

Contents

PART I

EMOTIONAL SCHEMA THEORY

CHAPTER 1. The Social Construction of Emotion	3
CHAPTER 2. Emotional Schema Therapy: General Considerations	19
CHAPTER 3. A Model of Emotional Schemas	37

PART II

BEGINNING TREATMENT

CHAPTER 4. Initial Assessment and Interview	61
CHAPTER 5. Socialization to the Emotional Schema Model	88

PART III

SPECIFIC INTERVENTIONS FOR EMOTIONAL SCHEMAS

CHAPTER 6. The Centrality of Validation	109
CHAPTER 7. Comprehensibility, Duration, Control, Guilt/Shame, and Acceptance	141

CHAPTER 8. Coping with Ambivalence	175
CHAPTER 9. Linking Emotions to Values (and Virtues)	198

PART IV

SOCIAL EMOTIONS AND RELATIONSHIPS

CHAPTER 10. Jealousy	223
CHAPTER 11. Envy	245
CHAPTER 12. Emotional Schemas in Couple Relationships	271
CHAPTER 13. Emotional Schemas and the Therapeutic Relationship	308
CHAPTER 14. Conclusions	341
References	347
Index	370