

Interpersonal Schemas Worksheet II

Session 6 Handout

Interpersonal Situation	What did I feel and think about myself?		What were my expectations about the other person's thoughts and feelings?		My Resulting Behavior
	My feelings	My thoughts	Their feelings	Their thoughts	
What happened?					What did I do?

Interpersonal Schema: **WHEN** _____ **THEN** _____

Interpersonal Goals for Situation	What did I feel and think about myself?		What alternative expectations can I have about the other person's thoughts and feelings?		My Resulting Behavior
	My feelings	My thoughts	Their feelings	Their thoughts	
What are my goals in this situation?					What else could I do?

Alternative Schema: **WHEN** _____ **THEN** _____

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