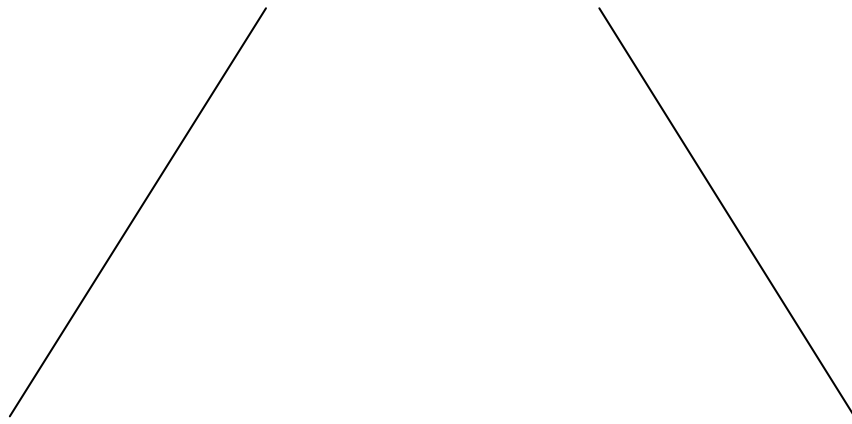|	
Interpersonal Schemas (Client)	

Interpersonal Schemas (Client)
What core beliefs does the client have that affect interpersonal relationships?

Markers (Client)
What does the client do when in session with you, that reflects the schemas?

Pull (Therapist)
What do you find yourself doing or wanting to do in response to the client's behaviours ('markers')?

Safran & Segal 1996

Example:

Client's Interpersonal Schemas: Others hurt me – I can't trust them, I'm vulnerable

Client's Markers: Avoid eye contact – look down, shrinking posture, quiet voice, difficulty talking, tearful

Therapist Pull: I must look after her. Urge to reassure and rescue