

Worksheet for Locating the Embodied Belief or Implicit Schema

A. Current Problem/Situation

1. The current problem occurs when_____.
2. And I notice these sensations in my body_____
_____.
3. When I'm in this situation I feel _____.
4. Because it gives me the impression that I_____,
other people_____, and life_____.
5. To avoid these feelings and thoughts I_____.

B. Earlier Emotional Memories

6. When I trace these sensations, feelings, and thoughts back to an earlier time in my life,
it reminds me of when_____.
7. And I had these feelings_____.
8. Because it gave me the impression that I_____,
other people_____, and life is_____.
9. I dealt with it by_____.
10. The advantage of responding this way was _____
_____.
11. The disadvantage of responding this way was_____
_____.
12. What I'd like to feel and think now is _____
_____.