

Young Schema Questionnaire – Short Form

INSTRUCTIONS

Listed below are statement that a person might use to describe him or herself. Please read each statement and decide how well it describes you. When you are not sure, base your answer on what you emotionally feel, not on what you think to be true. Choose the highest rating from 1 to 6 that describes you and write the number in the space before the statement.

RATING SCALE:

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

1. ____ Most of the time, I haven't had someone to nurture me, share him/herself with me, or care deeply about everything that happens to me.
 2. ____ In general, people have not been there to give me warmth, holding and affection.
 3. ____ For much of my life, I haven't felt that I am special to someone.
 4. ____ For the most part, I have not had someone who really listens to me, understand me, or is tuned into my true needs and feelings.
 5. ____ I have rarely had a strong person to give me sound advice or direction when I'm not sure what to do.
- *ed
6. ____ I find myself clinging to people I'm close to, because I'm afraid they'll leave me.
 7. ____ I need other people so much that I worry about losing them.
 8. ____ I worry that people I feel close to will leave me or abandon me.
 9. ____ When I feel someone I care for pulling away from me I get desperate.
 10. ____ Sometimes I am so worried about people leaving me that I drive them away.

*ab

Young Schema Questionnaire – Short Form

11. ____ I feel that people will take advantage of me.
12. ____ I feel that I cannot let my guard down in the presence of other people, or else they will intentionally hurt me.
13. ____ It is only a matter of time before someone betrays me.
14. ____ I am quite suspicious of other people's motives.
15. ____ I'm usually on the lookout for people's ulterior motives.

*ma

16. ____ I don't fit in.
17. ____ I'm fundamentally different from other people.
18. ____ I don't belong; I'm a loner.
19. ____ I feel alienated from other people.
20. ____ I always feel on the outside of groups.

*si

21. ____ No man/woman I desire could love me once he/she saw my defects.
22. ____ No one I desire would want to stay close to me if he/she know the real me.
23. ____ I'm unworthy of the love, attention, and respect of others.
24. ____ I feel that I'm not loveable.
25. ____ I am too unacceptable in the very basic ways to reveal myself to other people.

*ds

26. ____ Almost nothing I do at work (or school) is as good as other people can do.
27. ____ I'm incompetent when it comes to achievement.
28. ____ Most other people are more capable than I am in areas of work and achievement.
29. ____ I'm not as talented as most people are at their work.
30. ____ I'm not as intelligent as most people when it comes to work (or school).

*di

Young Schema Questionnaire – Short Form

31. ____ I do not feel capable of getting by on my own in everyday life.

32. ____ I think of myself as a dependent person, when it comes to everyday functioning.

33. ____ I lack common sense.

34. ____ My judgement cannot be relied upon in everyday situations.

35. ____ I don't feel confident about my ability to solve everyday problems that come up.

*di

36. ____ I can't seem to escape the feeling that something bad is about to happen.

37. ____ I feel that a disaster (natural, criminal, financial, or medical) could strike at any moment.

38. ____ I worry about being attacked.

39. ____ I worry that I'll lose all my money and become destitute.

40. ____ I worry that I'm developing a serious illness, even though, nothing serious has been diagnosed by a physician.

*vh

41. ____ I have not been able to separate myself from my parent (s) the way other people my age seem to.

42. ____ My parents and I tend to be over involved in each other's lives and problems.

43. ____ It is very difficult for my parent(s) and me to keep intimate details from each other without feeling betrayed or guilty.

44. ____ I often feel as if my parent(s) are living through me – I don't have a life of my own.

45. ____ I often feel that I do not have a separate identity from my parent(s) or partner.

*em

46. ____ I think that if I do what I want, I'm only asking for trouble.

47. ____ I feel that I have no choice but to give in to other people's wishes, or else they will retaliate or reject me in some way.

48. ____ In relationships, I let the other person have the upper hand.

49. ____ I've always let others make choices for me, so I really don't know what I want for myself.

50. ____ I have a lot of trouble demanding that my rights be respected and that my feelings be taken into account.

Young Schema Questionnaire – Short Form

*sb

- 51. ____ I'm the one who usually ends up taking care of the people I'm close to.
- 52. ____ I am a good person because I think of others more than of myself.
- 53. ____ I'm so busy doing for the people that I care about that I have little time for myself.
- 54. ____ I've always been the one who listens to everyone else's problems.
- 55. ____ Other people see me as doing too much for others and not enough for myself.

*ss

- 56. ____ I am too self-conscious to show positive feelings to others (e.g. affection, showing I care).
- 57. ____ I find it embarrassing to express my feelings to others.
- 58. ____ I find it hard to be warm and spontaneous.
- 59. ____ I control myself so much that people think I am unemotional.
- 60. ____ People see me as uptight emotionally.

*ei

- 61. ____ I must be the best at most of what I do; I can't accept second best.
- 62. ____ I try to do my best; I can't settle for "good enough".
- 63. ____ I must meet all my responsibilities.
- 64. ____ I feel there is constant pressure for me to achieve and get things done.
- 65. ____ I can't let myself off the hook easily or make excuses for my mistakes.

*us

- 66. ____ I have a lot of trouble accepting "no" for an answer when I want something from other people.
- 67. ____ I'm special and shouldn't have to accept many of the restrictions placed on other people.
- 68. ____ I hate to be constrained or kept from doing what I want.
- 69. ____ I feel that I shouldn't have to follow the normal rules and conventions other people do.
- 70. ____ I feel that what I have to offer is of greater value than the contributions of others.

*et

Young Schema Questionnaire – Short Form

71. _____ I can't seem to discipline myself to complete routine or boring tasks.
72. _____ If I can't reach a goal, I become easily frustrated and give up.
73. _____ I have a very difficult time sacrificing immediate gratification to achieve a long-range goal.
74. _____ I can't force myself to do things I don't enjoy, even when I know it's for my own good.
75. _____ I have rarely been able to stick to my resolutions.

*is