**` YSQ – S3**

Jeffrey Young, Ph.D.

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| Name |  | Date |  |

Instructions

Listed below are statements that people might use to describe themselves. Please read each statement, then rate it based on how accurately it fits you ***over the past year***. When you are not sure, base your answer on what you ***emotionally feel***, not on what you think to be true.

*A few of the items ask about your relationships with your parents or romantic partners. If any of these people have died, please answer these items based on your relationships when they were alive. If you do not currently have a partner but have had partners in the past, please answer the item based on your most recent significant romantic partner*.

Choose the *highest rating from 1 to 6* that best describes you, and write the number in the white box to the left of each statement.

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

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| 1 |  | I haven’t had someone to nurture me, share him/herself with me, or care deeply about everything that happens to me. |
| 2 |  | I find myself clinging to people I’m close to because I’m afraid they’ll leave me. |
| 3 |  | I feel that people will take advantage of me. |
| 4 |  | I don’t fit in. |
| 5 |  | No man/woman I desire could love me once he or she saw my defects or flaws. |
| 6 |  | Almost nothing I do at work (or school) is as good as other people can do. |
| 7 |  | I do not feel capable of getting by on my own in everyday life. |
| 8 |  | I can’t seem to escape the feeling that something bad is about to happen. |
| 9 |  | I have not been able to separate myself from my parent(s) the way other people my age seem to. |
| 10 |  | I think that if I do what I want, I’m only asking for trouble. |



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| 11 |  | I’m the one who usually ends up taking care of the people I’m close to. |
| 12 |  | I am too self-conscious to show positive feelings to others (e.g., affection, showing  I care). |
| 13 |  | I must be the best at most of what I do; I can’t accept second best. |
| 14 |  | I have a lot of trouble accepting “no” for an answer when I want something from other people. |
| 15 |  | I can’t seem to discipline myself to complete most routine or boring tasks. |
| 16 |  | Having money and knowing important people make me feel worthwhile. |
| 17 |  | Even when things seem to be going well, I feel that it is only temporary. |
| 18 |  | If I make a mistake, I deserve to be punished. |
| 19 |  | I don’t have people to give me warmth, holding, and affection. |
| 20 |  | I need other people so much that I worry about losing them. |
| 21 |  | I feel that I cannot let my guard down in the presence of other people, or else they will intentionally hurt me. |
| 22 |  | I’m fundamentally different from other people. |
| 23 |  | No one I desire would want to stay close to me if he or she knew the real me. |
| 24 |  | I’m incompetent when it comes to achievement. |
| 25 |  | I think of myself as a dependent person when it comes to everyday functioning. |
| 26 |  | I feel that a disaster (natural, criminal, financial, or medical) could strike at any moment. |
| 27 |  | My parent(s) and I tend to be over-involved in each other’s lives and problems. |
| 28 |  | I feel as if I have no choice but to give in to other people’s wishes, or else they will retaliate, get angry, or reject me in some way. |
| 29 |  | I am a good person because I think of others more than myself. |
| 30 |  | I find it embarrassing to express my feelings to others. |
| 31 |  | I try to do my best; I can’t settle for “good enough.” |
| 32 |  | I’m special and shouldn’t have to accept many of the restrictions or limitations placed on other people. |
| 33 |  | If I can’t reach a goal, I become easily frustrated and give up. |

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| 34 |  | Accomplishments are most valuable to me if other people notice them. |
| 35 |  | If something good happens, I worry that something bad is likely to follow. |
| 36 |  | If I don't try my hardest, I should expect to lose out. |
| 37 |  | I haven’t felt that I am special to someone. |
| 38 |  | I worry that people I feel close to will leave me or abandon me. |
| 39 |  | It is only a matter of time before someone betrays me. |
| 40 |  | I don’t belong; I’m a loner. |
| 41 |  | I’m unworthy of the love, attention, and respect of others. |
| 42 |  | Most other people are more capable than I am in areas of work and achievement. |
| 43 |  | I lack common sense. |
| 44 |  | I worry about being physically attacked by people. |
| 45 |  | It is very difficult for my parent(s) and me to keep intimate details from each other without feeling betrayed or guilty. |
| 46 |  | In relationships, I usually let the other person have the upper hand. |
| 47 |  | I’m so busy doing things for the people that I care about that I have little time for myself. |
| 48 |  | I find it hard to be free-spirited and spontaneous around other people. |
| 49 |  | I must meet all my responsibilities. |
| 50 |  | I hate to be constrained or kept from doing what I want. |
| 51 |  | I have a very difficult time sacrificing immediate gratification or pleasure to achieve a long-range goal. |
| 52 |  | Unless I get a lot of attention from others, I feel less important. |
| 53 |  | You can’t be too careful; something will almost always go wrong. |
| 54 |  | If I don’t do the job right, I should suffer the consequences. |
| 55 |  | I have not had someone who really listens to me, understands me, or is tuned into my true needs and feelings. |
| 56 |  | When someone I care for seems to be pulling away or withdrawing from me, I feel desperate. |



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| 57 |  | I am quite suspicious of other people’s motives. |
| 58 |  | I feel alienated or cut off from other people. |
| 59 |  | I feel that I’m not lovable. |
| 60 |  | I’m not as talented as most people are at their work. |
| 61 |  | My judgment cannot be counted on in everyday situations. |
| 62 |  | I worry that I’ll lose all my money and become destitute or very poor. |
| 63 |  | I often feel as if my parent(s) are living through me – that I don’t have a life of my own. |
| 64 |  | I’ve always let others make choices for me, so I really don’t know what I want for myself. |
| 65 |  | I’ve always been the one who listens to everyone else’s problems. |
| 66 |  | I control myself so much that many people think I am unemotional or unfeeling. |
| 67 |  | I feel that there is constant pressure for me to achieve and get things done. |
| 68 |  | I feel that I shouldn’t have to follow the normal rules or conventions that other people do. |
| 69 |  | I can’t force myself to do things I don’t enjoy, even when I know it’s for my own good. |
| 70 |  | If I make remarks at a meeting, or am introduced in a social situation, it’s important for me to get recognition and admiration. |
| 71 |  | No matter how hard I work, I worry that I could be wiped out financially and lose almost everything. |
| 72 |  | It doesn’t matter why I make a mistake. When I do something wrong, I should pay the consequences. |
| 73 |  | I haven’t had a strong or wise person to give me sound advice or direction when  I’m not sure what to do. |
| 74 |  | Sometimes I am so worried about people leaving me that I drive them away. |
| 75 |  | I’m usually on the lookout for people’s ulterior or hidden motives. |
| 76 |  | I always feel on the outside of groups. |
| 77 |  | I am too unacceptable in very basic ways to reveal myself to other people or to let them get to know me well. |
| 78 |  | I’m not as intelligent as most people when it comes to work (or school). |

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| 79 |  | I don’t feel confident about my ability to solve everyday problems that come up. |
| 80 |  | I worry that I’m developing a serious illness, even though nothing serious has been diagnosed by a doctor. |
| 81 |  | I often feel I do not have a separate identity from my parent(s) or partner. |
| 82 |  | I have a lot of trouble demanding that my rights be respected and that my feelings be taken into account. |
| 83 |  | Other people see me as doing too much for others and not enough for myself. |
| 84 |  | People see me as uptight emotionally. |
| 85 |  | I can’t let myself off the hook easily or make excuses for my mistakes. |
| 86 |  | I feel that what I have to offer is of greater value than the contributions of others. |
| 87 |  | I have rarely been able to stick to my resolutions. |
| 88 |  | Lots of praise and compliments make me feel like a worthwhile person. |
| 89 |  | I worry that a wrong decision could lead to disaster. |
| 90 |  | I’m a bad person who deserves to be punished. |

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YSQ-S3 Scoring Form Jeffrey Young, Ph.D.

**Subject’s Name or ID \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_**

Emotional Deprivation

1\_\_\_\_\_\_\_ 19\_\_\_\_\_\_\_ 37\_\_\_\_\_\_\_ 55\_\_\_\_\_\_\_ 73\_\_\_\_\_ Total\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_

Abandonment

2\_\_\_\_ 20\_\_\_\_\_\_ 38\_\_\_\_\_\_ 56\_\_\_\_\_\_ 74\_\_\_\_\_ Total\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_

Mistrust / Abuse

3\_\_\_\_ 21\_\_\_\_\_\_ 39\_\_\_\_\_\_ 57\_\_\_\_\_\_ 75\_\_\_\_\_\_ Total\_\_\_ Mean \_\_\_\_\_\_

Social Isolation / Alienation

4\_\_\_\_\_\_\_ 22\_\_\_\_\_\_\_ 40\_\_\_\_\_\_\_ 58\_\_\_\_\_\_\_ 76\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_

Defectiveness / Unlovability

5\_\_\_\_\_\_\_ 23\_\_\_\_\_\_\_ 41\_\_\_\_\_\_\_ 59\_\_\_\_\_\_\_ 77\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_

Failure to Achieve

6\_\_\_\_\_\_\_ 24\_\_\_\_\_\_\_ 42\_\_\_\_\_\_\_ 60\_\_\_\_\_\_\_ 78\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_

Practical Incompetence/Dependence

7\_\_\_\_\_\_\_ 25\_\_\_\_\_\_\_ 43\_\_\_\_\_\_\_ 61\_\_\_\_\_\_\_ 79\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_

Vulnerability to Harm or Illness

8\_\_\_\_\_\_\_ 26\_\_\_\_\_\_\_ 44\_\_\_\_\_\_\_ 62\_\_\_\_\_\_\_ 80\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_

Enmeshment

9\_\_\_\_\_\_\_ 27\_\_\_\_\_\_\_ 45\_\_\_\_\_\_\_ 63\_\_\_\_\_\_\_ 81\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_

Subjugation

10\_\_\_\_\_\_\_ 28\_\_\_\_\_\_\_ 46\_\_\_\_\_\_\_ 64\_\_\_\_\_\_\_ 82\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_\_\_\_

Self-Sacrifice

11\_\_\_\_\_\_\_ 29\_\_\_\_\_\_\_ 47\_\_\_\_\_\_\_ 65\_\_\_\_\_\_\_ 83\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_\_\_\_

Emotional Inhibition

12\_\_\_\_\_\_\_ 30\_\_\_\_\_\_\_ 48\_\_\_\_\_\_\_ 66\_\_\_\_\_\_\_ 84\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_\_\_\_

Unrelenting Standards

13\_\_\_\_\_\_\_ 31\_\_\_\_\_\_\_ 49\_\_\_\_\_\_\_ 67\_\_\_\_\_\_\_ 85\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_\_\_\_

Entitlement/Superiority

14\_\_\_\_\_\_\_ 32\_\_\_\_\_\_\_ 50\_\_\_\_\_\_\_ 68\_\_\_\_\_\_\_ 86\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_\_\_\_

Insufficient Self-Control/Self-Discipline

15\_\_\_\_\_\_\_ 33\_\_\_\_\_\_\_ 51\_\_\_\_\_\_\_ 69\_\_\_\_\_\_\_ 87\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_\_\_\_

Admiration/Recognition-Seeking

16\_\_\_\_\_\_\_ 34\_\_\_\_\_\_\_ 52\_\_\_\_\_\_\_ 70\_\_\_\_\_\_\_ 88\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_\_\_\_

Pessimism/Worry

17\_\_\_\_\_\_\_ 35\_\_\_\_\_\_\_ 53\_\_\_\_\_\_\_ 71\_\_\_\_\_\_\_ 89\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_\_\_\_

Self-Punitiveness

18\_\_\_\_\_\_\_ 36\_\_\_\_\_\_\_ 54\_\_\_\_\_\_\_ 72\_\_\_\_\_\_\_ 90\_\_\_\_\_\_\_ Total\_\_\_\_\_\_\_\_\_\_\_ Mean \_\_\_\_\_\_\_\_\_\_\_\_

Total Score for YSQ-S3 \_ \_ Mean Score for YSQ-S3 \_

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Early Maladaptive Schemas

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Revised January, 2014\*

***Disconnection & Rejection***

*The expectation that one's needs for love, safety, nurturance, empathy, expression and sharing of feelings, social belonging, spontaneity, praise, and respect will not be met in a consistent manner. Typical family origin is emotionally detached and restricted, cold, lacking in empathy, rejecting, critical, withholding, lonely, or abusive. Typical peer group origin is feeling different, without a sense of belonging.*

1. Emotional Deprivation (ed)

Expectation that one's desire for a normal degree of emotional support and connection will not be adequately met by others. The three major forms of deprivation are:

• *Deprivation of Nurturance*: Absence of attention, affection, warmth, or companionship.

• *Deprivation of Empathy*: Absence of understanding, listening, self-disclosure, or mutual sharing of feelings by others.

• *Deprivation of Guidance & Protection*: Absence of strength, direction, or guidance from others.

2. Mistrust / Abuse (ma)

The expectation that others will hurt, abuse, humiliate, cheat, lie, manipulate, or take advantage. Usually involves the perception that the harm is intentional, or the result of unjustified and extreme negligence. May include the sense that one always ends up being cheated relative to others or "getting the short end of the stick."

3. Emotional Inhibition (ei)

The excessive inhibition of spontaneous action, feeling, or communication -- usually to avoid disapproval by others, feelings of shame, or losing control of one’s impulses. The most common areas of inhibition involve: (a) inhibition of *anger* & aggression; (b) difficulty showing *affection and love*; (c) difficulty *sharing private feelings* or discussing emotional issues; (d) inhibition of *positive impulses* (e.g., joy, sexual excitement, play); (e) difficulty expressing *vulnerability,* or communicating one’s feelings and needs to others; or (f) excessive emphasis on *rationality* while disregarding emotions.

4. Defectiveness / Shame (ds)

The feeling that one is defective, bad, unwanted, inferior, or invalid in important respects; or that one would be unlovable to significant others if exposed. May involve hypersensitivity to criticism, rejection, and blame; self-consciousness, comparisons, and insecurity around others; or a sense of shame regarding one's perceived flaws. These flaws may be **private** (e.g., selfishness, angry impulses, unacceptable sexual desires) or **public** (e.g., unattractive physical appearance, social awkwardness).

5. Social Isolation / Alienation (si)

The feeling that one is isolated from the rest of the world, different from other people, and/or not part of any group or community. May include a sense that one is an outcast, doesn’t fit in, or has been excluded by a group, community, or the world at large.

***Impaired Autonomy & Performance***

*Expectations about oneself and the environment that interfere with the perceived ability to function independently in everyday life, perform successfully in areas of achievement, and express one’s own needs and feelings freely. Often involves the fear of being abandoned and left alone, and a strong sense that the world is dangerous. Typical family origin is undermining of the child's self-confidence, overprotective, enmeshed, failing to reward success, highly controlling, focused inordinately on unrealistic dangers, and invalidating when the child expresses his/her own needs and feelings.*

6. Dependence / Incompetence (di)

Belief that one is unable to handle one's *everyday responsibilities* in a competent manner, without considerable help from others (e.g., take care of oneself, solve daily problems, exercise good judgment, tackle new tasks, make good decisions). Often presents as helplessness or anxiety, especially in new situations.

7. Abandonment / Instability (ab)

An exaggerated fear that the people one relies on most for security, connection, and help will suddenly abandon you forever, leave you alone for long periods of time, or not be available when you need them. Fear of abandonment may be exacerbated by the feeling that one will not be able to function or survive in life without the assistance of “significant others.”

Often involves the expectation that others will not be available to provide emotional support, strength, or protection on a consistent, ongoing basis. Other people may be viewed as emotionally unstable, unpredictable, unreliable, or not consistently available.

8. Vulnerability to Harm or Illness (vh)

Exaggerated fear that *imminent* catastrophe will strike at any time, and that one will be unable to prevent it. Fears focus on one or more of the following: (A) *Medical Catastrophes*: e.g., heart attacks, AIDS; (B) *Emotional Catastrophes*: e.g., going crazy, losing control of emotions; (C) *External Catastrophes*: e.g., elevators collapsing, victimized by criminals, airplane crashes, earthquakes.

9. Enmeshment / Undeveloped Self (em)

Excessive emotional involvement and closeness with one or more significant others (usually parents or partners), at the expense of full individuation or normal social development. Often involves the feeling that one or both of the enmeshed individuals will not survive or have a reason for living without the constant involvement of the other.

In some individuals, there is a strong desire to escape the enmeshment, and a negative view of significant others as smothering, intrusive, lacking healthy boundaries, or refusing to accept that their child or partner has different needs or desires. Enmeshed individuals often lack a distinct and separate identity, and often report feeling empty, of floundering, and having no direction in life.

10. Failure (fa)

The belief that one has failed, will inevitably fail, or is fundamentally inadequate relative to one's peers, in areas of *achievement* (school, career, sports, etc.). Often involves the belief that one is stupid, inept, untalented, ignorant, lower in status, less successful than others, a loser, etc. Can be distinguished from Defectiveness because insecurity is primarily focused on achievement and success, rather than on social inadequacies, or a core sense of being unacceptable and unlovable.

11. Subjugation / Invalidation (sb)

Excessive surrendering of control to others because one feels coerced, and is unrealistically afraid of the negative consequences of asserting one’s rights and expressing feelings (such as anger, criticism, retaliation, or abandonment by the subjugator). Usually involves the perception that one's own desires, opinions, and feelings are not valid or important to others. The two major forms of subjugation are:

a. ***Subjugation of Needs***: Suppression of one’s legitimate preferences, rights, needs, and desires. b. ***Invalidation of Emotions***: Suppression of one’s emotions, because of the expectation that one’s

feelings will be discounted, ignored, criticized, or not taken seriously by others; or that there will

some kind of punishment or rejection by others for expressing emotions.

Frequently presents as excessive compliance, combined with hypersensitivity to feeling trapped or controlled. Often leads to a build-up of anger, manifested in maladaptive symptoms (e.g., passive-aggressive behavior, uncontrolled outbursts of temper, psychosomatic symptoms, withdrawal of affection, "acting out", or substance abuse).

***Impaired Limits***

*Deficiency in internal limits, responsibility to others, or long-term goal orientation. Leads to difficulty respecting the rights of others, cooperating with others, making commitments, controlling one’s emotions and impulses; or setting and meeting realistic personal goals. Some of these individuals are entitled or self-aggrandizing, while others may behave in an impulsive and undisciplined manner. Typical family origin is characterized by overpermissiveness, lack of boundaries, overindulgence, failure to enforce normal rules, or conveying a sense of superiority relative to other people.*

*Parents typically do not provide sufficient confrontation, discipline, negative consequences, and limit-setting related to taking responsibility, cooperating in a reciprocal manner, restraining impulses, sticking to tasks, following social rules, and postponing short-term gratification in order to attain long-range goals. In some cases, the child may not have been expected to tolerate normal levels of discomfort, or may not have received adequate supervision, direction, or guidance.*

12. Entitlement / Grandiosity (et)

The feeling that one is superior to other people; entitled to special rights and privileges; or not bound by the rules of reciprocity that guide normal social interactions. Often involves an insistence that one should be able to do or have whatever one wants, regardless of what is realistic, what others consider reasonable and socially acceptable, or the harm done to others. Frequently characterized by an exaggerated focus on superiority (e.g., being among the most successful, famous, wealthy) -- usually to achieve power, control, attention, or admiration*.* Sometimes includes excessive competitiveness with, and envy of, others. Entitled individuals often dominate and control the behavior of others in line with their own desires -- without apparent empathy or concern for others' needs or feelings.

13. Insufficient Self-Control / Self-Discipline (is)

Pervasive inability or refusal to exercise sufficient self-control, self-discipline, and frustration tolerance to achieve one's personal goals, or to restrain the inappropriate expression of one's emotions and immediate desires. These individuals are often impulsive and have difficulty postponing immediate gratification. They may also “lose control’ of their emotions, and express them inappropriately. Sometimes includes difficulty staying focused on one task, especially if it is boring or unpleasant, regardless of the long-term benefits. (This schema does not usually include addictive or compulsive behaviors, unless they are accompanied by pervasive difficulty with self-discipline across a broad range of situations.)

***Excessive Responsibility & Standards***

*Excessive emphasis on meeting strict, internalized rules and expectations about performance across many aspects of life. These may include an excessive focus on responsibility to others, orderliness, duty, or proper behavior -- often at the expense of one’s own happiness, self-expression, relaxation, close relationships, or health. Typical family origin is demanding, critical, and sometimes punitive, with very high standards; or the expectation that the child should sacrifice his/her own needs most of the time to take care of others. May involve feelings of guilt or selfishness when engaging in positive or enjoyable activities purely for oneself. Exceptional achievement, meeting responsibilities, perfectionism, taking care of other people at the expense of oneself, adhering rigidly to ethical and moral principles, following rules,*

*“stoicism”, and avoiding mistakes predominate over pleasure, joy, and relaxation. Some individuals expect others to meet their own unrealistically demanding sense of responsibility and standards.*

14. Self-Sacrifice (ss)

Excessive focus on *voluntarily* meeting the needs of others in daily situations, at the expense of one's own gratification. The most common reasons are: to prevent causing pain to others; to avoid guilt from feeling selfish; or to maintain the connection with others perceived as needy. Often results from high standards related to overresponsibility to others, regardless of the cost to oneself. Often results from an acute sensitivity to the pain of others, or from an implicit belief that taking care of others is morally or ethically more important than self-care. Sometimes leads to a sense that one's own needs are not being adequately met, and to resentment of those who are being taken care of.

15. Unrelenting Standards / Hypercriticalness (us)

The underlying belief that one must strive to meet very high *internalized standards* of behavior and performance, usually to avoid criticism or shame. Typically results in feelings of pressure; difficulty slowing down; and in hypercriticalness toward oneself and others. To be considered a maladaptive schema, the individual must demonstrate significant impairment in: pleasure, relaxation, health, self-esteem, sense of accomplishment, performance, sense of well-being, or satisfying relationships.

Unrelenting Standards typically presents with: (a) ***perfectionism*,** inordinate attention to detail, or an underestimate of how good one’s own performance is relative to the norm; (b) ***rigid rules*** and “shoulds” in many areas of life, such as unrealistically high moral, ethical, cultural, or religious principles; or (c) preoccupation with ***time and efficiency***, so that more can be accomplished; or (d) a sense of being ***driven to accomplish*** and achieve at a very high level, often across many areas of life.

***Unclassified Schemas \****

16. Approval-Seeking / Recognition-Seeking (as)

Excessive emphasis on gaining approval, recognition, or attention from other people, or fitting in, at the expense of developing a secure and true sense of self. One’s sense of esteem is dependent primarily on the reactions of others rather than on one’s own natural inclinations. Sometimes includes an overemphasis on status, appearance, social acceptance, money, or achievement -- in order to gain *approval, admiration,* or *attention* (not primarily for power or control). Often includes high awareness of what others will approve of, and a willingness to change oneself accordingly. Frequently results in major life decisions that are

inauthentic or unsatisfying; or in hypersensitivity to rejection.

17. Negativity / Pessimism (np)

A pervasive, lifelong focus on the negative aspects of life (pain, death, loss, disappointment, conflict, guilt, resentment, unsolved problems, potential mistakes, betrayal, things that could go wrong, etc.), while minimizing or neglecting the positive or optimistic aspects. Usually involves an exaggerated expectation -- in a wide range of work, financial, or interpersonal situations -- that things will eventually go seriously wrong, or that aspects of one's life that seem to be going well will ultimately fall apart. Usually involves an

inordinate fear of making mistakes that might lead to: financial collapse, loss, humiliation, or being trapped in a bad situation. Because potential negative outcomes are exaggerated (“catastrophizing”), these patients are frequently characterized by chronic worry, anxiety, vigilance, complaining, or indecision.

18. Punitiveness (pu)

The belief that one should be harshly punished for making mistakes. Involves the tendency to be angry, intolerant, punitive, and impatient with those people (especially oneself) who do not meet high expectations or standards. Usually includes difficulty forgiving mistakes in oneself or others, because of a reluctance to consider extenuating circumstances, allow for human imperfection, or empathize with feelings. Individuals typically demonstrate a tone of voice or behavior that is degrading, contemptuous, or demeaning toward the person deemed to be deserving of punishment, including themselves. (Self-punishment is probably the most common form of this schema, especially in mental health settings.)

**\*** We have grouped 15 of the schemas into 4 “schema clusters”, based primarily on factor analytic studies of the YSQ. These 4 higher-order clusters are not consistent enough to categorize them as factors, but they represent the most common research findings. In our latest theory, these 4 higher-orders clusters replace the original Schema Domains.

The 3 unclassified schemas were added for the 3rd edition of the YSQ. There are not yet enough research studies yet to have a clear sense of how they cluster with the other schemas.

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