

Young Schema Questionnaire - Revised (YSQ-R)

Example Report

Care of admin@unpackpsychology.com.au

The YSQ-R ([Yalcin et al, 2022](#)) is a 116-item revised version of the Young Schema Questionnaire originally created by Young and Brown (2003).

This report was produced by Unpack Psychology in partnership with Anima Health Network from responses recorded on 17/07/2024 10:41:23 (v.1.3.2024 resub)



About this report

What are Schemas?

Schemas are naturally developing cognitive frameworks that help us organise and interpret information about the world. **Early Maladaptive Schemas (EMS)** are deeply ingrained emotional and cognitive patterns that can develop in response to adverse experiences in childhood. They often operate subconsciously and, when activated, can negatively impact an individual's thoughts, feelings, behaviours, and relationships throughout life.

Identifying these EMS can help bring about positive change by increasing self-awareness, developing healthier coping strategies, and enhancing interpersonal relationships.

The Young Schema Questionnaire-Revised (YSQ-R)

The YSQ-R ([Yalcin et al, 2022](#)) is a 116-item revised version of the Young Schema Questionnaire originally created by Young and Brown (2003). It assesses 20 different EMS, including new schemas replacing the original Emotional Inhibition and Punitiveness schemas: Emotional Constriction, Fear of Losing Control, Punitiveness (Self), and Punitiveness (Other). This questionnaire is available to use for free, and is intended to be used as part of a broader assessment by a suitably trained clinician. If you have questions about the development or use of this tool (including for research), please get in touch with the author via email at: oyalcin@anima.com.au

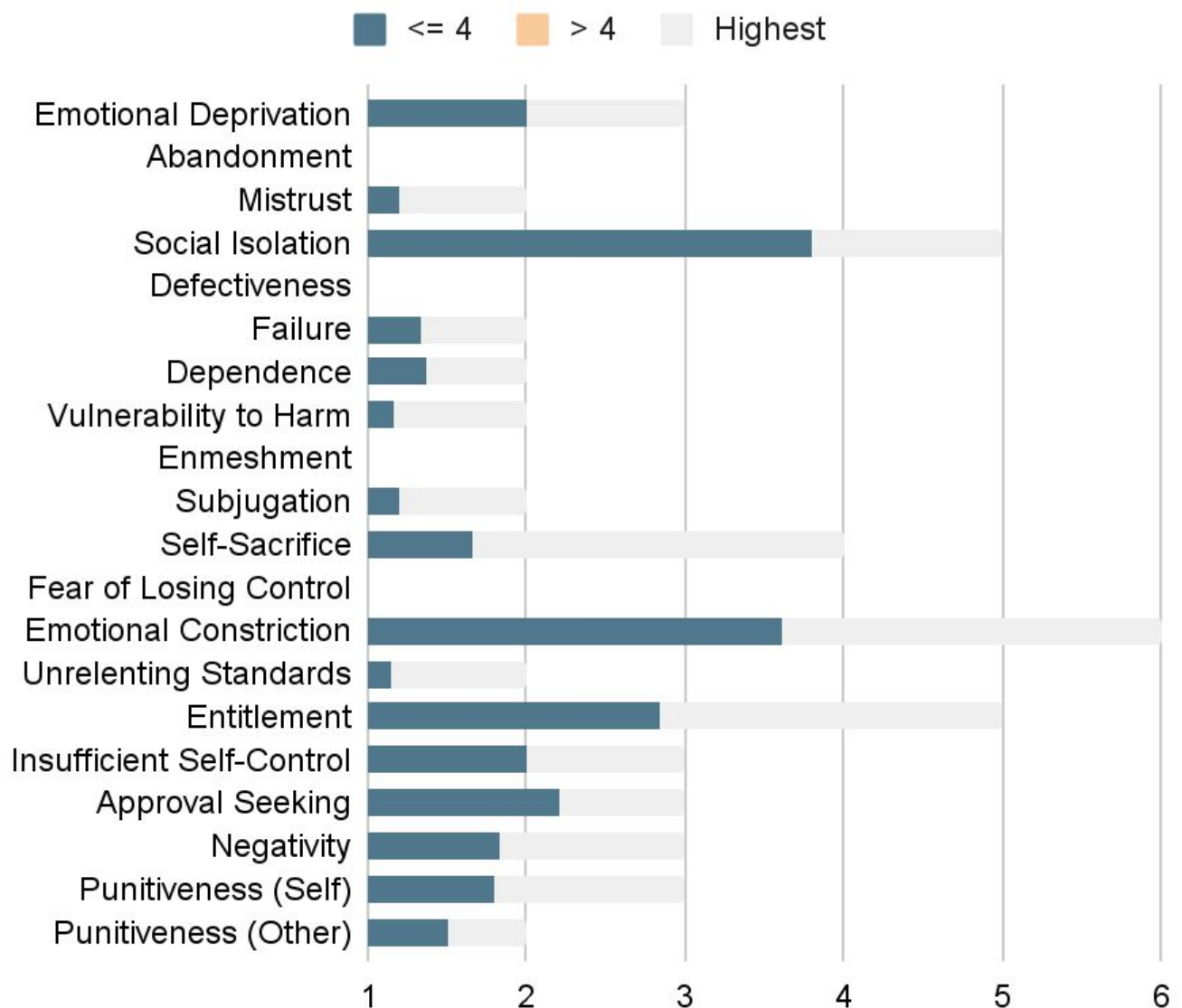
Resources:

- [Schema resources for clinicians and patients, including an introductory guide, clinician's overview, webinars, and research papers.](#)

Your results summary

Average scores over 4/6 (indicated by yellow) generally suggest an influential schema. The grey bars represent the highest score you gave to a question within each schema. A high score of 5 or 6 can also indicate an influential schema. Percentages of 5s and 6s can be found in the input data pages (1-6).

The following pages include descriptions of each schema followed by your question-by-question responses (input data pages 1-6).



Schema descriptions

SCHEMA	DESCRIPTION
Emotional Deprivation	The expectation that others will not adequately meet one's needs for nurturance and support
Abandonment	The expectation that one will eventually be abandoned by significant others
Mistrust	The expectation that one will be abused, humiliated, or manipulated by others
Social Isolation	The belief that one is different from others and does not belong within a community
Defectiveness	The belief that one is fundamentally flawed, unworthy, or unlovable
Failure	The expectation that one will inevitably fail, or is fundamentally inadequate compared to others
Dependence	The belief that that one is completely hopeless, dependent on others, and is incapable of making everyday decisions on their own
Vulnerability to Harm	The belief that the world is dangerous, and that disaster can strike at any moment
Enmeshment	Excessive emotional involvement with others due to the belief that one cannot cope without the other
Subjugation	Excessive submission of one's needs to avoid punishment, abandonment, and rejection.
Self-Sacrifice	Excessive sense of duty to meet the needs of others to the sacrifice of one's own needs
Fear of Losing Control	A belief that dire consequences will result from failing to maintain control of emotions
Emotional Constriction	Excessive overcontrol of emotions due to feelings of shame and embarrassment of all emotions
Unrelenting Standards	The belief that one will be harshly criticised if they do not meet very high (often internalised) standards of performance or behaviour often at the expense of gratification
Entitlement	The belief that one is superior to others and is entitled to special privileges and rights
Insufficient Self-Control	Difficulties exercising self-control to achieve goals, low frustration tolerance, and inability to control urges and impulses
Approval Seeking	Excessive focus on gaining the attention, recognition, and approval of others often at the expense one's own sense of self
Negativity	An increased focus on the negative aspects of life, whilst minimising the positive
Punitiveness (Self)	The belief that oneself should be punished for any mistakes or imperfections; hypercriticalness towards one's self
Punitiveness (Other)	The belief that others should be punished for any mistakes or imperfections; hypercriticalness towards others

Input data (p1/6)

SCHEMA	BELIEF	RATING
Emotional Deprivation 0% 5s & 6s	I haven't gotten enough love and attention.	3
	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 had someone who wanted to get close to me and spend a lot of time with me.	2
	For much of my life, I haven't felt that I am special to someone.	2
	I have rarely had a strong person to give me sound advice or direction when I'm not sure what to do.	1
Abandonment 0% 5s & 6s	I worry that people I feel close to will leave me or abandon me.	1
	I don't feel that important relationships will last; I expect them to end.	1
	I feel addicted to partners who can't be there for me in a committed way.	1
	I become upset when someone leaves me alone, even for a short period of time.	1
	I can't let myself get very close to other people, because I can't be sure they'll always be there.	1
	The people close to me have been very unpredictable: one moment they're available and nice to me; the next, they're angry, upset, self-absorbed, fighting, etc.	1
	I need other people so much that I worry about losing them.	1
	I can't be myself or express what I really feel, or people will leave me.	1
Mistrust 0% 5s & 6s	I feel that I cannot let my guard down in the presence of other people, or else they will intentionally hurt me.	1
	It is only a matter of time before someone betrays me.	2
	I have a great deal of difficulty trusting people.	1
	I set up "tests" for other people, to see if they are telling me the truth and are well-intentioned.	1
	I subscribe to the belief: "Control or be controlled."	1

Input data (p2/6)

SCHEMA	BELIEF	RATING
Social Isolation 20% 5s & 6s	I'm fundamentally different from other people.	4
	I don't belong; I'm a loner.	4
	I always feel on the outside of groups.	4
	No one really understands me.	5
	I sometimes feel as if I'm an alien.	2
Defectiveness 0% 5s & 6s	No one I desire would want to stay close to me if he/she knew the real me.	1
	I am inherently flawed and defective.	1
	I feel that I'm not lovable.	1
	I am too unacceptable in very basic ways to reveal myself to other people.	1
	When people like me, I feel I am fooling them.	1
	I cannot understand how anyone could love me.	1
Failure 0% 5s & 6s	Almost nothing I do at work (or school) is as good as other people can do.	2
	Most other people are more capable than I am in areas of work (or school) and achievement.	2
	I'm a failure.	1
	I'm not as talented as most people are at their work (or at school).	1
	I often feel embarrassed around other people, because I don't measure up to them in terms of my accomplishments.	1
	I often compare my accomplishments with others and feel that they are much more successful.	1

Input data (p3/6)

SCHEMA	BELIEF	RATING
Dependence 0% 5s & 6s	I do not feel capable of getting by on my own in everyday life.	1
	I believe that other people can take better care of me than I can of myself.	2
	I have trouble tackling new tasks outside of work unless I have someone to guide me.	1
	I screw up everything I try, even outside of work (or school).	1
	If I trust my own judgment in everyday situations, I'll make the wrong decision.	1
	I feel that I need someone I can rely on to give me advice about practical issues.	1
	I feel more like a child than an adult when it comes to handling everyday responsibilities.	2
	I find the responsibilities of everyday life overwhelming.	2
Vulnerability to Harm 0% 5s & 6s	I feel that a disaster (natural, criminal, financial, or medical) could strike at any moment.	2
	I worry about being attacked.	1
	I take great precautions to avoid getting sick or hurt.	1
	I worry that I'm developing a serious illness, even though nothing serious has been diagnosed by a physician.	1
	I worry a lot about the bad things happening in the world: crime, pollution, etc.	1
	I feel that the world is a dangerous place.	1
Enmeshment 0% 5s & 6s	My parent(s) and I tend to be overinvolved in each other's lives and problems.	1
	It is very difficult for my parent(s) and me to keep intimate details from each other, without feeling betrayed or guilty.	1
	My parent(s) and I must speak to each other almost every day, or else one of us feels guilty, hurt, disappointed, or alone.	1
	I often feel that I do not have a separate identity from my parents or partner.	1
	It is very difficult for me to maintain any distance from the people I am intimate with; I have trouble keeping any separate sense of myself.	1
	I often feel that I have no privacy when it comes to my parent(s) or partner.	1
	I feel that my parent(s) are, or would be, very hurt about my living on my own, away from them.	1

Input data (p4/6)

SCHEMA	BELIEF	RATING
Subjugation 0% 5s & 6s	I believe that if I do what I want, I'm only asking for trouble.	1
	In relationships, I let the other person have the upper hand.	2
	I've always let others make choices for me, so I really don't know what I want for myself.	1
	I worry a lot about pleasing other people, so they won't reject me.	1
	I will go to much greater lengths than most people to avoid confrontations.	1
Self-Sacrifice 0% 5s & 6s	I give more to other people than I get back in return.	2
	I'm the one who usually ends up taking care of the people I'm close to.	1
	No matter how busy I am, I can always find time for others.	1
	I've always been the one who listens to everyone else's problems.	4
	Other people see me as doing too much for others and not enough for myself.	1
	No matter how much I give; I feel it is never enough.	1
Fear of Losing Control 0% 5s & 6s	I worry about losing control of my actions.	1
	I worry that I might seriously harm someone physically or emotionally if my anger gets out of control.	1
	I feel that I must control my emotions and impulses, or something bad is likely to happen.	1
	A lot of anger and resentment build up inside of me that I don't express.	1
Emotional Constriction 40% 5s & 6s	I am too self-conscious to show positive feelings to others (e.g., affection, showing I care).	2
	I find it embarrassing to express my feelings to others.	1
	I find it hard to be warm and spontaneous.	5
	I control myself so much that people think I am unemotional.	6
	People see me as uptight emotionally.	4

Input data (p5/6)

SCHEMA	BELIEF	RATING
Unrelenting Standards 0% 5s & 6s	I must be the best at most of what I do; I can't accept second best.	1
	I strive to keep almost everything in perfect order.	1
	I have so much to accomplish that there is almost no time to really relax.	1
	I must meet all my responsibilities.	2
	I often sacrifice pleasure and happiness to meet my own standards.	1
	I can't let myself off the hook easily or make excuses for my mistakes.	1
	I always must be Number One, in terms of my performance.	1
Entitlement 17% 5s & 6s	I have a lot of trouble accepting "no" for an answer when I want something from other people.	2
	I hate to be constrained or kept from doing what I want.	5
	I feel that I shouldn't have to follow the normal rules and conventions other people do.	3
	I often find that I am so involved in my own priorities that I don't have time to give to friends or family.	4
	People often tell me I am very controlling about the ways things are done.	1
	I can't tolerate other people telling me what to do.	2
Insufficient Self-Control 0% 5s & 6s	I can't seem to discipline myself to complete routine or boring tasks.	3
	Often I allow myself to carry through on impulses and express emotions that get me into trouble or hurt other people.	2
	I get bored very easily.	2
	When tasks become difficult, I usually cannot persevere and complete them.	2
	I can't force myself to do things I don't enjoy, even when I know it's for my own good.	3
	I have rarely been able to stick to my resolutions.	1
	I often do things impulsively that I later regret.	1

Input data (p6/6)

SCHEMA	BELIEF	RATING
Approval Seeking 0% 5s & 6s	It is important to me to be liked by almost everyone I know.	2
	I change myself depending on the people I'm with, so they'll like me more.	3
	My self-esteem is based mostly on how other people view me.	1
	Even if I don't like someone, I still want him or her to like me.	2
	Unless I get a lot of attention from others, I feel less important.	3
Negativity 0% 5s & 6s	You can't be too careful; something will almost always go wrong.	2
	I worry that a wrong decision could lead to disaster.	1
	I often obsess over minor decisions, because the consequences of making a mistake seem so serious.	1
	I feel better assuming things will not work out for me, so that I don't feel disappointed if things go wrong.	2
	I tend to be pessimistic.	2
	If people get too enthusiastic about something, I become uncomfortable and feel like warning them of what could go wrong.	3
Punitiveness (Self) 0% 5s & 6s	If I make a mistake, I deserve to be punished.	1
	There is no excuse if I make mistake.	2
	If I don't do the job, I should suffer the consequences.	3
	It doesn't matter why I make a mistake; I should pay the price when I do something wrong.	2
	I'm a bad person who deserves to be punished.	1
Punitiveness (Other) 0% 5s & 6s	People who don't "pull their own weight" should get punished in some way.	2
	Most of the time, I don't accept the excuses other people make. They're just not willing to accept responsibility and pay the consequences.	2
	I hold grudges, even after someone has apologized.	1
	I get angry when people make excuses for themselves or blame other people for their problems.	1