Schema Therapy Questionnaire

Patient Name:

Date:

Instructions:

Please review the following statements that may be used to describe yourself. Consider each 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
1. 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."	☐	☐	☐	☐	☐	☐