Schema-Mode Clash Card - Couples

Trigger situation:

Partner A, Schema being triggered:		Partner B, Schema being triggered:	
Emotions/Urges:	Outward Behavior:	Outward Behavior:	Emotions/Urges:
Inner Dialogue:			Inner Dialogue:
Core need to be met:		Core need to be met:	

Instructions: 1. Briefly outline a typical trigger situation. 2. Start with the partner being triggered first (partner A) and specify the schema being triggered in the situation, followed by specifying the emotional reaction and/or urges, inner dialogue and outward response towards partner (partner B). Specify the core need that needs to be met by partner B. 4. Proceed to fill out the consequential impact on Partner B + Core need that needs to be met.