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who attack 11 common Program To  
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(though not exclusively) used to  
treat personality disorders. A  
schema is basically a set of related  
thoughts, beliefs and behaviours  
which can either be healthy or  
maladaptive.

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These self-defeating behavior  
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insightful book that can help one to  
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breakthrough program that may have emerged in early childhood and continue to cause havoc in your adult life. The different "lifetraps" as the author calls them are poor behavioral patterns that an adult can get stuck repeating, which can lead to absolute misery in relationships,

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break 11 common, self-defeating  
emotional patterns, called schemas  
or lifetraps. For each schema,  
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specific change techniques the  
reader can follow, the most  
common childhood origins, partner  
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patterns, self-help exercises, and  
many actual case examples. Are  
you drawn into relationships with  
people who are self-centered, cold  
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you?

Reinventing Your Life - Schema

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draw on the breakthrough  
principles of cognitive therapy to  
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cognitive therapy to help you  
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