



SCHEMA THERAPY – EARLY MALADAPTIVE SCHEMAS

Early Maladaptive Schemas are self-defeating, emotional and cognitive patterns established from childhood and repeated throughout life.

They may be made up of emotional memories of past hurt, tragedy, fear, abuse, neglect, unmet safety needs, abandonment, or lack of normal human affection in general.

Early Maladaptive Schemas can also include bodily sensations associated with such emotional memories.

Early Maladaptive Schemas can have different levels of severity and pervasiveness:

- ⇒ the more severe the schema, the more intense the negative emotion when the schema is triggered and the longer it lasts;
- ⇒ the more pervasive the schema, the greater the number of situations that trigger it.

Schema Domains

Schema Domains are five broad categories of unmet needs into which are grouped 18 Early Maladaptive Schemas identified by Young, Klosko & Weishaar (2003):

1 DISCONNECTION / REJECTION

5 SCHEMAS:

- i) Abandonment/Instability
- ii) Mistrust/Abuse
- iii) Emotional Deprivation
- iv) Defectiveness/Shame
- v) Social Isolation/Alienation

2 IMPAIRED AUTONOMY AND/OR PERFORMANCE

4 SCHEMAS:

- i) Abandonment/Instability
- ii) Dependence/Incompetence
- iii) Vulnerability to Harm or Illness
- iv) Enmeshment/Undeveloped Self

3 IMPAIRED LIMITS

2 SCHEMAS:

- i) Entitlement/Grandiosity
- ii) Insufficient Self-Control and/or Self-Discipline

4 OTHER- DIRECTEDNESS

3 SCHEMAS:

- i) Subjugation
- ii) Self-Sacrifice
- iii) Approval-Seeking/Recognition-Seeking

5 OVERVIGILANCE / INHIBITION

4 SCHEMAS:

- i) Negativity/Pessimism
- ii) Emotional Inhibition
- iii) Unrelenting Standards/Hypercriticalness
- iv) Punitiveness

[Reference: Young, Jeffrey E; Klosko, Janet S; Weishaar, Marjorie E (2003). *Schema therapy: a practitioner's guide*. New York: Guilford Press. ISBN 9781593853723]