

Developmental Origins (Mother, Father, siblings, peers)

1.

2.

Core Childhood Memories or Images

1.

2.

Core Unmet Needs

1.

4.

2.

5.

3.

6.

Most Relevant Schemas With Origins (Link with Origins Above)

1.

2.

3.

4.

5.

Current Schema Triggers (Specify M-F if limited to men or women)

1.

2.

3.

4.

Surrender Behaviors:

- 1.
- 2.
- 3.

Avoidance Behaviors:

- 1.
- 2.
- 3.

Overcompensating Behaviors:

- 1.
- 2.
- 3.

Relevant Schema Modes (in addition to the Healthy Adult)

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

Possible Temperamental / Biological Factors

Core Cognitions & Distortions

- 1.
- 2.
- 3.

Therapy Relationship

(Impact of schemas and modes on in-session behavior; personal reactions to patient; quality of bond)

Therapist's Goals & Comments About the Session Being Rated

(What were you trying to accomplish in this session? What strategies were you utilizing? Is there anything unusual or difficult about this patient or session that you feel would help the rater better understand what you were trying to accomplish and how you went about it?)

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