

Abstract

**Positive Psychology Couple Schema Therapy: A new model of couple therapy focusing on reigniting couple attraction via schema therapy and positive psychology.**

**Keywords**

**Couple Schema Therapy, Schema Chemistry, Couple Therapy**

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There are growing evidence indicating schema modes influences emotional and behavioral response in couple interaction which affects relationship satisfaction, eg. Chan and Chan, 2019. Thus, identifying dominant schema modes is important for effective couple therapy. A two-stage positive psychology couple schema therapy, which takes into account the influences of schema and schema modes on couple attraction and dysfunctional conflict resolution style in couples is proposed. The first stage of this couple therapy involves identifying schema mode of each partner and helping each partner to strengthen healthy adult mode. The second stage of the therapy incorporates positive psychology to strengthen couple attraction.