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."

Created 5/17/2012