

Strategies for dealing with the DEFECTIVENESS schema

- 1) examine the evidence for the schema.
- 2) is the defectiveness mistaken? Exaggerated? Product of bullying or critical/rejecting parents?
- 3) get your anger out at these people - e.g. write a letter you never send
- 4) take note of your ASSETS
- 5) EXPOSURE: put yourself out there and SEE that people accept you
- 6) Don't over-react to criticism