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Scheme Diary

A scheme diary is a cognitive behavioral technique that may be utilized by individuals seeking to explore and change their ideas about themselves and the world. Below is a list of topics and questions that will assist you in developing your own scheme diary.

Answer the following questions for any event, encounter, or experience you are struggling to understand or process.

1. Triggers: What set of my reactions?
2. Emotions: What was I feeling?
3. Thoughts: What was I thinking?
4. Behaviors: What did I actually do?
5. Life Traps: Which of my "buttons" got pushed? What early life experiences might be related?
6. Coping: Think realistic concerns: In what ways were my reactions justified? What did I do to cause or worsen the situation? Is there anyone I can check this out with?
7. Overreactions: In what ways did I exaggerate or misinterpret the situation?
8. Problem-solve: In what ways could I cope better in the future or solve the problem?
9. Learned: What have I learned from this situation that I can apply in the future?