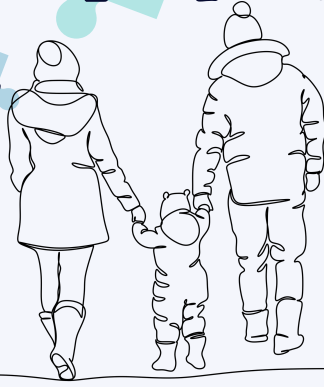


SCHEMA MODES

HEALTHY ADULT

Qualities of a healthy adult include:

- Capacity for *stepping back and reflecting*
- Reality Orientation
- Agency and Capacity for *Taking Responsibility*
- Emotional *Connection and Tolerance*
- Reciprocity, congruent communication, and democratic values
- Caring beyond the self: compassion and community feeling



Schema modes are the moment to moment emotional states and coping responses that we all experience. Our coping modes are triggered by situations to which we are oversensitive. Many of these modes lead us to overreact to situations in ways which end up hurting ourselves or others.

DYSFUNCTIONAL PARENT MODES

Behaviour & Consequences:

1. Failure to give appropriate structure and guidance. – **Neglectful, Indulgent, Naive**
2. Overprotects and interferes with the development of the child's autonomy. – **Overanxious, overprotective victim**
3. Fails to attune to the child or breaks connection. – **Invalidating, rejecting, abandoning**
4. Is critical and coercive. - **Demanding, punitive, blaming, shaming, coercive/controlling, abusive.**
5. Is unpredictable. – **Chaotic/unpredictable.**

Vulnerable Child Modes

1. **Lonely Child (Neglected Child)** – They feel alone, empty, unlovable, and have nobody to turn to.
2. **Abandoned Child** – Experienced traumatic separation from a parent. Feeling alone in an endless dark place.
3. **Rejected Child** – Emotionally cut-off from parent causes invalidation of needs and feelings.
4. **Terrified Child** - Intense terror resulting from multiple traumatic events (e.g., Exposure to anger from parents)
5. **Abused Child** – Feels mistreated, abused, betrayed, and anticipates further abuse.
6. **Humiliated/Shamed Child** – Feels worthless, incapacitated by shame, and anticipates further humiliation.
7. **Dependent Child** – They feel incapable of making decisions and believe they need someone to guide them.
8. **Desperate Child** – Desperation from unbearable pain of needs not being met.

Angry / Unsocialised Child Modes

9. **Angry Child** – Deep sense of injustice and anger about being mistreated, misunderstood or dismissed.
10. **Defiant Child** – Response to having autonomy curtailed/ being told what to do "I don't want to; you can't make me".
11. **Enraged Child** – Intense rage/impulse to lash out or retaliate against or hurt people, including assault and murder.
12. **Impulsive Child** – Acts without self-control, delayed gratification, or possible consequences for self/others.
13. **Spoiled/Entitled Child** – Expects to have what they want and not to be concerned about others.

MALADAPTIVE COPING MODES

Surrender Modes

14. **Compliant Surrender** – Focus on meeting the needs of others; subservient, self-deprecating, placating and pleasing towards others out of fear of conflict/rejection.
15. **Helpless Surrenderer** – Feels dependent on others for assistance or rescue.
16. **Self-Sacrifice/Rescuer** – Excessive focus on the needs of others, with little to no attention on their own.
17. **Rolling Stone (passive)** – Lack of capacity for commitment. 'I like to have freedom to do what I want'.
18. **Passive-resistor** – Uncooperative/disinclined to engage in activities others view as adaptive.
19. **Reassurance Seeker** – Reassurance seeking to surrender to underlying dependence-incompetence schema.
20. **Self-pity/Victim** – Victimises self, whether of mistreatment by others or poor circumstances. 'Poor me'.

Edwards DJA (2022) Using Schema Modes for Case Conceptualization in Schema Therapy: An Applied Clinical Approach. Front. Psychol.

21. **Detached Protector** – Withdraws psychologically by shutting off emotions and disconnecting from others.
22. **Spaced out Protector** – Shuts off emotions by spacing out of feeling sleepy.
23. **Avoidant Protector** – Avoids triggering by behavioural avoidance of situations or cues that may trigger stress.
24. **Deceptive Protector** – Avoids telling truth or tells half-truths to avoid attracting blame/shame.
25. **Detached Self-Soother** – Engages in activities that soothe, stimulate, or distract from emotional distress.



Avoidant & Detached Modes

Overcompensation Modes

26. **Strong and Independent Over compensator** – Individuals present a front of being strong, independent, and capable – not needing support or assistance.
27. **Social Over compensator** – Present themselves as friendly/ warm/ happy – social facade to hide genuine feelings.
28. **Pollyanna Over compensator** – Optimistic, dismissive, and idealizing family members who are neglectful/ abusive.
29. **Comic Protector** – Jokes, smiles, and laughs to avoid sensitive topics or distract emotions.
30. **Rolling Stone** – Takes pride in the freedom by failure to commit and constructs it into a positive identity.
31. **Attachment Seeking Over compensators** – Modes through which individuals seek to gain/maintain a connection.
 - *Attention and Admiration Seeker* – Inappropriate extravagant. Dramatic and exaggerated behaviours.
 - *Hypervigilant Clinger* – Prolong Contact, refuses to leave, clings or even begs to avoid separation.
 - *Care-seeking Over compensator* – Individuals act helpless or present as sick to coerce care from others.
32. **Detached Self-Stimulator** – Excessive engagement in risky activities (gambling, dangerous sports, etc.).
33. **Over controllers** – Protect from perceived or real threats by focusing attention on detail and exercising control.
 - *Perfectionistic Over controller* – focus on perfection to attain a sense of control and avoid criticism.
 - *Eating Disordered Over controller/Anorexic Over controller* – focus on controlling body mass and being thin.
 - *Invincible Over controller* – Believe and act omnipotent and can achieve anything by determination.
 - *Obsessive-Compulsive Over controller* – Suppresses feelings by giving attention to detail/ repetitive, ritualistic behaviours.
 - *Suspicious Over controller* – Anticipates that others will be malevolent, betray and want to harm them.
34. **Externalizing over compensators** – These modes overlap, and features may blend.
 - *Self-aggrandizer* – Behaves entitled, competitive, grandiose or in a status-seeking way. Individual is self-righteous, boastful, self-absorbed, lacks empathy and does not believe they need to follow rules
 - *Angry Protector* – Uses angry displays to keep others at a distance and protect themselves.
 - *Scolding Over controller* – Issues orders to others in a domineering way. Belittles to control behaviour.
 - *Bully and Attack* – Actively attacks and seeks to hurt others – demeaning and humiliating them.
 - *Complaining Protector* – Feel victimised and vent their anger through complaints - directed at others.
 - *Rebel* – 'I dislike rules and can get satisfaction from breaking them', 'I often go against authority'.
 - *Conning and Manipulative* – Extreme form of overcompensation, resulting in abusive or criminal behaviour in which they con or manipulate to achieve a specific goal.
 - *Predator* – Another form of overcompensation, where the individual focuses on eliminating a threat.

Repetitive Unproductive Thinking Modes

35. **Over analyser** – Rehearsal of thoughts focused on self-doubt and questioning the motives of others.
36. **Denial Ruminator** – the goal of shutting out painful emotions they are coping with.
 - *Counterfactual Ruminator* – repetitive/regretful thinking about what would have happened if these had been different.
 - *Over compensatory daydreamer* – Daydreams about reaching goals without any realistic plan for achieving them. For example, meeting the man/woman of their dreams/ becoming famous.
37. **Worrying over controller** – Ruminates on their inability to cope in situations, worrying about what will go wrong.
 - *Event post-Mortem Ruminator* – Repeatedly review their behaviour following a social interaction, focusing on evidence they did not do well or made a poor impression.
 - *Catastrophiser* – Actively visualise the worst possible outcome to occur.
 - *Covert Obsessive-Compulsive Over controller* – Rehearses images or thoughts to neutralise distressing ones.
 - *Body checker* – Obsessively checking appearance, usually focusing on self-considered flaws.
 - *Threat image ruminator* – Spontaneous, threat-related images that are fear related.
38. **Pessimistic or Depressive Ruminator** – Repetitive thoughts related to defeat/hopelessness.
 - *Social Comparison Ruminator* – Repetitive comparisons of oneself with others, usually negatively
39. **Angry Ruminator** – Focus on being mistreated in various ways: let down, neglected, abandoned.
 - *Vengeful Ruminator* – Rehearse vengeful thoughts/fantasies towards people they believe have harmed or traumatised them.
 - *Flagellating Over controller* – This is a voice that is self-attacking and shaming.