



FOUNDATIONS OF  
Nourishment  
& Self Care



Schemas  
Show Us Where  
We Need  
Nourishment

# Schemas Show Us Where We Need Nourishment

## Life Assignment

Notice how your schemas and parts come into play through the week.

## What's It To Me?

**REACT:** What strikes me?

**DIGEST:** What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

**APPLY:** What are the implications of this in my life?

**ENVISION:** What long-term influence could this have?

# Schemas Show Us Where We Need Nourishment

## Attachment

### Attachment Schemas

Rate each of the following statements according to how well they describe your attachment pattern.

1—Does not accurately describe me

2—Describes me somewhat

3—Accurately describes me

"I'm alone and on my own." 1 2 3

"I need others and can't depend on them." 1 2 3

"At times I fall apart. I can't depend on myself." 1 2 3

# Schemas Show Us Where We Need Nourishment

## Attachment

### **Schema Awareness**

Abandonment/Instability

Mistrust/Abuse

Emotional Deprivation

Defectiveness/Shame

Social Isolation/Alienation

Dependence

Failure

Entitlement/Grandiosity

Self-Sacrifice/Subjugation

Unrelenting Standards

# Schemas Show Us Where We Need Nourishment

## Internal Family Systems

**Self**

**Parts**

**Exiles**

**Protectors**

**Managers**

**Firefighters**

# Schemas Show Us Where We Need Nourishment

## Internal Family Systems

### Fear Responses

**Fight**

**Flight**

**Freeze**

**Attach**

**Submit**