

## Identifying Problematic Interpersonal Schemas

### Session 5 Handout

- **Notice** when you have problems with people.
- Examine what is happening in your **thoughts and emotions** in those problematic interactions.
- Notice what your **expectations of others are** in those situations.
- Notice what you **believe is going on for them (their thoughts, emotions, and behaviors)**.
- How do you know?
- What evidence do you have? Did you ask them? Did they tell or show you?
- We will identify your interpersonal schemas by using a new tool called the **"Interpersonal Schemas Worksheets."**

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