**Schemas and corresponding EMDR beliefs**

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| **Schema** | **Negative beliefs** | **Positive beliefs** |
| Defectiveness shame | I am terrible  I am worthless  I am shameful  I don't deserve love  I am a bad person  I am not good enough  I deserve only bad things  I am permanently damaged  I am ugly (my body is hateful)  I am a disappointment  I deserve to die  I deserve to be miserable  I am not lovable | I am fine as I am  I am worthy  I am worthwhile  I am honourable  I am a good person  I am a loving person  I am deserving (fine/okay)  I deserve good things  I am fine (attractive)  I am okay just the way I am  I deserve to live  I deserve to be happy  I am loveable |
| Emotional deprivation | I am insignificant  I am unimportant  I am invisible  I don’t matter  I deserve to be ignored  I am uncared for | I am significant  I am important  I can receive care  I can have love  I can care for myself now |
| Mistrust abuse | I cannot trust anyone  I cannot let my guard down  I am in danger | I can choose whom to trust  I can protect myself  I’m safe now |
| Abandonment | I cannot rely on others to continue to provide support  I cannot trust that others will stick by me | I am capable of long relationships  I can have stable relationships  I can rely on myself |
| Social isolation | I am different  I don't belong  I am a loner | I am okay as I am  I can fit in with others  I can connect with others |
| Dependence incompetence | I cannot get what I want  I cannot trust my judgment  I cannot handle daily life  I cannot be trusted | I can get what I want  I can trust my judgment  I am a competent person  I can handle things  I can be trusted |
| Failure | I am a failure (will fail)  I am incapable  I am inadequate  I am stupid (not smart enough)  I cannot succeed  I am weak | I can succeed  I am strong  I am capable  I am intelligent (able to learn)  I can learn |
| Insufficient self control | I cannot stand discomfort  I cannot control my behaviour  I can’t stick to my resolutions  I can’t complete tasks | I can tolerate short-term discomfort for my long term goals  I can focus on things that are important to me  I can persevere |
| Entitlement | I am superior  I am more deserving than others  I deserve special treatment | I can consider others  I am equal to others |
| Enmeshment | I cannot survive without other/s  I am nothing/no one | I have choices  I can have a life of my own |
| Emotional inhibition\* | It's not okay to feel (show) my emotions  I cannot let it out | I can safely feel (show) my emotions  I can choose to let it out |
| Self sacrifice\* | I have to please everyone  I’m responsible (for others’ needs/feelings) | I can honour my needs  I can say no |
| Subjugation\* | I am powerless  I am not in control  I cannot stand up for myself | I now have choices  I can speak up  I can stand up for myself  I am now in control  I can make my needs known |
| Unrelenting standards\* | I have to be perfect  I should know better  I have to do better | I can be myself  I can make mistakes  I do the best I can  I can rest |
| Approval seeking\* | I am only worthwhile (have value) if others say so/think so  I am only worthwhile if I am getting attention | I can validate myself  I can learn to love myself  I can value my accomplishments  I am acceptable, even if people don’t approve |
| Vulnerability to harm | I cannot protect myself  I am vulnerable  I am powerless  I am going to die | I can (learn to) take care of myself  I’m safe now  I can heal  I can survive  I am (can be) healthy |
| Pessimism | I will lose everything  I can’t be too careful because things will go wrong  I will always suffer | I can look forward to the future  I can have hope  I can flourish |
| Punitiveness | I did something wrong  I did something bad  I deserve punishment | I did the best I could  I learned (can learn) from it  I can forgive myself  I can have compassion for myself |

\*conditional schemas – consider drilling deeper