



## **Toolkit 1 - Learning Unit 3** **Post-intervention**

### **Activity 2** **Risk awareness and responsibility: Taking ownership of protective measures to address soft skills**



Exercise

**Exhaustion of compassion for emotional interest and attitude of trying to help**

**2. Is there a risk that I have exhausted my source of compassion as a result of my  
mentally demanding job?**



**YES**

### **Activity 2**

1. Working with schema modes to prevent compassion depletion

First of all look at what the schema modes are:

*Schema modes are momentary mind states which every human being experiences at one time or another. A schema mode consists of a cluster of schemas and coping styles. Life situations that a person finds disturbing or offensive, or arouse bad memories, are referred to as “triggers” that tend to activate schema modes.*



Young, Klosko & Weishaar (2003) identified 10 schema modes grouped into four categories. The four categories are: **Child modes**, **Dysfunctional Coping modes**, **Dysfunctional Parent modes**, and the **Healthy Adult mode**.

The four Child modes are: Vulnerable Child, Angry Child, Impulsive/Undisciplined Child, and Happy Child. The three Dysfunctional Coping modes are: Compliant Surrenderer, Detached Protector, and Overcompensator. The two Dysfunctional Parent modes are: Punitive Parent and Demanding Parent.

*Vulnerable Child* is the mode in which you may feel defective in some way, thrown aside, unloved, obviously alone, or may be in a “me against the world” mindset. You may feel as though peers, friends, family, and even the entire world have abandoned them. Behaviors of patients in Vulnerable Child mode may include (but are not limited to) falling into major depression, pessimism, feeling unwanted, feeling unworthy of love, and perceiving personality traits as irredeemable flaws.

*Angry Child* is fueled mainly by feelings of victimization or bitterness, leading towards negativity, pessimism, jealousy, and rage. While experiencing this schema mode, you may have urges to yell, scream, throw/break things, or possibly even injure themselves or harm others. The Angry Child schema mode is enraged, anxious, frustrated, self-doubting, feels unsupported in ideas and vulnerable.

*Impulsive Child* is the mode where anything goes. Behaviors of the Impulsive Child schema mode may include reckless driving, substance abuse, cutting oneself, suicidal thoughts, gambling, or fits of rage, such as punching a wall when “triggered” or laying blame of circumstantial difficulties upon innocent people. Unsafe sex, rash decisions to run away from a situation without resolution, tantrums perceived by peers as infantile, and so forth are a mere few of the behaviors which a patient in this schema mode might display. Impulsive Child is the rebellious and careless schema mode.



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*Detached Protector* is based in escape. Detached Protector schema mode is characterise by withdraw, dissociate, alienate, or hide in some way. This may be triggered by numerous stress factors or feelings of being overwhelmed.

*Punitive Parent* is identified by beliefs that you should be harshly punished, perhaps due to feeling “defective”, or making a simple mistake. Sadness, anger, impatience, and judgment are typical for this schema mode. The Punitive Parent has great difficulty in forgiving themselves even under average circumstances in which anyone could fall short of their standards. The Punitive Parent does not wish to allow for human error or imperfection, thus punishment is what this mode seeks.

*Healthy Adult* is the mode that helps to achieve healthy well-being. The Healthy Adult is comfortable making decisions, is a problem-solver, thinks before acting, is appropriately ambitious, sets limits and boundaries, nurtures self and others, forms healthy relationships, takes on all responsibility, sees things through, and enjoys/partakes in enjoyable adult activities and interests with boundaries enforced, takes care of their physical health, and values themselves. In this schema mode person focuses on the present day with hope and strives toward the best tomorrow possible. The Healthy Adult forgives the past, no longer sees themselves as a victim (but as a survivor), and expresses all emotions in ways which are healthy and cause no harm.

Everyone can identify in themselves each of the schema modes in some kind of situation.

**Now work with your own schema modes:**

My \_\_\_\_\_ Mode (choose one of the above-mentioned schema mode as first described mode, e.g., vulnerable child)

My name for this schema mode (e.g., Poor John, as a name for the vulnerable child mode):

How do I know that my \_\_\_\_\_ mode is present?



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What triggers my \_\_\_\_\_ mode?

What feelings do I usually have in this mode?

What thoughts come to mind in this mode?

What memories are associated/triggered by this mode?

How does my body feel in this mode?

How do I usually behave in this mode? How do I switch between modes (e.g. from Angry Child to Coping Mode) when I'm in \_\_\_\_\_ mode ?

What mode am I switching to?

What are my current needs when I'm in mode \_\_\_\_\_

Are my needs met by my behaviour (e.g., the need for acceptance)?





2. Continue with filling in the following sentences

**AUXILIARY CARD**

Right now I feel ..... (emotion),  
because..... (triggering situation).

However, I know that this is probably my mode..... (relevant mode)  
that I learned through ..... (origin of schema).

This scheme leads me to exaggerate ..... (distortion).

While I believe that ..... (negative thinking) the  
reality is that ..... (healthy perspective).

Evidence supporting my healthy view includes .....  
..... (specific examples from life).

Therefore, even though I feel that ..... (negative behavior)  
I choose..... (as a Healthy Adult) to  
do this instead.

