Working with a schema mode

PROGRESS PSYCHOTHERAPY

The healthy adult is our true self can manage the other schema modes. This aspect of you can nurture and protect th vulnerable child while setting appropriate limits and boundaries with maladaptive coping or parental modes. Considering these points can help us connect to the healthy adult and manage parts of us that require that support.

The situation or feeling

What schema and mode is active

Be compassionate to the mode. How is this part of you trying to help?

What is it missing? How would you really get what you need?

With this in your mind, close your eyes and speak to the mode. Be compassionate and kind but boundaried. Explain what you really need and what to do.

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