Examining the Evidence for Schemas Worksheet

Instructions:	
1. Identify a negative or maladaptive schema that you would	
2. Write down any evidence that either supports or disproves this schema.	
3. Look for cognitive errors in the evidence for the maladap	
4. Finally, note your ideas for changing the schema and your plans for putting these ideas into action.	
Schema I want to change:	
4	
a 0	
Evidence for this schema:	Evidence against this schema:
1.	1.
. 1	
2.	2.
	. 7
3.	3.
4.	4.
	The second secon
	, ,
5.	5.
Cognitive errors:	
*	
Now that I've examined the evidence, my degree of belief in	the schema is:
Ideas I have for modifications to this schema:	
Actions I will take now to change my schema and act in a healthier way:	
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Adapted with permission from Wright JH, Wright AS, Beck AT: *Good Days Ahead: The Multimedia Program for Cognitive Therapy*. Louisville, KY, Mindstreet, 2004. Permission is granted for readers to use this item in clinical practice.