

Treatment Suggestions for the Self-Punitiveness Schema

1. **List** the advantages and disadvantages of punishment versus forgiveness. Notice that punishment is not an effective way to deal with the mistakes of self or others.
2. Have imaginary dialogues between your punitive side and forgiving side when the schema is triggered. Use this exercise to solve problems and manage conflicts.
3. Recognize that the cost of punitiveness is greater than its benefits by listing the costs of being punitive. This awareness can help motivate you to change.
4. Practice more forgiving responses in situations where you have urges to blame yourself or others