

## Schema Questionnaire

Name \_\_\_\_\_

Date \_\_\_\_\_

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.                            |