

## Logbook for schema triggering and mode analysis

*The event that upset me*

**Feelings, emotions**

**Thoughts** (try to relate each thought to a feeling)

**Behaviour** (What did I do?)

**Early Maladaptive Schemas:** Which ones were triggered?

**Modes:** What mode(s) was/were active in the situation? ✓ those you recognize and describe them.

Child

*Vulnerable*

*Angry/impulsive*

Parent

*Demanding*

*Punitive*

Coping

*Detached protector*

*Detached self-soother*

*"Poor me"/self pity*

*Compliant surrenderer*

*Overcontroller(s)*

*Other*

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

**Overreaction:** What part of my reaction was too strong?

*If so, in what way did I misinterpret the situation (cognitive distortions)?*

*What was the effect of switching into the different modes?*

**Healthy Adult response:** What would be a better way for me to view this situation and deal with it? What could I do to solve this problem in a better way?

**Feeling** (What do I feel about the situation now that I have been through this worksheet?)