Schema Therapy Worksheet Dr Marjon Nardot, Sydney Workshop, 2017

BLUE HORIZON COUNSELLING

Healthy Adult

Self- Aggrandiser
Overcompensates
Entitled
Competitive
Status -Seeking

Demanding Parent

Bully and Attack

Enraged Child

Angry Protector

Angry Child

Lonely Child:
Isolated, unloved and rejected
Inferior
Empty
Average

Self- Soother
Workaholic
Addictions
Sensation-seeking