

## Examining the Evidence for Schemas Worksheet

### Instructions:

1. Identify a negative or maladaptive schema that you would like to change, and write it down on this form.
2. Write down any evidence that either supports or disproves this schema.
3. Look for cognitive errors in the evidence for the maladaptive schema.
4. Finally, note your ideas for changing the schema and your plans for putting these ideas into action.

Schema I want to change:

Evidence for this schema:

1.

2.

3.

4.

5.

Evidence against this schema:

1.

2.

3.

4.

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: