

<b>Event that upset me</b>		
<b>Feelings, emotions</b>	<b>Thoughts</b> <i>(try to relate each thought to a feeling)</i>	
<b>Behaviour</b> <i>(What did I do?)</i>		
<b>Early Maladaptive Schemas:</b> <i>Which ones were triggered?</i>		
<b>Memories:</b> <i>(are any of these schemas related to childhood events that you remember?)</i>		
<b>Unmet needs:</b> <i>(which of my basic needs were not being met in these memories?)</i>		
<b>Modes:</b> <i>What mode(s) was/were active in the situation? ✓ those you recognize and describe them.</i>		
Child	<i>Vulnerable</i>	<i>Angry/impulsive/other</i>
Parent	<i>Demanding</i>	<i>Punitive</i>
Coping	<i>Detached / avoidant</i>	<i>Detached self-soother</i>
	<i>"Poor me"/self pity</i>	<i>Compliant surrender</i>
	<i>Overcompensator(s)</i>	<i>Other</i>
<b>What part of my reaction was appropriate (Healthy Adult mode)?</b>		
<p><b>Overreaction:</b> <i>What part of my reaction was too strong?</i></p> <p><i>If so, in what way did I misinterpret the situation (cognitive distortions)?</i></p> <p><i>What was the effect of switching into the different modes?</i></p>		
<b>Healthy Adult response:</b> <i>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?</i>		