

Schema Diary

While similar to the *schema flashcard*, the *schema diary* is a little more advanced and useful later in treatment when the client is experienced with the terms.

The worksheet below captures:

- Trigger events
- Emotions
- Thoughts
- Behaviors
- Schemas
- Healthy views
- Realistic concerns
- Overreactions
- Healthy behaviors

The therapist asks the clients to carry the diary with them and to complete it when a schema is triggered.

The form helps them work through the situation and arrive at a healthy solution outside or inside therapy (modified from Young, Klosko & Weishaar, 2007).

Day:	
Time:	
Trigger:	
Emotions:	
Thoughts:	
Actual Behaviors:	
Schemas:	
Healthy View:	
Realistic Concerns:	
Overreactions:	
Healthy Behavior:	

References

- Young, J. E., Klosko, J. S., & Weishaar, M. E. (2007). *Schema therapy: A practitioner's guide*. New York: Guilford.

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