

Table 1. Examples of Automatic Thoughts and Maladaptive Schemas

Automatic Thoughts	Maladaptive Schemas
I should be doing better in life.	I must be perfect to be accepted.
I've let him/her down.	I'm a fake.
I always keep messing things up.	If I choose to do something, I must succeed.
I can't handle it.	I'm unlovable.
It's too much for me.	No matter what I do, I won't succeed.
I don't have much of a future.	The world is too frightening for me.
Things are out of control.	Others can't be trusted.
I feel like giving up.	I must always be in control.
I'll never be able to get this done.	I'm stupid.
Something bad is sure to happen.	Other people will take advantage of me.

Source: Adapted from Wright et al. (11)