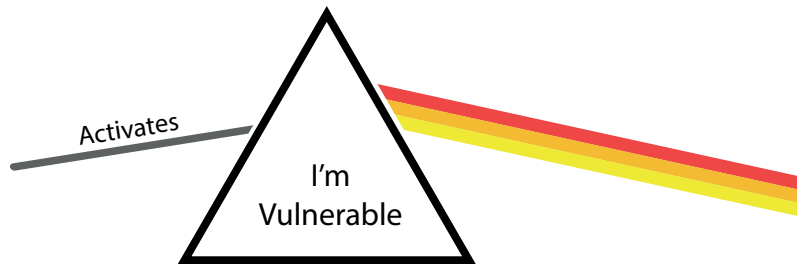
Our schemas are shaped by our life experiences, and activated by matching events. They affect how we interpret events.

Friend doesn't telephone on your birthday.

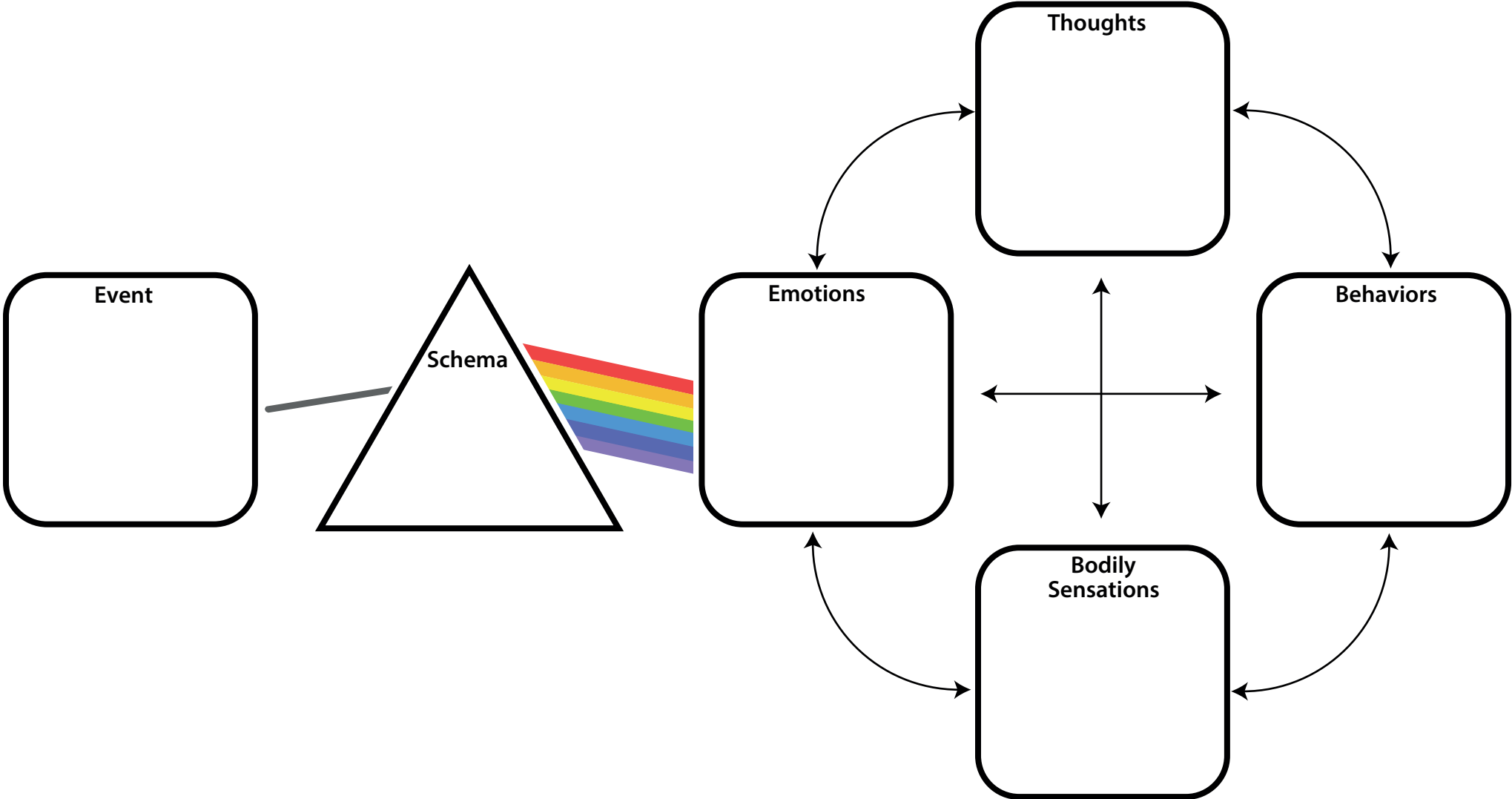


Consequence:
Schema-driven behavior further confirms the schema.

See violence on tv news.

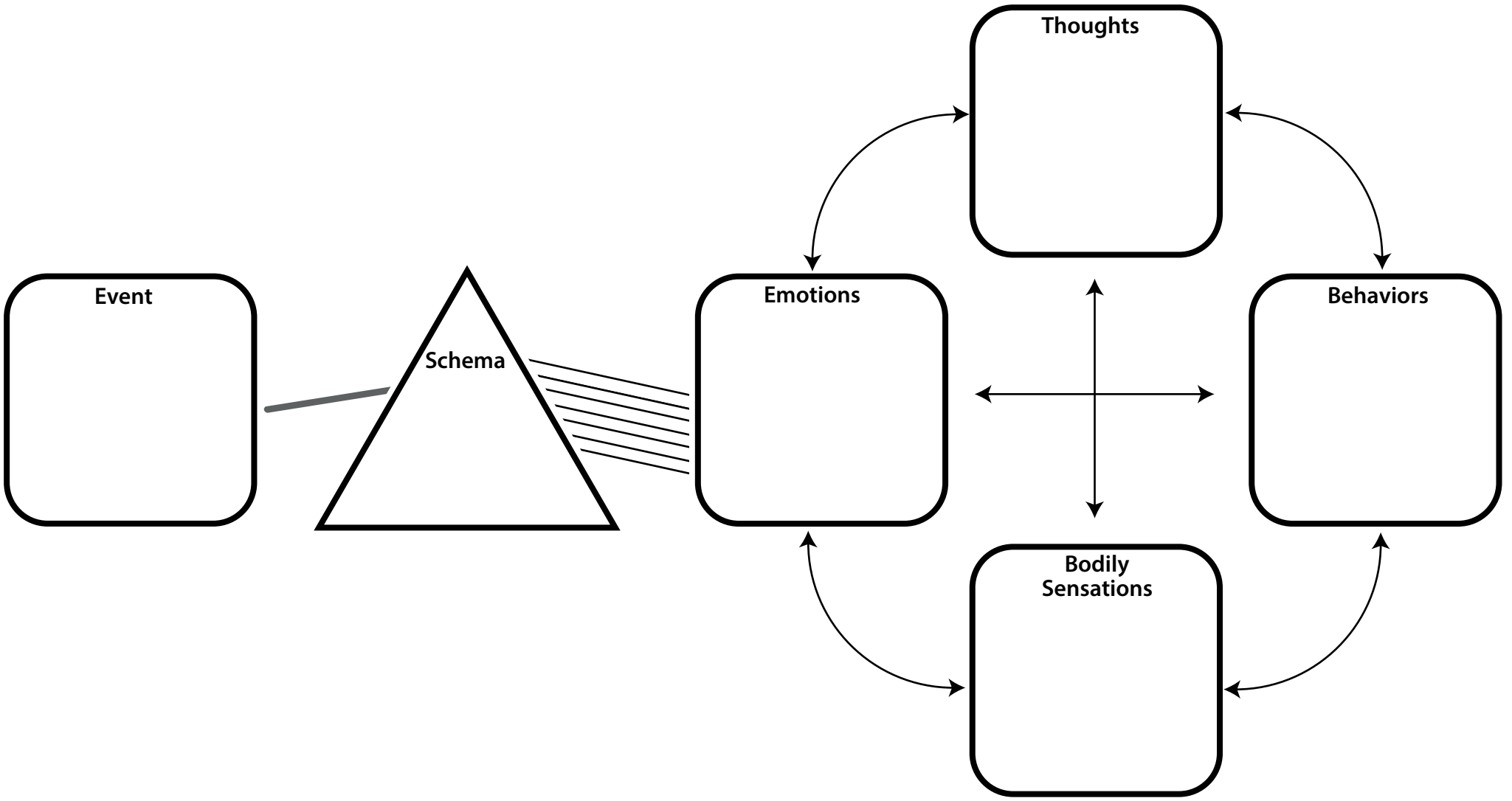


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