

TABLE 1.1. Examples of Maladaptive Coping Responses

| Early Maladaptive Schema            | Examples of surrender                                                                          | Examples of avoidance                                                     | Examples of overcompensation                                                                                                 |
|-------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Abandonment/<br>Instability         | Selects partners who cannot make a commitment and remains in the relationships                 | Avoids intimate relationships; drinks a lot when alone                    | Clings to and “smothers” the partner to point of pushing partner away; vehemently attacks partner for even minor separations |
| Mistrust/Abuse                      | Selects abusive partners and permits abuse                                                     | Avoids becoming vulnerable and trusting anyone; keeps secrets             | Uses and abuses others (“get others before they get you”)                                                                    |
| Emotional Deprivation               | Selects emotionally depriving partners and does not ask them to meet needs                     | Avoids intimate relationships altogether                                  | Acts emotionally demanding with partners and close friends                                                                   |
| Defectiveness/<br>Shame             | Selects critical and rejecting friends; puts self down                                         | Avoids expressing true thoughts and feelings and letting others get close | Criticizes and rejects others while seeming to be perfect.                                                                   |
| Social Isolation/<br>Alienation     | At social gatherings, focuses exclusively on differences from others rather than similarities  | Avoids social situations and groups                                       | Becomes a chameleon to fit into groups                                                                                       |
| Dependence/<br>Incompetence         | Asks significant others (parents, spouse) to make all his or her financial decisions           | Avoids taking on new challenges, such as learning to drive                | Becomes so self-reliant that he or she does not ask anyone for anything (“counterdependent”)                                 |
| Vulnerability to<br>Harm or Illness | Obsessively reads about catastrophes in newspapers and anticipates them in everyday situations | Avoids going places that do not seem totally “safe”                       | Acts recklessly, without regard to danger (“counterphobic”)                                                                  |
| Enmeshment/<br>Undeveloped Self     | Tells mother everything, even as an adult; lives through partner                               | Avoids intimacy; stays independent                                        | Tries to become the opposite of significant others in all ways                                                               |
| Failure                             | Does tasks in a halfhearted or haphazard manner                                                | Avoids work challenges completely; procrastinates on tasks                | Becomes an “overachiever” by ceaselessly driving him- or herself                                                             |

(cont.)

TABLE 1.1. (cont.)

| Early Maladaptive Schema                    | Examples of surrender                                                                                                           | Examples of avoidance                                                                | Examples of overcompensation                                                             |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| Entitlement/<br>Grandiosity                 | Bullies others into getting own way, brags about own accomplishments                                                            | Avoids situations in which he or she is average, not superior                        | Attends excessively to the needs of others                                               |
| Insufficient Self-Control/Self-Discipline   | Gives up easily on routine tasks                                                                                                | Avoids employment or accepting responsibility                                        | Becomes overly self-controlled or self-disciplined                                       |
| Subjugation                                 | Lets other individuals control situations and make choices                                                                      | Avoids situations that might involve conflict with another individual                | Rebels against authority                                                                 |
| Self-Sacrifice                              | Gives a lot to others and asks for nothing in return                                                                            | Avoids situations involving giving or taking                                         | Gives as little to others as possible                                                    |
| Approval-Seeking/<br>Recognition-Seeking    | Acts to impress others                                                                                                          | Avoids interacting with those whose approval is coveted                              | Goes out of the way to provoke the disapproval of others; stays in the background        |
| Negativity/<br>Pessimism                    | Focuses on the negative; ignores the positive; worries constantly; goes to great lengths to avoid any possible negative outcome | Drinks to blot out pessimistic feelings and unhappiness                              | Is overly optimistic (“Pollyanna”-ish); denies unpleasant realities                      |
| Emotional Inhibition                        | Maintains a calm, emotionally flat demeanor                                                                                     | Avoids situations in which people discuss or express feelings                        | Awkwardly tries to be the “life of the party,” even though it feels forced and unnatural |
| Unrelenting Standards/<br>Hypercriticalness | Spends inordinate amounts of time trying to be perfect                                                                          | Avoids or procrastinates in situations and tasks in which performance will be judged | Does not care about standards at all—does tasks in a hasty, careless manner              |
| Punitiveness                                | Treats self and others in harsh, punitive manner                                                                                | Avoids others for fear of punishment                                                 | Behaves in overly forgiving way                                                          |