

Name _____ Date _____

***Schema Questionnaire**

Please rate each of the following statements in terms of how true it is for you. Please use the following scale:

- 1. Completely untrue for me
- 2. Mostly untrue for me
- 3. Mostly more true than untrue for me
- 4. Moderately true for me
- 5. Mostly true for me
- 6. Describes me perfectly

The first rating concerns how true the statement was for you as a child at various times in your childhood up to age 12. Then rate how true the statement is for you in your adult life. If the answer may be different for various periods of your adult life, then choose the rating that seems to apply to the last 6 months.

Child	Now	Description
_____	_____	1. I find myself clinging to the people that I'm close to as I fear they might leave me.
_____	_____	2. I worry a lot that the people that I love will find someone else that they prefer and then will leave me.
_____	_____	3. I am usually on the watch for people's ulterior motives. I am not able to trust people easily.
_____	_____	4. I cannot let my guard down around people because I feel they might hurt me.

_____	_____	5. I worry more than the average person about danger such as becoming ill, or harm coming to me.
_____	_____	6. I worry that I, or my family, will lose our money and become dependent on others or destitute.
_____	_____	7. I cannot cope well by myself. I feel I need other people to help me to get by.
_____	_____	8. My parents and I tend to become over involved in each other's problems and lives.
_____	_____	9. I have not had anyone to nurture me, care deeply, share themselves with me, or care deeply about what happens to me.
_____	_____	10. People have not been there to meet my emotional needs for empathy, understanding, advice, guidance, and support.
_____	_____	11. I feel I do not belong because I am different. I just don't fit in.
_____	_____	12. I'm boring and dull and just don't seem to know what to say socially.

- _____ _____ 13. If people knew my real defects then they could not truly love me.
- _____ _____ 14. I am ashamed of myself and am unworthy of love, respect from others, and attention.
- _____ _____ 15. I am not as capable, or intelligent, as most people when it comes to school or work.
- _____ _____ 16. I often feel inadequate because I don't measure up to others in terms of intelligence, talent, or success.
- _____ _____ 17. I feel that I have no choice but to give in to the wishes of others or else people will reject me or retaliate in some way.
- _____ _____ 18. People see me as doing too much for others and not taking care of myself.
- _____ _____ 19. I try to do my best because I just can't settle for good enough. I strive to be number one in what I do.
- _____ _____ 20. I have so much to get done that I have little time to relax and really enjoy myself.
- _____ _____ 21. I feel that I should not have to follow the normal rules in life that other people have to follow.

- _____ _____ 22. I have difficulty disciplining myself to finish routine boring tasks and to control my emotions.

* Adapted from work of Dr. Jeffrey Young