

Assessing Schemas



SCHEMA: _____ (Choose only one)

Evidence for Schema	Evidence Against Schema	Advantages for Keeping the Schema	Disadvantages for Keeping the Schema	New Schema
<i>What experiences support this belief?</i>	<i>What do you know about yourself that does not support this core belief?</i>	<i>What are the reasons that you need to hold this belief?</i>	<i>How does keeping this core belief cause problems or keep you from reaching other goals?</i>	<i>Try writing a new, more realistic schema. Rate how strongly you believe in it, from 0 to 100%.</i>

For more information, contact your local mental health authority or behavioral health authority.

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