

## 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 surrender   |
|        | 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?)