

Interpersonal Schemas Example Worksheet 1

Session 5 Handout

Interpersonal situation	What did I feel and think about myself		What were my expectations about the other person?		My resulting behavior
<p><i>What happened?</i></p> <p>I had a fight with my sister. I thought about sharing it with Brian but was not sure if I should.</p>	<p><i>My feelings?</i></p> <p>Upset stressed.</p> <p>Out alone.</p> <p>Nervous to tell Brian.</p>	<p><i>My thoughts?</i></p> <p>He might not want to listen to me.</p> <p>He might side with her.</p> <p>He might judge me.</p> <p>He won't respond the way I want.</p>	<p><i>Their feelings?</i></p> <p>Uninterested.</p> <p>Stressed out with work.</p>	<p><i>Their thoughts?</i></p> <p>I am always making a big deal about nothing.</p> <p>I can't get along with anyone.</p> <p>Why does he bother with me?</p>	<p><i>What did I do?</i></p> <p>Didn't tell him about it, kept it to myself, shut him out.</p> <p>Felt even more stressed out.</p>

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