

## Bidirectional Schema Continuum

Use this exercise to assess the degree to which you identify with negative and positive beliefs about yourself. On the left side of the continuum, identify the negative belief or schema; e.g. "I am totally vulnerable". On the right side of the continuum identify the positive belief or schema; e.g. "I am totally resilient". Choose percentage points on the 0-100 scales for yourself, other people that you know or public / famous figures. Finally define the criteria for each schema and indicate how you score against each of them based on the evidence.

Totally

Totally

100%

0%

100%

Criteria	%	Criteria	%