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

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

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

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**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

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*Safran & Segal 1996*