

Schema Therapy Worksheet

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| Name | Date |
|------|------|

For the following schema, write down any notes, examples, or ways that you relate to this schema in the 'Notes' section. Then, rank on how strongly do you identify with each schema on a scale of 1-10 (1 = not strongly at all, 10 = very strongly)

| Schema | Notes | Ranking |
|---|-------|---------|
| Emotional Deprivation | | |
| Abandonment/Instability | | |
| Mistrust/Abuse | | |
| Social Isolation/Alienation | | |
| Defectiveness/Shame | | |
| Failure | | |
| Dependence/Incompetence | | |
| Vulnerability to Harm and Illness | | |
| Enmeshment/Undeveloped Self | | |
| Entitlement/Grandiosity | | |
| Insufficient Self-Control/Discipline | | |
| Subjugation | | |
| Self-Sacrifice | | |
| Emotional Inhibition | | |
| Approval Seeking/Recognition Seeking | | |
| Negativity/Pessimism | | |
| Unrelenting Standards/Hypercriticalness | | |
| Punitiveness | | |