

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

[illegible]

[illegible]

[illegible]

[illegible]