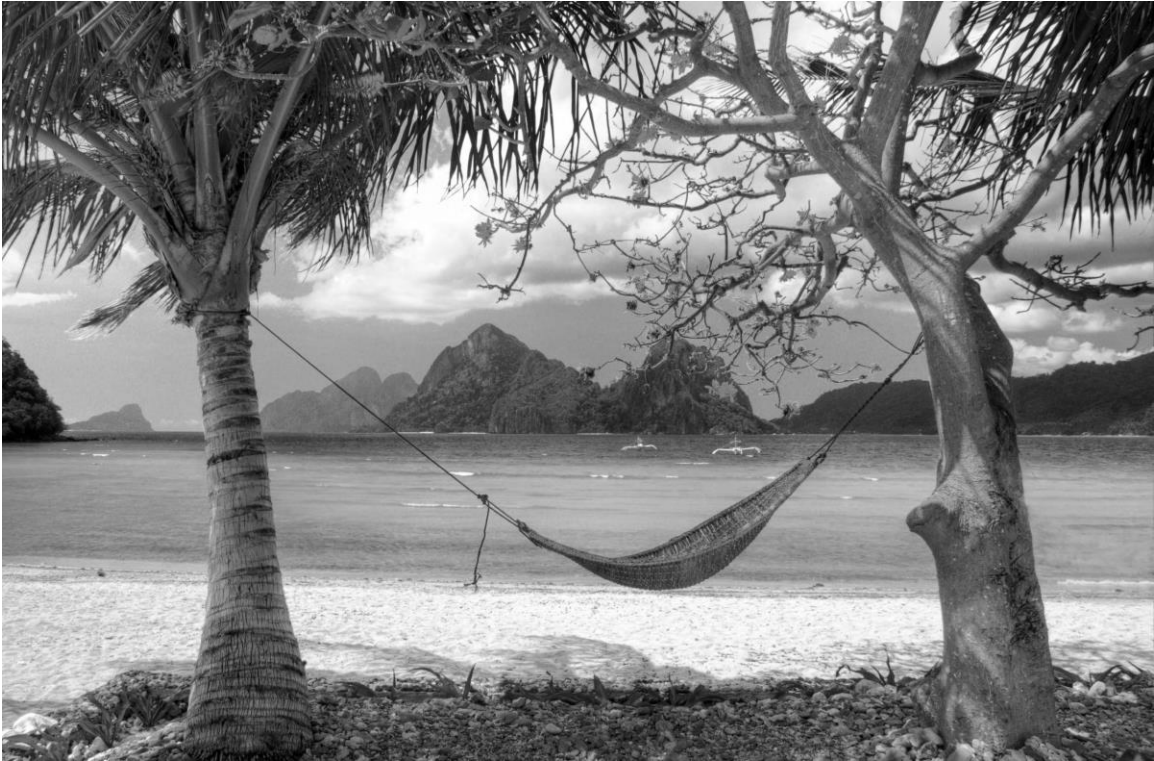


Getting Unstuck: Schemas

Student Workbook



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How To Do a “Good” Depression

- Stay still, don’t do anything.
- Stay in bed if you can; if not, sit in the same chair or lay on the couch.



- Watch excessive amounts of TV or go online for hours, particularly viewing social media.
- Sleep during the day and don’t sleep at night.
- Focus on the past, your fears, faults and resentments.
- Imagine the future will be the same or worse than the past or present.
- Isolate; avoid other people, including friends and family.



- If you can’t avoid other people, try to talk to the same person or few people.
- If you do talk to people, talk about the same topic, usually how depressed or unhappy you are.

- Eat poorly; overeat or stop eating. Eat predominantly junk food, sugar, and carbs.



- Don’t pursue hobbies, passions, or interests.
- Drink alcohol, smoke cigarettes, and/or use other drugs.
- Don’t ask for help.

Adapted from Bill O’Hanlon’s “Do One Thing Different”

Common Schemas

Abandonment

The belief and expectation that others are unreliable and will eventually leave. The belief that relationships are fragile, loss is inevitable, and you will ultimately wind up alone.

Approval-Seeking/Recognition-Seeking

The sense that approval, attention, and recognition from others are far more important than genuine self-expression or being true to yourself.

Defectiveness/Shame

The belief that you are flawed, unlovable, or, damaged and would be rejected by significant others if exposed. May involve hypersensitivity to criticism, insecurity around others, or a sense of shame regarding perceived flaws.

Dependence/Incompetence

The belief that your judgement is questionable and you are incompetent. This leads to feeling like you are unable to handle day-to-day responsibilities (i.e., taking care of yourself or making good choices) without considerable help from others.

Emotional Deprivation

Expectation that your primary emotional needs, including nurturing, protection, and empathy, will never be met.

Emotional Inhibition

The belief that you must control your self-expression or others will reject or criticize you.

Enmeshment/Undeveloped Self

The belief that you do not have an individual identity separate from one or more significant others, resulting in unhelpful levels of emotional involvement and closeness. May also include feelings of smothering.

Entitlement/Grandiosity

The belief that you are special or more important than other people and entitled to special rights and privileges, even though it may have a negative effect on others. May include an exaggerated focus on superiority in order to achieve power or control.

Failure

The belief that you have failed, will inevitably fail, or are fundamentally inadequate in areas of achievement (i.e., school, career, sports, etc.).

Insufficient Self Control/Self-Discipline

Difficulty or refusal to exercise self-control and frustration tolerance in order to achieve personal goals, or to restrain the excessive expression of emotions and impulses.

Mistrust/Abuse

The belief that others will hurt, abuse, humiliate, cheat, or manipulate you. Usually involves the belief that the harm is intentional or due to extreme negligence.

Negativity/Pessimism

A pervasive belief that the negative aspects of life outweigh positive or optimistic aspects. The expectation that things will eventually go seriously wrong or that things that seem to be going well will ultimately fall apart.

Punitiveness

The belief that people should be harshly punished for their mistakes or shortcomings.

Self-Sacrifice

The belief that **you should** focus on meeting the needs of others at the expense of your own needs, to the point that it is excessive and harmful.

Social Isolation

The belief that you are isolated from the rest of the world, different from other people, and/or alienated from a community.

Subjugation

Excessive surrendering of control to others because you feel coerced, usually to avoid anger, retaliation, or abandonment.

Unrelenting Standards

The belief that you need to be the best, constantly striving for perfection or trying to avoid mistakes.

Vulnerability

Belief that the world is a dangerous place and that imminent catastrophe will strike at any time and that you will be unable to prevent it.

| Schema | Example of Surrender | Example of Avoidance | Example of Over-Compensation |
|---|--|---|---|
| <i>Abandonment / Instability</i> | Selects partners who cannot make a commitment and remains in the relationships | Avoids intimate relationships; drinks a lot when alone | Clings to partner to point of pushing partner away; attacks partner for minor separations |
| <i>Mistrust/Abuse</i> | Selects abusive partners | Avoids becoming vulnerable and trusting anyone; keeps secrets | Uses and abuses others (“get others before they get you”) |
| <i>Emotional Deprivation</i> | Selects emotionally depriving partners and does not ask them to meet needs | Avoids intimate relationships all together | Acts emotionally demanding with partners and close friends |
| <i>Defectiveness / Shame</i> | Selects critical and rejecting friends; puts self down | Avoids expressing true thoughts and feelings and letting others get close | Criticizes and rejects others while seeming to be perfect |
| <i>Social Isolation / Alienation</i> | Focuses exclusively on differences from others rather than similarities | Avoids social situations and groups | Becomes a chameleon to fit into groups |
| <i>Dependence / Incompetence</i> | Asks significant others (parents, spouse) to make all their financial decisions | Avoids taking on new challenges, such as learning to drive | Becomes so self-reliant that they do not ask anyone for anything |
| <i>Vulnerability to Harm or Illness</i> | Obsessively reads about catastrophes and anticipates them in everyday situations | Avoids going places that do not seem totally “safe” | Acts recklessly, without regard to danger |
| <i>Enmeshment / Underdeveloped Self</i> | Lives through partner | Avoids intimacy; stays independent | Tries to become the opposite of significant others in all ways |
| <i>Failure</i> | Does tasks in a halfhearted or haphazard manner | Avoids work challenges completely; procrastinates on tasks | Becomes an “overachiever” by ceaselessly driving him/herself |

| Schema | Example of Surrender | Example of Avoidance | Example of Over-Compensation |
|--|--|---|--|
| <i>Entitlement / Grandiosity</i> | Bullies others into getting own way, brags about own accomplishments | Avoids situations in which they are average | Attends excessively to the needs of others |
| <i>Insufficient Self-Control / Discipline</i> | Gives up easily on routine tasks | Avoids employment or accepting responsibility | Becomes overly self-controlled or self-disciplined |
| <i>Subjugation</i> | Let's other individuals control situations and make choices | Avoids situations that might involve conflict with another individual | Rebels against authority |
| <i>Self-Sacrifice</i> | Gives a lot to others and asks for nothing in return | Avoids situations involving giving or taking | Gives as little as possible |
| <i>Approval / Recognition Seeking</i> | Acts to impress others | Avoids interacting with those whose approval is coveted | Goes out of the way to provoke the disapproval of others; stays in the background |
| <i>Negativity / Pessimism</i> | Focuses on the negative; ignores the positive; worries constantly | Drinks to blot out pessimistic feelings and unhappiness | Is overly optimistic; denies unpleasant realities |
| <i>Emotional Inhibition</i> | Maintains a calm, emotionally flat demeanor | Avoids situations in which people discuss or express feelings | Awkwardly tries to be the "life of the party," even though it feels forced and unnatural |
| <i>Unrelenting Standards / Hypercriticalness</i> | Spends inordinate amounts of time trying to be perfect | Avoids or procrastinates in situations where performance will be judged | Does not care about standards at all; does tasks in a hasty, careless manner |
| <i>Punitiveness</i> | Treats self and others in a harsh, punitive manner | Avoids others for fear of punishment | Behaves in overly forgiving way |

Looking at Thoughts

Cognitive (*What went through your mind when you felt depressed? What did that say or mean about you or the situation?*)

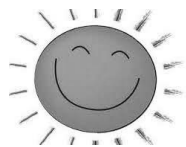
Schemas

- Abandonment
- Approval-Seeking/Recognition-Seeking
- Defectiveness/Shame
- Dependence/Incompetence
- Emotional Deprivation
- Emotional Inhibition
- Enmeshment/Undeveloped Self
- Entitlement/Grandiosity
- Failure
- Insufficient Self Control/Self-Discipline
- Mistrust/Abuse
- Negativity/Pessimism
- Punitiveness
- Self-Sacrifice
- Social Isolation
- Subjugation
- Unrelenting Standards
- Vulnerability

Other Helpful Behavioral Tips for Managing Depression

1. **Get sunlight:**

Aim for 5 to 15 minutes of sunlight a day.



Sunlight increases the brain's release of serotonin, which is associated with boosting mood.

2. **Get a massage:** Massage boosts serotonin and decreases stress hormones. Try giving yourself a massage by lying on or leaning against a tennis ball or rolling it against your muscles.



Yoga works to improve mood and has benefits similar to that of exercise and relaxation techniques.

Yoga poses that incorporate back bends and opening the chest help to increase positive emotions.

4. **Stand up straight:** Your body tells your brain how to feel. Stand up straight and open your chest to feel more confident.

5. **Smile** (*even if you're faking*): When you smile, you are more likely to perceive positive emotions in other people, which can positively impact your mood.



Smiling will lead your brain to believe that you are happy.

6. **Laugh** (*even if you're faking*): Your brain does not distinguish



between real and fake laughter. If your brain gets signals from your body that you should feel happy, then it is more likely to feel happy.

7. **Do Progressive Muscle**

Relaxation: Flex a tight muscle for a few seconds and release. Pay particular attention to your facial muscles as those have the largest effect on emotion.

8. **Create/listen to music:** Music can help regulate your emotions. It can be soothing and help you feel calm and/or it can be energizing and pump you up.

9. **Dance:** Dancing combines music and physical activity so it is a double whammy.



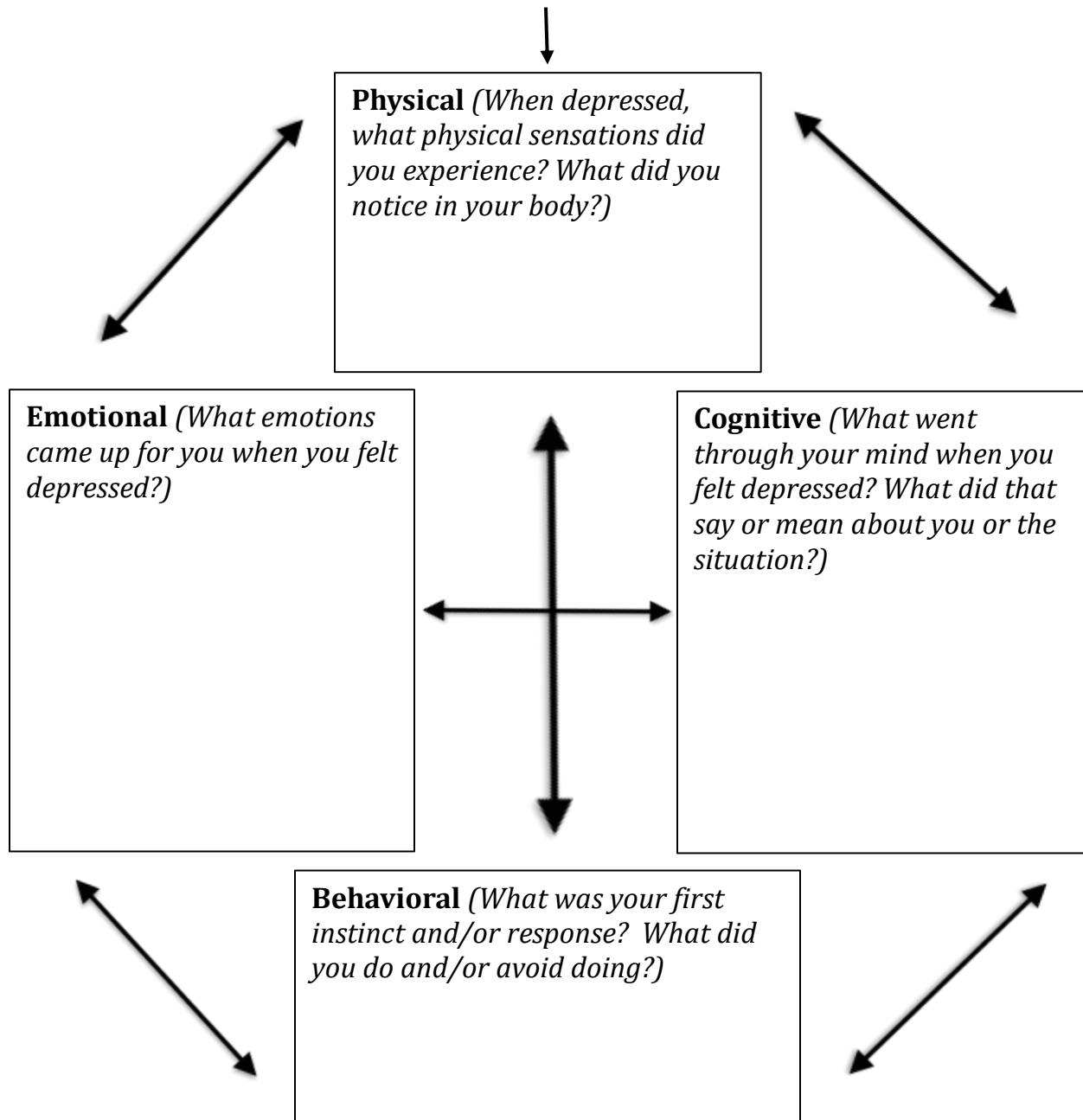
10. **Journal:** Labeling your emotions and writing your story can be cathartic and help you organize your thoughts.

Adapted from Alex Korb's "The Upward Spiral"

Cross Sectional Formulation

Situation (*When? Where? What? With whom?*)

Schemas:

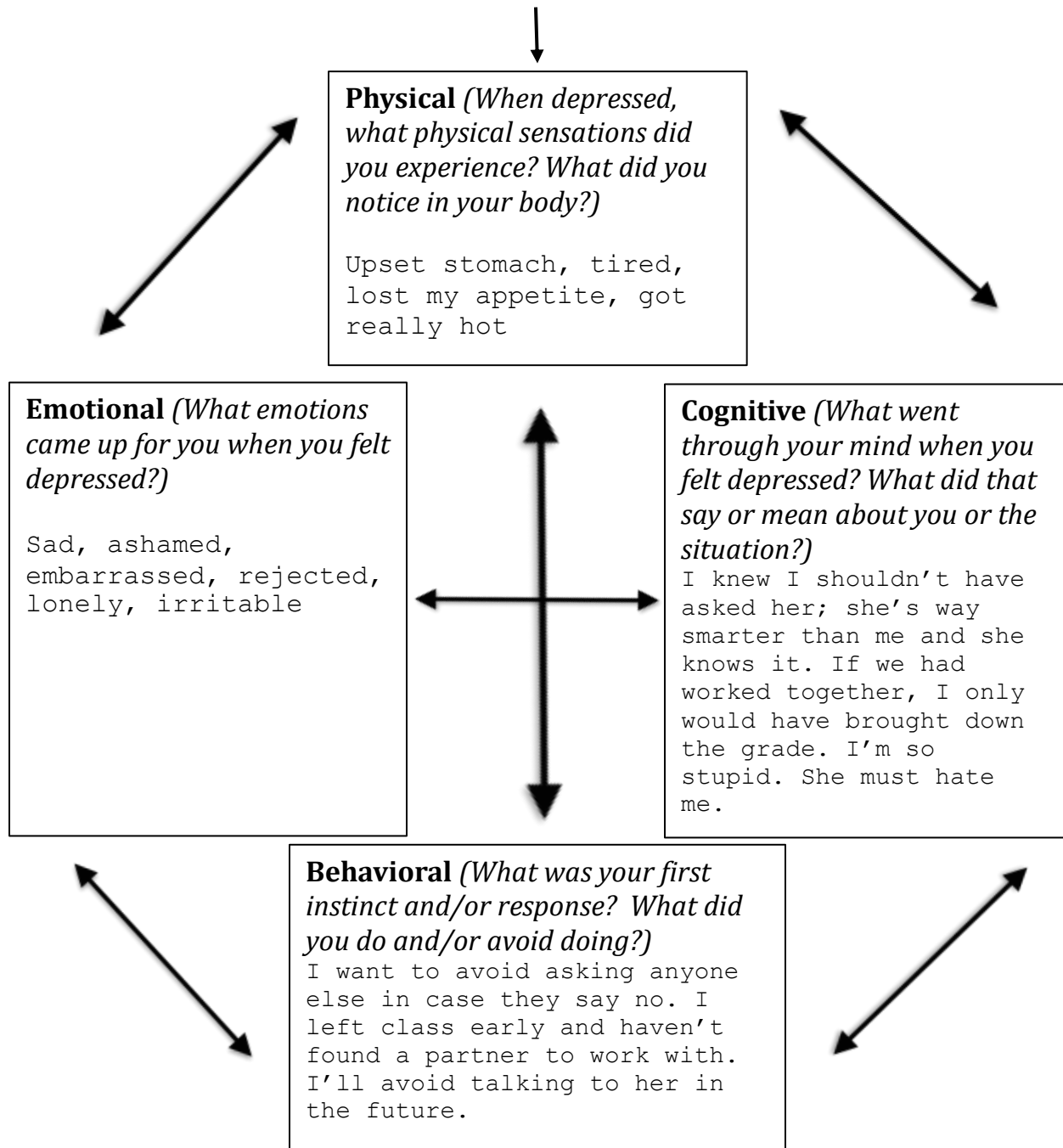


Cross Sectional Formulation

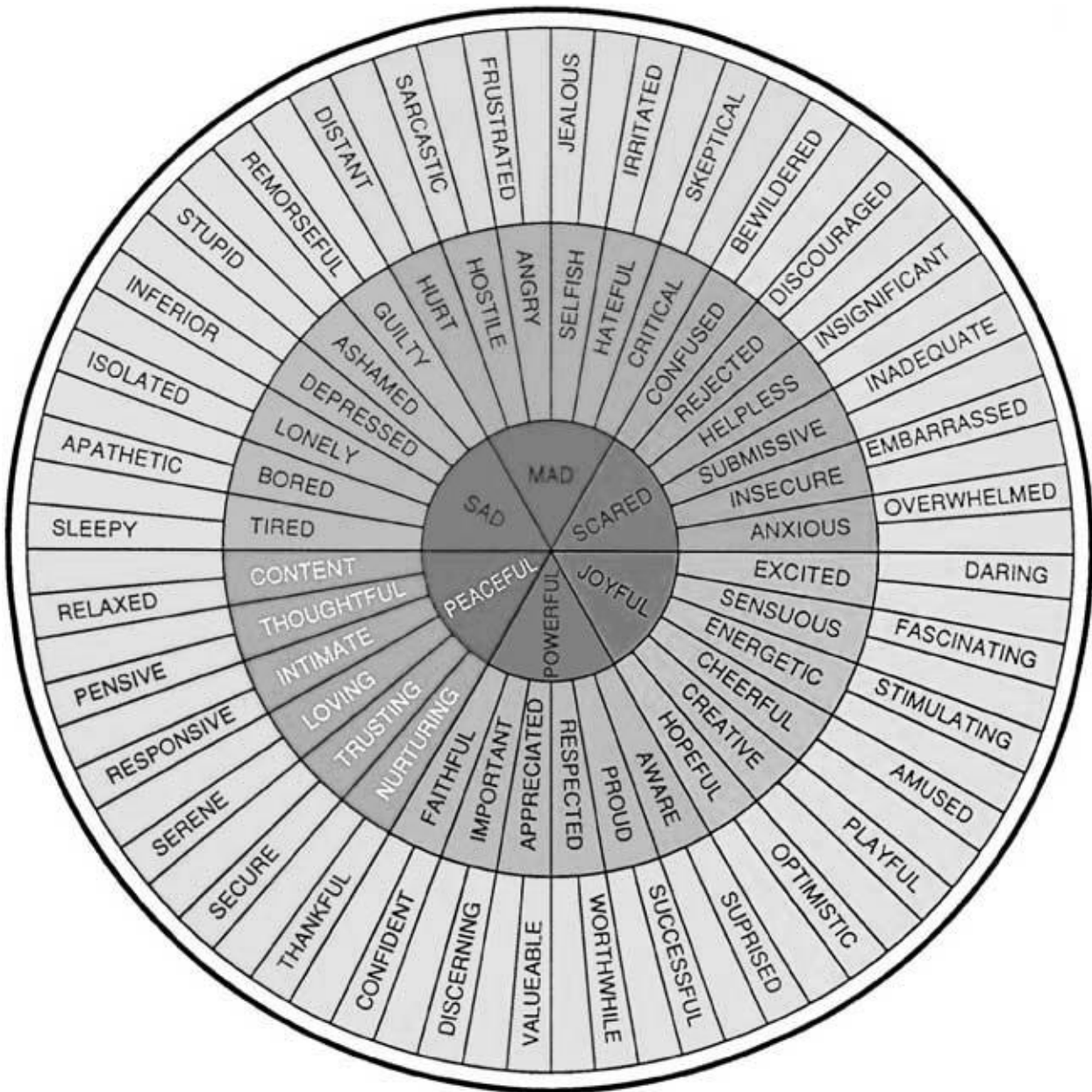
Situation (*When? Where? What? With whom?*)

I have a group assignment due for my class. I asked a fellow classmate to be my partner, but she declined.

Schemas: failure, abandonment, defectiveness, social isolation



Feelings Wheel



Cross Sectional Formulation

Situation (*When? Where? What? With whom?*)

Schemas:

