

Appendix 1: Worksheets and Checklists

Schema Inventory

Instructions: Use this checklist to search for possible underlying rules of thinking. Place a check mark beside each schema that you think may have.

Healthy Schemas

- No matter what happens, I can manage somehow.
- If I work hard at something, I can master it.
- I'm a survivor.
- Others trust me.
- I'm a solid person.
- People respect me.
- They can knock me down, but they can knock me out.
- I care about other people.
- If I prepare in advance, I usually do better.
- I deserve to be respected.
- I like to be challenged.
- There's not much that can scare me.
- I'm intelligent.
- I can figure things out.
- I'm friendly.
- I can handle stress.
- The tougher the problem, the tougher I become.
- I can learn from my mistakes and be a better person.
- I'm a good spouse (and/or parent, child, friend, lover).
- Everything will work out all right.

Dysfunctional Schema

- I must be perfect to be accepted.
- If I choose to do something, I must succeed.
- I'm stupid.
- Without a woman (man), I'm nothing.
- I'm a fake.
- Never show weakness.
- I'm unlovable.
- If I make one mistake, I'll lose everything.
- I'll never be comfortable around others.
- I can never finish anything.
- No matter what I do, I won't succeed.
- The world is too frightening for me.
- Others can't be trusted.
- I must always be in control.
- I'm unattractive.
- Never show your emotions.
- Other people will take advantage of me.
- I'm lazy.
- If people really knew me, they wouldn't like me.
- If people really knew me, they wouldn't like me.
- To be accepted, I must please others.