

# Take an Inventory of Your Schemas



Instructions: Use this checklist to search for possible underlying rules of thinking. Place a check next to each schema that you think you may have.

## Healthy schemas

- No matter what happens, I can manage somehow.
- If I work hard at something, I can master it.
- I'm a survivor.
- Others trust me.
- People respect me.
- They can knock me down, but they can't knock me out.
- I care about other people.
- If I prepare, I usually do better.
- I deserve to be respected.
- I like to be challenged.
- There's not much that can scare me.
- I'm intelligent.
- I can figure things out.
- I'm friendly.
- I can handle stress.
- The tougher the problem, the tougher I become.
- I can learn from my mistakes and be a better person.
- I'm a good spouse (or parent, child, friend, lover).
- Everything will work out all right.

## Dysfunctional schemas

- I must be perfect to be accepted.
- If I choose to do something, I must succeed.
- I'm stupid.
- Without a romantic partner, I'm nothing.
- I'm a fake.
- I should never show weakness.
- If I make one mistake, I'll lose everything.
- I'm unlovable.
- I'll never be comfortable around others.
- No matter what I do, I won't succeed.
- The world is too frightening.
- Others can't be trusted.
- I must always be in control.
- I'm unattractive.
- I never show my emotions.
- Other people will take advantage of me.
- I'm lazy.
- If people really knew me, they wouldn't like me.
- To be accepted, I must always please others.

Adapted from *Getting Your Life Back: The Complete Guide to Recovery from Depression* by Jessie H. Wright, M.D. and Monica Ramirez Basco, Ph.D., New York: The Free Press, 2001.

