

Schema Couples Therapy Flash Card – schema

Right now I feel _____ / I was triggered by my partner (doing/saying) _____ and I have the urge to _____.

Noticing However, I know that this is probably my _____ schema, which I learned when

Healthy Adult If I keep _____, that will trigger our typical clash. So even though I feel _____ and want to _____ my Healthy Adult is learning to listen to the vulnerable side of myself and validate those feelings and needs and the painful history of not having that need met -

Soothing I could say to my partner _____ or ask them to _____
 What might make this hard:
 *
 *

Plan Therefore, even though I feel like _____
 I could instead _____.

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Soothing I could say to my partner _____ or ask them to _____
 What might make this hard:
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Plan Therefore, even though I feel like _____
 I could instead _____.

Schema Couples Therapy Flash Card - mode

Right now I feel _____ / I was triggered by my partner
(doing/saying) _____ and I want to
_____.

However, I know that this is probably my _____ mode, which I
learned when _____

and results in _____.

Healthy Adult

Even though I feel _____ and want to

Healthy Adult could help the vulnerable side of me by _____

And I could say to my partner _____

or ask them to _____

What might make this hard:

*

*

Therefore, even though I feel like _____

I could instead _____.

Schema Couples Therapy Flash Card - mode

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However, I know that this is probably my _____ mode, which I
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