

### **Activity 3 (30 minutes).**

In small groups of 6-8, try to develop at least one example for the schemas we have focused on to describe...

Consider the following questions for each

- What EMS might the client be *surrendering* to?
- What EMS is being triggered in the worker?
- What would the worker do if they surrendered, avoided or overcompensated for this activated EMS?
- What happened and how did it feel?

*Schema clash*

*Schema mismatch*

*Schema overidentification*