Young Schema Questionnaire
Short-form, Abridged

Name_____Date_____

_____ 1. For the most part I haven't had someone to depend on for advice and emotional support.

_____ 2. For much of my life I haven't felt that I am special to someone.

_____ 3. 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.

_____ 4. I have often felt unloved.

_____ 5. I find myself clinging to people I'm close to because I'm afraid they will leave me.

_____ 6. I can't be myself or express what I really feel or people will leave me.

_____ 7. I don't feel that important relationships will last; I expect them to end.

_____ 8. I feel addicted to partners who can't be there for me in a committed way.

_____ 9. It seems that the important people in my life are always coming and going.

_____ 10. I(often feel that I have to protect myself from other people.

_____ 11. It is only a matter of time before someone betrays me.

_____ 12. I have a great deal of difficulty trusting people.

_____ 13. I'm usually on the lookout for peoples' ulterior motives.

_____ 14. I subscribe to the belief: "Control or be controlled."

_____ 15. I have been physically, emotionally, or sexually abused by important people in my life.

_____ 16. I don't fit in.

_____ 17. I'm fundamentally different from other people.

_____ 18. I feel isolated and alone.

_____ 19. I always feel on the outside of groups.

_____ 20. No one really understands me.

_____ 21. No one I desire would want to stay close to me if s/he knew the real me.

_____ 22. I am inherently flawed and defective.

_____ 23. If others found out about my basic defects, I couldn't face them.

_____ 24. I don't let people know the real me.

_____ 25. I'm ugly.

_____ 26. I can't carry on a decent conversation.

_____ 27. I'm dull and boring in social situations.

_____ 28. I never know what to say socially.

_____ 29. I am very self-conscious around other people.

_____ 30. I'm a failure.

_____ 31. Almost nothing I do at work (or school) is as good as what other people can do.

_____ 32. I'm incompetent when it comes to achievement.

_____ 33. I often compare my accomplishments with others and feel that they are much more successful.

_____ 34. I do not feel I can cope well by myself.

_____ 35. I have trouble tacking new tasks outside of work unless I have someone to guide me.

_____ 36. I screw up everything I try, even outside of work or school.

_____ 37. I lack common sense.

_____ 38. I find the responsibilities of everyday life overwhelming.

_____ 39. I can't seem to escape the feeling that something bad is about to happen.

_____ 40. I worry about being attacked.

_____ 41. I take great precautions to avoid getting sick or hurt.

_____ 42. I am a fearful person.

_____ 43. I often feel that I am going to have an anxiety attack.

_____ 44. I often feel that I do not have a separate identity from my parents, partner, or children.

_____ 45. I often feel as if my parents (or partner) are (is) living through me – I don't have a life of my own.

_____ 46. I often feel that I have no privacy when it comes to my parents, partner, or children.

_____ 47. I feel that my parents are, or would be, very hurt about my living on my own, away from them.

_____ 48. I let other people have their way because I fear the consequences.

_____ 49. In relationships, I let the other person have the upper hand.

_____ 50. I feel the major decisions in my life were not really my own.

_____ 51. I worry a lot about pleasing other people so they won't reject me.

_____ 52. I get back at people in little ways instead of showing my anger.

_____ 53. I will go to much greater lengths than most people to avoid confrontations.

_____ 54. I put other's needs before my own or else I feel guilty.

_____ 55. I give more to other people than I get back in return.

_____ 56. I'm the one who usually ends up taking care of the people I'm close to.

_____ 57. At work, I'm usually the one to volunteer to do extra tasks or to put in extra time.

_____ 58. I'm only happy when those around me are happy.

_____ 59. I've always been the one who listens to everyone else's problems.

_____ 60. It is very difficult for me to ask others to take care of my needs.

_____ 61. I worry about losing control of my actions.

_____ 62. A lot of anger and resentments built up inside of me that I don't express.

_____ 63. I am too self-conscious to show positive feelings (e.g. affection, showing I care) to others.

_____ 64. I find it embarrassing to express my feelings to others.

_____ 65. People see me as uptight emotionally.

_____ 66. I strive to keep almost everything in perfect order.

_____ 67. I always trey to do my best; I can't settle for "good enough."

_____ 68. I have so much to accomplish that there is almost no time to really relax.

_____ 69. I feel there is constant pressure for me to achieve and get things done.

_____ 70. I often sacrifice pleasure and happiness to meet my own standards.

_____ 71. I often get angry or irritable if I can't get what I want.

_____ 72. People often tell me I am very controlling about the ways things are done.

_____ 73. I feel that I shouldn't have to follow the normal rules and conventions that other people do.

_____ 74. I usually put my needs ahead of the needs of others.

_____ 75. I can't tolerate other people telling me what to do.

_____ 76. I have great difficulty getting myself to stop drinking, smoking, overeating, or other problem behaviors.

_____ 77. I can't seem to discipline myself to complete routine or boring tasks.

_____ 78. I have a very difficult time sacrificing immediate gratification to achieve a long-range goal.

_____ 79. I can't concentrate on anything for too long.

_____ 80. I often do things impulsively that I later regret.