

Uncovering Your Schemas

You can identify your early maladaptive schemas by the following characteristics:

- Unconditional. You experience them as obvious truths about yourself or your environment.
- Resistant to change. They are an ingrained pattern since childhood.
- Self-perpetuating. They trigger behavior that seems to confirm the truth of the schema.
- Predictive. They help you predict what will happen in future relationships, and because they create the illusion that you can see what's coming, they are extremely difficult to give up.
- Triggered by social stress. They are activated when something painful happens in a relationship.
- Highly emotional. They always are accompanied by strong feelings of shame, fear, hurt, despair, and so on.

Exercise 2.1 Identify Your Schemas

After reading each of the one hundred statements that follow (adapted from McKay and Fanning 1991), circle "T" or "F" according to whether you think the statement is mostly true or mostly false. In cases where it's a close decision, go with your first impulse. It's important to complete every item, circling the "T" or the "F" (but not both), in order to get an accurate score at the end. But this is not a test; there are no right or wrong answers.

Mostly True	Mostly False	Statement
T	F	1. <i>Most of my loved ones are stable and dependable.</i>
T	F	2. <i>I seldom feel taken advantage of.</i>
T	F	3. <i>I feel loved and cared for.</i>
T	F	4. <i>I am worthy of love and respect.</i>
T	F	5. <i>I feel a strong sense of belonging in my family and community.</i>
T	F	6. <i>In most situations, I manage to do what needs to be done.</i>

Identifying Schemas

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|---|---|--|
| T | F | 7. <i>I perform many tasks well.</i> |
| T | F | 8. <i>I feel pretty average most of the time.</i> |
| T | F | 9. <i>I can rely on myself to get what I need.</i> |
| T | F | 10. <i>I set reasonable standards for myself.</i> |
| T | F | 11. <i>Significant people in my life are unstable.</i> |
| T | F | 12. <i>Many people would like to hurt me or take advantage of me.</i> |
| T | F | 13. <i>I've never really felt cared for by my family.</i> |
| T | F | 14. <i>I often feel flawed or defective.</i> |
| T | F | 15. <i>I frequently feel left out of groups.</i> |
| T | F | 16. <i>I feel incompetent in many situations.</i> |
| T | F | 17. <i>I'm basically a screwup.</i> |
| T | F | 18. <i>I'm a superior type of person.</i> |
| T | F | 19. <i>Others can care for me better than I can care for myself.</i> |
| T | F | 20. <i>Very little of what I do satisfies me; I usually think I could do better.</i> |
| T | F | 21. <i>I feel secure and safe.</i> |
| T | F | 22. <i>I tend to trust people and give them the benefit of the doubt.</i> |
| T | F | 23. <i>I have at least one satisfying intimate relationship.</i> |
| T | F | 24. <i>I feel okay about myself.</i> |
| T | F | 25. <i>I fit in well with my circle of friends.</i> |
| T | F | 26. <i>I can survive on my own for long periods of time.</i> |
| T | F | 27. <i>Doing some things comes easily for me.</i> |
| T | F | 28. <i>I'm only human; I make my share of mistakes.</i> |
| T | F | 29. <i>It's okay to disagree with others.</i> |
| T | F | 30. <i>I can forgive myself for failure.</i> |
| T | F | 31. <i>I've never really felt protected and safeguarded in my family.</i> |
| T | F | 32. <i>Most people cannot be trusted.</i> |
| T | F | 33. <i>My relationships are shallow; if I disappeared tomorrow, no one would notice.</i> |
| T | F | 34. <i>Nobody I desire would desire me if they really got to know me.</i> |
| T | F | 35. <i>I feel like an outsider.</i> |

The Interpersonal Problems Workbook

- T F 36. *I feel that certain people are essential for my survival.*
- T F 37. *When I trust my own judgment, I make wrong decisions.*
- T F 38. *I have many more excellent qualities than the average person.*
- T F 39. *I find myself going along with others' plans.*
- T F 40. *I'm a perfectionist; I must be the best at whatever I do.*
- T F 41. *I can count on at least one person in my life to always be there for me.*
- T F 42. *I rarely need to protect or guard myself with other people.*
- T F 43. *I feel nurtured in my family.*
- T F 44. *I have legitimate needs I deserve to fill.*
- T F 45. *People usually accept me as I am.*
- T F 46. *I rarely need or ask for help from others.*
- T F 47. *I am a skillful person, as capable as most people.*
- T F 48. *I am content with my fair share and don't need any special consideration.*
- T F 49. *I don't need the approval of others for everything I do.*
- T F 50. *I set achievable goals for myself.*
- T F 51. *People are always leaving me.*
- T F 52. *I must be on my guard against other people's lies and hostile remarks.*
- T F 53. *Most of my family members are cold and distant.*
- T F 54. *I'm dull and boring and can't make interesting conversation.*
- T F 55. *People don't usually include me in what they're doing.*
- T F 56. *I depend heavily on others for help.*
- T F 57. *I tend to avoid new challenges.*
- T F 58. *I feel I deserve some special privileges or consideration.*
- T F 59. *I don't function well on my own.*
- T F 60. *Failure is very upsetting to me.*
- T F 61. *I have people I can really rely on.*
- T F 62. *You can count on most people to do what they say they will do.*
- T F 63. *I can get the care and attention I need.*
- T F 64. *I count for something in the world.*

Identifying Schemas

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|---|---|--|
| T | F | 65. <i>My hopes and dreams are much like everyone else's.</i> |
| T | F | 66. <i>I am confident that I can handle most problems.</i> |
| T | F | 67. <i>I can learn new skills if I try.</i> |
| T | F | 68. <i>I deserve the same treatment as anyone else, no more, no less.</i> |
| T | F | 69. <i>I like to spend time by myself.</i> |
| T | F | 70. <i>I'm not perfect, and that's okay.</i> |
| T | F | 71. <i>Some people who are important to me are unreliable.</i> |
| T | F | 72. <i>Many people will break their promises and lie.</i> |
| T | F | 73. <i>There's no one I can count on for care and advice.</i> |
| T | F | 74. <i>I'm unattractive.</i> |
| T | F | 75. <i>Sometimes I feel like an alien, very different from everybody else.</i> |
| T | F | 76. <i>I often feel helpless or at a loss concerning what to do.</i> |
| T | F | 77. <i>I don't perform well under stress.</i> |
| T | F | 78. <i>I feel that I shouldn't have to accept some of the limitations placed on ordinary people.</i> |
| T | F | 79. <i>I try hard to please others, and I put their needs before my own.</i> |
| T | F | 80. <i>I push myself so hard that I harm my relationships, my health, or my happiness.</i> |
| T | F | 81. <i>I have at least one solid, stable relationship.</i> |
| T | F | 82. <i>I feel confident that I will be treated well by others.</i> |
| T | F | 83. <i>I can depend on my friends for advice and emotional support.</i> |
| T | F | 84. <i>People I like and respect often like and respect me.</i> |
| T | F | 85. <i>I could change jobs or join a club and soon fit in.</i> |
| T | F | 86. <i>I don't need to ask for assistance very often.</i> |
| T | F | 87. <i>Most of my decisions are sound.</i> |
| T | F | 88. <i>When it comes to the good things in life, I mostly get what I deserve.</i> |
| T | F | 89. <i>I think for myself; I can stand up for my ideas.</i> |
| T | F | 90. <i>It's okay to make mistakes.</i> |
| T | F | 91. <i>I'm afraid of being abandoned, that a loved one will die or reject me.</i> |
| T | F | 92. <i>So many people have let me down.</i> |

- | | | | |
|---|---|------|---|
| T | F | 93. | <i>I have no one who hugs me, shares secrets with me, or really cares what happens to me.</i> |
| T | F | 94. | <i>I don't deserve much attention or respect.</i> |
| T | F | 95. | <i>I don't feel that I belong where I am.</i> |
| T | F | 96. | <i>I frequently need assistance from others.</i> |
| T | F | 97. | <i>I mess up everything I attempt.</i> |
| T | F | 98. | <i>I'm entitled to the best that life has to offer.</i> |
| T | F | 99. | <i>I have trouble making my own wants and needs known.</i> |
| T | F | 100. | <i>I have very clear, black-and-white rules for myself.</i> |

Scoring

This inventory assesses your core beliefs about the ten topics that follow. These topics are important areas of everyone's life, about which everyone has some sort of belief, whether it is conscious or not.

To score your answers, follow these instructions carefully:

1. Abandonment/Instability: _____

Look at your answers for items 1, 21, 41, 61, and 81. For each "F" circled, give yourself one point.

Now look at your answers for items 11, 31, 51, 71, and 91. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *Significant people in my life are unstable or unreliable.*

2. Mistrust/Abuse: _____

Look at your answers for items 2, 22, 42, 62, and 82. For each "F" circled, give yourself one point.

Now look at your answers for items 12, 32, 52, 72, and 92. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *I'll be hurt by abuse or neglect.*

Identifying Schemas

3. Emotional Deprivation:

Look at your answers for items 3, 23, 43, 63, and 83. For each "F" circled, give yourself one point.

Now look at your answers for items 13, 33, 53, 73, and 93. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *My need for emotional support will not be met.*

4. Defectiveness/Shame:

Look at your answers for items 4, 24, 44, 64, and 84. For each "F" circled, give yourself one point.

Now look at your answers for items 14, 34, 54, 74, and 94. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *I'm defective, inferior, unlovable.*

5. Social Isolation/Alienation:

Look at your answers for items 5, 25, 45, 65, and 85. For each "F" circled, give yourself one point.

Now look at your answers for items 15, 35, 55, 75, and 95. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *I do not belong to a group; I'm isolated or different from others.*

6. Dependence:

Look at your answers for items 6, 26, 46, 66, and 86. For each "F" circled, give yourself one point.

Now look at your answers for items 16, 36, 56, 76, and 96. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *I am incompetent or helpless; I need significant assistance from others and/or I can't survive without another.*

7. Failure: _____

Look at your answers for items 7, 27, 47, 67, and 87. For each "F" circled, give yourself one point.

Now look at your answers for items 17, 37, 57, 77, and 97. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *I am inadequate and will ultimately fail.*

8. Entitlement/Grandiosity: _____

Look at your answers for items 8, 28, 48, 68, and 88. For each "F" circled, give yourself one point.

Now look at your answers for items 18, 38, 58, 78, and 98. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *I'm superior to others; I deserve special privileges.*

9. Self-Sacrifice/Subjugation: _____

Look at your answers for items 9, 29, 49, 69, and 89. For each "F" circled, give yourself one point.

Now look at your answers for items 19, 39, 59, 79, and 99. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *I meet others' needs before mine, either voluntarily or through real or perceived coercion.*

10. Unrelenting Standards/Hypercriticalness: _____

Look at your answers for items 10, 30, 50, 70, and 90. For each "F" circled, give yourself one point.

Now look at your answers for items 20, 40, 60, 80, and 100. For each "T" circled, give yourself one point. Record your total points above.

On a scale from 0 to 10, this indicates how much you agree with the statement, *I must meet my very high standards to avoid criticism by others.*

How did you do? One way to visualize these results is to enter your scores on the following bar chart. For each of the ten schemas, color in the bar up to the height of your score.

Identifying Schemas

10	10	10	10	10	10	10	10	10	10	10
9	9	9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1	1	1
1. Abandonment/Instability	2. Mistrust/Abuse	3. Emotional Deprivation	4. Defectiveness/Shame	5. Social Isolation/ Alienation	6. Dependence	7. Failure	8. Entitlement/Grandiosity	9. Self-Sacrifice/Subjugation	10. Unrelenting Standards/ Hypercriticalness	

You might think of these bars as the bars of the "Interpersonal Problems Prison." If most of the bars are low, you can escape the prison more easily. If most of the bars are high, it will take more time and effort to get out of schema jail.

On the other hand, don't think of these ten items as cast in iron, as the only possible schemas involved in interpersonal problems. Ten is just a convenient number, and the exact wording of each schema is a kind of average of what many people have reported believing. You're an individual, and the number and phrasing of your schemas will be unique to you.

How Schemas Work Handout

A maladaptive schema is essentially a belief about yourself and your relationship to the world. The core sense and feeling is that something is wrong with you, with your relationships, or with the world at large. Schemas are formed in childhood and develop as a result of ongoing, dysfunctional experiences with parents, siblings, and peers during childhood, and continue to grow as children attempt to make sense of their experience and avoid further pain. Schemas come from repeated toxic messages that we get about ourselves from our early experiences (i.e. "you're bad," or "you don't do anything right") or specific traumatic events. Once a schema is formed, it's extremely stable and becomes an enduring pattern that is elaborated throughout one's life. Schemas are like a pair of sunglasses that distort all of our experiences and reality, they color the way we see things and make assumptions and predictions that tell us our schemas are true or that they will turn out to be true. These schemas that were formed in childhood now get triggered over and over again throughout our adult life by stressful interpersonal events and thoughts and feelings that come up for us. Once a schema is triggered it brings up specific powerful, automatic, and conditioned thoughts and feelings about ourselves that can lead to depression, panic, loneliness, anger, relationship conflict, inadequate work performance, addictions, and problematic decision-making. Schemas interfere with our ability to feel safe and satisfy basic needs in relationships to others.

Characteristics of Early Maladaptive Schemas

- *They are experienced as a priori truths about oneself or one's environment.*
- *They are resistant to change and are self-perpetuating.*
- *Schemas help predict the future—what will happen in relationships—and, because they create the illusion that one can see what's coming, are extremely difficult to give up.*
- *Schemas are usually triggered by stressful events—something painful in a relationship that activates old beliefs about the self.*
- *Schemas are always accompanied by high levels of affect—shame, fear, hurt, despair.*

Schema Handout

Ten Key Schemas

1. **Abandonment/Instability**-the belief that significant people in their life are unstable or unreliable
2. **Mistrust/Abuse**-the expectation that they will be harmed through abuse or neglect
3. **Emotional Deprivation**-the expectation that the need for emotional support will not be met
 - a. Deprivation of nurturance-the absence of attention
 - b. Deprivation of empathy-the absence of understanding
 - c. Deprivation of protection-the absence of guidance
4. **Defectiveness/Shame**-the belief that one is defective, inferior or unlovable
5. **Social Isolation/Alienation**-the belief that one does not belong to a group, is isolated or different from others
6. **Dependence**-the belief that one is incompetent or helpless and requires significant assistance from others and/or the belief that one cannot survive without another
7. **Failure**-the belief that one is inadequate and will ultimately fail
8. **Entitlement/Grandiosity**-the belief that one deserves privileges and is superior to others
9. **Self-sacrifice/Subjugation**-voluntarily meeting the needs of others at the expense of one's own gratification or submitting to others to avoid consequences and surrendering control to others due to real or perceived

coercion (subjugation of needs involves suppressing one's own desires to preferences; subjugation of emotions involves the suppression of emotions, particularly anger)

10. **Unrelenting Standards/Hypercriticalness**-the belief that one must meet a very high internalized standard to avoid the criticism of others; it involves impairment in the areas of pleasure, health, and satisfying relationships

Schema Coping Behaviors in Relationships

1. **Attacking:** blaming, criticizing, aggressive speech, belittling, accusing, imposing intentions
2. **Demanding:** controlling, insisting, requiring attention, support, or care-taking, guilt tripping, excessive requests, reassurance seeking
3. **Surrender:** giving up, giving in, complying, self-sacrifice, being passive or submissive
4. **Clinging:** dependence, seeking attention and help with problems, reassurance seeking
5. **Withdrawal:** retreating emotionally, physically, sexually; silence, disconnection, stonewalling
6. **Stimulation seeking:** avoiding by seeking excitement and distraction through compulsive shopping, sex, gambling, risk-taking, overwork, etc.
7. **Addictive self-soothing:** avoiding by numbing with alcohol, drugs, food, TV, Internet, etc.
8. **Manipulating:** threats to do or not do something, derailing, seduction, dishonesty
9. **Punishing:** taking away, passive-aggressive procrastination, lateness, complaining
10. **Discounting:** suggesting or asserting that the other person's needs are unimportant, minimizing, defending, explaining, justifying

Trigger	Feelings	Thoughts about myself	Thoughts about My partner	Schema	Schema Coping Behavior (SCB)	Outcome of SCB

Value	Rate Importance (1-10)	Values-based behavior	Schema thoughts that act as barriers: I.e. Thoughts stories, expectations, predictions	Schema feelings that act as barriers: (shame, guilt, fear, helplessness)	When will I practice this new behavior?	Am I willing to have my schema pain if it means that I get closer to my value?

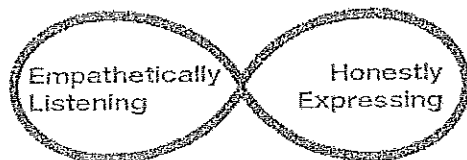
Trigger	Schema feelings that act as barriers: (ashamed, afraid, guilty, helpless)	Schema thoughts that act as barriers: I.e. Thoughts stories, expectations, predictions	Schema Coping behavior: What did you do?	Value: what value is this connected to? Was your behavior consistent with your value? Y/N	How would you have liked to behave differently?	What was the moment of choice to behave differently?

Values	Importance (0-100)	My consistent behaviors (0-100)	My Partner's consistent behaviors (0-100)
Honesty			
Respect			
Fairness			
Assertiveness			
Sexuality			
Support/Encouragement			
Teamwork			
Consideration			
Humor			
Fun			
Acceptance			
Kindness			
Sensuality/affection			
Compassion			

the nvc model |

🇨🇳 简体中文

The 2 Parts and 4 Components of NVC



empathetically listening:

observations

feelings

needs

requests

honestly expressing:

observations

feelings

needs

requests

Both sides of the NVC model: empathetically listening and honestly expressing, use the four steps of the model: observations, feelings, needs, requests.

[NVC Model](#) | [NVC concepts](#) | [Feelings List](#) | [Needs List](#) | [NVC Chapter One](#)




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169006 reads

feelings inventory |

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The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

We also have [a list of needs](#).

Feelings when your needs are satisfied

AFFECTIONATE	CONFIDENT	GRATEFUL	PEACEFUL
compassionate	empowered	appreciative	calm
friendly	open	moved	clear headed
loving	proud	thankful	comfortable
open hearted	safe	touched	centered
sympathetic	secure	INSPIRED	content
tender	EXCITED	amazed	equanimous
warm	amazed	awed	fulfilled
ENGAGED	animated	wonder	mellow
absorbed	ardent	JOYFUL	quiet
alert	aroused	amused	relaxed
curious	astonished	delighted	relieved
engrossed	dazzled	glad	satisfied
enchanted	eager	happy	serene
entranced	energetic	jubilant	still
fascinated	enthusiastic	pleased	tranquil
interested	giddy	tickled	trusting
intrigued	invigorated	EXHILARATED	REFRESHED
involved	lively	blissful	enlivened
spellbound	passionate	ecstatic	rejuvenated
stimulated	surprised	elated	renewed
HOPEFUL	vibrant	enthralled	rested
expectant		exuberant	restored
encouraged		radiant	revived
optimistic		rapturous	
		thrilled	

Feelings when your needs are not satisfied

AFRAID	CONFUSED	EMBARRASSED	TENSE
apprehensive	ambivalent	ashamed	anxious
dread	baffled	chagrined	cranky
foreboding	bewildered	flustered	distressed
frightened	dazed	guilty	distraught
mistrustful	hesitant	mortified	edgy
panicked	lost	self-conscious	fidgety
petrified	mystified	FATIGUE	frazzled
scared	perplexed	beat	irritable
suspicious	puzzled	burnt out	jittery
terrified	torn	depleted	nervous
weary	DISCONNECTED	exhausted	overwhelmed
worried	alienated	lethargic	restless
ANNOYED	aloof	listless	stressed out

needs inventory |

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The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

We have another list that might also be of interest to you: [a list of feelings](#).

CONNECTION	CONNECTION continued	HONESTY	MEANING
acceptance	safety	authenticity	awareness
affection	security	integrity	celebration of
appreciation	stability	presence	life
belonging	support	PLAY	challenge
cooperation	to know and be known	joy	clarity
communication	to see and be seen	humor	competence
closeness	to understand and	PEACE	consciousness
community	be understood	beauty	contribution
companionship	trust	communion	creativity
compassion	warmth	ease	discovery
consideration	PHYSICAL WELL-BEING	equality	efficacy
consistency	air	harmony	effectiveness
empathy	food	inspiration	growth
inclusion	movement/exercise	order	hope
intimacy	rest/sleep	AUTONOMY	learning
love	sexual expression	choice	mourning
mutuality	safety	freedom	participation
nurturing	shelter	independence	purpose
respect/self-respect	touch	space	self-expression
	water	spontaneity	stimulation
			to matter
			understanding

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