Healthy adult

PROGRESS PSYCHOTHERAPY

Schema therapy has suggested the existence of a part of us that has the ability to soothe us through distress. It may be the truest aspect of us as it is not held back by maladaptive schemas. It is called the healthy adult. This part of you has self compassion, can rationally prevent poor coping methods and focus on your needs.This tool helps people who cannot recognise it imagine it.

What does this part of you need to know or understand to soothe you?

What strength or quality does it need to help you?

What does this part, that has absolute compassion for you, feel about you?

Picture it- what does that part of you look like?

With the image in your mind, close your eyes and listen to it. What does it say about your current situation or distress?

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