

## General Steps in Changing Your Schemas

1. Label and identify your schemas (or life traps); there are normally 3 to 6+ main ones;
2. Understand the childhood origins of your schemas; *feel* the wounded Child inside you;
3. Build a case against your schemas; disprove their validity at a rational level;
4. Write letters to the parent(s), sibling or peer who helped contribute to your schemas;
5. Examine your schema patterns in careful detail;
6. Break the schemas / patterns / life traps;
7. Keep trying... and you'll eventually succeed in breaking them down;
8. Forgive (at the very least *symbolically*) the author(s) / contributor(s) of your schemas.

## Obstacles to Change

1. You are counterattacking instead of acknowledging and taking responsibility for your schemas;
2. You escape from experiencing your schemas;
3. You have not disproved the schemas to yourself; you still accept them on a rational level;
4. You started with a schema or task that was too difficult;
5. You realize your schema is wrong on a rational level but emotionally you still feel it is valid;
6. You have not (yet) been fully systematic and disciplined about changing;
7. Your plan may be missing an important element in order to bring about change;
8. Your problem is too entrenched or deep-rooted to correct on your own (professional help may be needed to help you overcome your schemas). Don't hesitate to reach out for help: you deserve to have a full and happy life!

**Source:** *Reinventing Your Life - The Breakthrough Program to End Negative Behaviour... and Feel Great Again*, pp. 42-57, Jeffrey E. Young, PhD and Janet S. Klosko, PhD.