

Interpersonal Schemas Worksheet I

Session 5 Handout

Interpersonal situation	What did I feel and think about myself		What were my expectations about the other person?		My resulting behavior
<i>What happened?</i>	<i>My feelings?</i>	<i>My thoughts?</i>	<i>Their feelings?</i>	<i>Their thoughts?</i>	<i>What did I do?</i>

Created 5/17/2012