Schema Therapy Questionnaire

Please review the following statements that may be used to describe yourself. Consider each

Patient Name:

Instructions:

Date:

statement and choose the rating from 1 to 6 that best reflects how well it describes you. Base your response on your emotional feelings rather than what you think to be true.							
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	2	3	4	5	6	
Mostly, I haven't had someone to depend on for advice and emotional support.							
2. I need other people so much that I worry about losing them.							
3. For much of my life, I haven't felt that I am special to someone.							
4. I often feel that I have to protect myself from other people.							
5. I feel isolated and alone.							
6. I don't feel important relationships will last; I expect them to end.							
7. No one really understands me.							
8. It seems that the important people in my life are always coming and going.							
9. If I think someone is out to hurt me, I try to hurt him or her first.							

10. I get angry when I think about the ways other people have mistreated me during my life.			
11. 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.			
12. I have rarely had a strong person to give me sound advice or direction when I'm not sure what to do.			
13. People usually have to prove themselves to me before I can trust them.			
14. I feel alienated from other people.			
15. Other people are rarely honest; they are usually not what they appear.			
16. I can't be myself or express what I feel, or people will leave me.			
17. I feel that I cannot let my guard down in the presence of other people, or else they will intentionally hurt me.			
18. I don't fit in.			
19. It is only a matter of time before someone betrays me.			
20. When I feel someone I care for pulling away from me, I get desperate.			
21. Sometimes I am so worried about people leaving me that I drive them away.			
22. I set up "tests" for other people to see if they are telling me the truth and are well-intentioned.			
23. In the end, I will be alone.			
24. Most people only think about themselves.			

25. I don't belong; I'm a loner.			
26. I'm usually on the lookout for people's ulterior motives.			
27. Those close to me have taken advantage of me or used me for their own purposes.			
28. I have been physically, emotionally, or sexually abused by essential people.			
29. I worry a lot that the people I love will find someone else they prefer and leave me.			
30. For much of my life, I haven't had someone who wanted to get close to me and spend a lot of time with me.			
31. I feel that people will take advantage of me.			
32. I have a great deal of difficulty trusting people.			
33. I can't count on people who support me to be there on a regular basis.			
34. If someone acts nicely toward me, I assume he/she must be after something.			
35. I feel addicted to partners who can't be there for me in a committed way.			
36. I feel that I lack a stable base of emotional support.			
37. I worry that the people I love will die soon, even though there is little medical reason to support my concern.			
38. People have not been there to meet my emotional needs.			
39. I find myself clinging to people I'm close to because I'm afraid they'll leave me.			
40. I always feel on the outside of groups.			

41. I haven't gotten enough love and attention.			
42. 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.			
43. I worry that people I feel close to will leave me or abandon me.			
44. I'm fundamentally different from other people.			
45. I subscribe to the belief: "Control or be controlled."			