

## Activity 2 (20 minutes).

Choosing your highest score from the second row of schemas (i.e. EM, SB, SS, EI, US, ET, IS) try to fill in the following table, just as I have done in this workshop for my own. You may need to refer back to the slides on what schema surrender, avoidance and overcompensation look like. There are also some starting examples on the next page.

Schema	When I surrender to this schema I...	To avoid this schema I...	If I overcompensate for this schema I...

You can do this in your own time for any schemas that you scored highly on to try to figure out how these underlying patterns of thinking effect the things you do every day.