

Schema Triggering and Mode Analysis Logbook

Use the form below to capture schema triggers and schemas (modes) that were active during an upsetting event.

Describe in your own words the event that upset you:	
What were your feelings and emotions?	What were your thoughts (align each to a feeling/emotion on the left)
What did you do? How did you behave?	
Which early maladaptive schemas were triggered, if known?	

What modes were active? Circle and describe them

Child	Vulnerable	Angry/impulsive
Parent	Demanding	Punitive
Coping	Detached protector	Detached self-soother
	Self-pity	Compliant surrenderer
	Over-controller	Other

What part of your reaction was justified (Healthy Adult mode)?

What part of your reaction was too strong (overreaction)?

How did you misinterpret the situation (cognitive distortions)?

What was the effect of switching between the different modes?

Healthy Adult response: How could you have responded to the situation that may have led to a better outcome?

How do you feel about the situation now, having been through this worksheet?

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