FORM 10.5

Developing Motivation to Change My Schemas

Changing your schemas will involve hard work and some discomfort at times—for example, doing things your schemas say you can't do. What are the advantages and disadvantages to you of changing your negative schemas?

Personal schemas	Advantages	Disadvantages

(continued)

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Developing Motivation to Change My Schemas *(page 2 of 2)*

Are you willing to be uncomfortable?
Are you willing to tolerate uncertainty?
Are you willing to keep at it until things improve?
If you changed your schemas to be more realistic and positive, how would these changes affect your relationships?
How would these changes affect your work?
How would these changes affect your enjoyment in life?