

# YSQ - S2

Name \_\_\_\_\_ Date \_\_\_\_\_

## INSTRUCTIONS:

Listed below are statements that a person might use to describe himself or herself. Please read each statement and decide how well it describes you. When there 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, understands 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
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 one he/she saw my defects.
22. \_\_\_\_\_ No one I desire would want to stay close to me if he/she knew the real me.
23. \_\_\_\_\_ I'm unworthy of the love, attention, and respect of others.
24. \_\_\_\_\_ I feel that I'm not lovable.
25. \_\_\_\_\_ I am too unacceptable in 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).

\*fa

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 judgment 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 parent(s) 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.

\*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
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

***Schema Domain Results Form Copy to Keep***

ED	AB	MA	SI	DS	FA	DI	VH

EM	SB	SS	EI	US	ET	IS

My top five schemas with at least four scores of 4, 5 or 6 are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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***Results Form Copy to Submit***

We are asking you to consider submitting a copy of your results (without your name) to help us calculate an average for the people here today. If you are ok having your results included in order to calculate this average (your own results will not be shown), please complete this and tear off to submit to one of the facilitators.

Note. These results will not be used for any research or workshop purposes.

ED	AB	MA	SI	DS	FA	DI	VH

EM	SB	SS	EI	US	ET	IS



# Descriptions of Individual Schemas

Schema domain explanations taken from [www.mindfulnessmuse.com](http://www.mindfulnessmuse.com)

## ***Disconnection & Rejection Domain***

The essence of this schema domain is about a general expectation that your basic needs will be met by others in an unpredictable or inconsistent way. Many people who identify with schemas within this domain come from families perceived as cold, detached, explosive, lonely, abusive, or rejecting.

### **(ED) Emotional Deprivation:**

This EMS includes a general expectation for basic emotional needs to go unmet or unnoticed. Three major forms of emotional deprivation include deprivation of nurturance, protection, and empathy.

### **(AB) Abandonment/Instability:**

This EMS involves the experience of real or perceived unreliability and instability of others for basic connection and support. There is often an accompanying belief that others are unwilling or incapable of meeting your needs due to their own emotional instability and inconsistent presence. There may be an underlying fear of being abandoned for someone "better."

### **(MA) Mistrust/Abuse:**

This is a basic belief that others will inevitably hurt, take advantage, manipulate, or lie to you in some way. There is often a belief that these harmful behaviours are intentional or the result of negligence. As an adult, there may be a belief of always feeling that you get the "short end of the stick" in comparison to others.

### **(SI) Social Isolation:**

This EMS involves a deep sense of feeling isolated from the world, disconnected from other people, and not feeling a sense of social belonging to any group or community.

### **(DS) Defectiveness/Shame:**

This involves a core feeling of a sense of defectiveness or inherent "badness." There is often a belief that if you were actually exposed to others as your true self, you would discover that you were actually unlovable. This EMS may manifest itself through heightened sensitivity to criticism and blame, intense self-consciousness, insecurity, and comparisons around others.

## ***Impaired Autonomy & Performance Domain***

This schema domain is typified by expectations about yourself and your personal environment interfering with your belief in your ability to survive, function on your own, or demonstrate success. Typical early family dynamics associated with these schemas are enmeshment, overprotection, or a failure to reinforce your ability (as a child) to show independent competence (perhaps by doing things for you rather than teaching you how to do things for yourself).

### **(FA) Failure:**

This EMS is generally rooted in the sense that you have failed, will fail, or are fundamentally inadequate in comparison to others in areas of achievement. There are associated with core beliefs of being stupid, ignorant, untalented, or inferior.

### **(DI) Dependence/Incompetence:**

This EMS is associated with a belief that you are not capable of dealing with everyday responsibilities without significant help from others. These beliefs may become evident through failure to take care of yourself, make healthy decisions, or solve daily problems without seeking excessive outside assistance – a general sense of helplessness.

### **(VH) Vulnerability to Harm/Illness:**

This schema may be experienced as a pronounced fear of looming or imminent disaster, coupled with the belief that it cannot be avoided/prevented. These fears are generally associated with medical, emotional, or external catastrophes.

### **(EM) Enmeshment/Undeveloped Self:**

This may be experienced as intense emotional closeness and involvement with significant others (other parents); the cost of which is often forgoing healthy social development or building a sense of a personal identity. This EMS often includes feelings of being smothered by or overly attached (fused) to others, while also experiencing a lack of personal direction or emptiness.

## ***Impaired Limits Domain***

This domain is related to a general lack of responsibility to others, internal limits, and/or future goals. EMS's categorized within this schema domain tend to result in difficulty cooperating with others, respecting their rights, and making commitments. People who identify with the following EMS's may come from families characterized by a permissive parenting style, overindulgence, lack of guidance/direction, or a sense of superiority, accompanied by parental failure to set



limits related to taking responsibility or healthy confrontation. As a child, you may not have been pushed to learn to tolerate normal levels of discomfort or given appropriate guidance or direction (and thus did not learn how to do these things).

**(ET) Entitlement/Grandiosity:**

This EMS is related to a belief in your superiority to others or a general belief in being entitled to special privileges, rights, or exceptions. There is often a belief that “normal” rules of social interactions don’t apply to you and that you should be able to do as you please without concern for the impact on others *or* an exaggerated focus on/need to be the “best” in some way to achieve power/control (not primarily related to attention/approval). There may be a tendency toward exerting power over others, forcing viewpoints upon others, or generally trying to control others’ behaviours in self-serving ways.

**(IS) Insufficient Self-Control/Self-Discipline:**

This schema involves significant difficulty or refusal to demonstrate adequate self-control and to tolerate frustration/discomfort in the service of achieving goals. There may be a focus on avoiding discomfort (pain, conflict, overexertion, responsibility, or confrontation) with the potential cost of personal fulfilment of goals or relationships.

***Other-Directedness Domain***

This domain tends to present itself with an excessive focus on the wants, needs, desires, and reactions of others (at the cost of your own needs). Sacrifices tend to be made in hopes of gaining love and approval or maintaining relational ties to others. Many children who develop the following EMS’s come from families who show conditional acceptance, which can result in denying or over-representing parts of yourself in hopes of gaining love/acceptance. Many parents within these families tend to place their own emotional needs/desires or social status/acceptance above the needs of their children (consciously or otherwise).

**(SB) Subjugation:**

This involves a tendency to surrender control to others in attempts to avoid abandonment, anger, or conflict. You may identify with this EMS through a pattern of subjugating your needs/emotions coupled with a perception that your own needs, feelings, wants, or beliefs are unimportant or invalid to others. As a result of this EMS, your current experience may include excessive compliance to the needs/wishes of others while simultaneously feeling trapped.

**(SS) Self-Sacrifice:**

There may be excessive focus on going “above and beyond” to meet the (real or imagined) needs of others, while sacrificing your own gratification/needs in the process. There may be internal motivations related to desires to avoid causing pain to others or guilt from feeling selfish in some way. This EMS may develop into an underlying sense that your own needs are going unmet (and are possibly unvoiced to others), followed by increased resentment toward the recipients of your self-sacrifices.

<b><i>Over vigilance &amp; Inhibition Domain</i></b>
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This domain includes schemas that share common themes of suppressing spontaneous emotions/decisions/impulses *or* focusing on a deep desire to adhere to rigid rules and expectations regarding ethical behaviour and performance. The basic cost is authentic happiness, inner peace, overall relaxation, and meaningful relationships. These schemas may develop within families who are demanding (perhaps punitive), hide/avoid emotions, require perfection/high achievement, and place emphasis on avoiding mistakes over happiness and relaxation. There may be a basic fear that without strict adherence to these rigid rules/standards, things may “fall apart.”

**(EI) Emotional Inhibition:**

This involves overly suppressing forms of spontaneous emotional expression, action, or communication out of fear that these expressions of emotion will result in shame, disapproval, rejection, or loss of impulse control. Commonly, attempts may be made to inhibit: anger/aggression, positive impulses (spontaneous expressions of joy/happiness), and vulnerability/open communication about feelings or needs. There may also be a proclivity toward an overemphasis on rationality with a disregard for emotions.

**(US) Unrelenting Standards/Hypercriticalness:**

This is an EMS characterized by a deep belief that you must meet incredibly high standards (performance/behaviour) in order to avoid criticism. You may experience feelings of pressure, notice difficulty slowing down, and hypercriticalness/unrealistically high standards of yourself and others. This schema may present itself outwardly as perfectionism, excessive attention to detail, rigidity toward behavioural, moral, or ethical rules/standards, or a preoccupation with time and efficiency (in hopes of getting more accomplished).