**YSQ-L3a**

(Young & Brown, 2003)

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INSTRUCTIONS:** Listed below are statements that someone might use to describe him/herself. Please read each statement and decide how well it describes you. When you are not sure, base your answer on what you emotionally **feel**, *not* on what you **think**to be true.

If you desire, reword the statement so that it’d be *even more accurate* in describing you (but do not change the basic meaning of the question). For example…

**I care ^ about**

1. **I worry that people will not like me.**

Then choose the **highest rating from 1 to 6** that describes you (including your revisions), and write the number on the line for each statement.

**RATING SCALE:**

**1 =** Completely Untrue of Me **4 =** Moderately True of Me

**2 =** Mostly Untrue of Me **5 =** Mostly True of Me

**3 =** Slightly More True Than Untrue **6 =** Describes Me Perfectly

\_\_\_\_ 1. People have not been there to meet my emotional needs.

\_\_\_\_ 2. I haven’t gotten enough love and attention.

\_\_\_\_ 3. For the most part, I haven’t had someone to depend on for advice & emotional support.

\_\_\_\_ 4. Most of the time, I haven’t had someone to nurture me, share him/herself with me, or care

deeply about everything that happens to me.

\_\_\_\_ 5. For much of my life, I haven’t had someone who wanted to get close to me & spend a lot of

time with me.

\_\_\_\_ 6. In general, people have not been there to give me warmth, holding, and affection.

\_\_\_\_ 7. For much of my life, I haven’t felt that I am special to someone.

\_\_\_\_ 8. For the most part, I haven’t had someone who really listens to me, understands me, or is tuned

into my true needs & feelings.

\_\_\_\_ 9. I have rarely had a strong person to give me sound advice or direction when I’m not sure what

to do.

\_\_\_\_ 10. I worry that the people I love will die soon, even though there is little medical reason to

support my concern.

\_\_\_\_ 11. I find myself clinging to people I’m close to, because I’m afraid they’ll leave me.

\_\_\_\_ 12. I worry that people I feel close to will leave me or abandon me.

\_\_\_\_ 13. I feel that I lack a stable base of emotional support.

\_\_\_\_ 14. I don’t feel that important relationships will last; I expect them to end.

\_\_\_\_ 15. I feel addicted to partners who can’t be there for me in a committed way.

\_\_\_\_ 16. In the end, I will be alone.

\_\_\_\_ 17. When I feel someone I care for pulling away from me, I get desperate.

\_\_\_\_ 18. Sometimes I am so worried about people leaving me that I drive them away.

\_\_\_\_ 19. I become upset when someone leaves me alone, even for a short period of time.

\_\_\_\_ 20. I can’t count on people who support me to be there on a regular basis.

\_\_\_\_ 21. I can’t let myself get really close to other people, because I can’t be sure they’ll always be

there.

\_\_\_\_ 22. It seems that the important people in my life are always coming and going.

\_\_\_\_ 23. I worry a lot that the people I love will find someone else they prefer & leave me.

\_\_\_\_ 24. The people close to me have been very unpredictable: one moment they’re available & nice to

me; the next, they’re angry, upset, self-absorbed, fighting, etc.

\_\_\_\_ 25. I need other people so much that I worry about losing them.

\_\_\_\_ 26. I can’t be myself or express what I really feel, or people will leave me.

\_\_\_\_ 27. I feel that people will take advantage of me.

\_\_\_\_ 28. I often feel that I have to protect myself from other people.

\_\_\_\_ 29. I feel that I can’t let my guard down in the presence of other people, or else they’ll

intentionally hurt me.

\_\_\_\_ 30. If someone acts nicely towards me, I assume that he/she must be after something.

\_\_\_\_ 31. It is only a matter of time before someone betrays me.

\_\_\_\_ 32. Most people only think about themselves.

\_\_\_\_ 33. I have a great deal of difficulty trusting people.

\_\_\_\_ 34. I’m quite suspicious of other people’s motives.

\_\_\_\_ 35. Other people are rarely honest; they are usually not what they appear.

\_\_\_\_ 36. I’m usually on the lookout for people’s ulterior motives.

\_\_\_\_ 37. If I think someone is out to hurt me, I try to hurt him or her first.

\_\_\_\_ 38. People usually have to prove themselves to me before I can trust them.

\_\_\_\_ 39. I set up “tests” for other people, to see if they’re telling me the truth & are well-intentioned.

\_\_\_\_ 40. I subscribe to the belief: “Control or be controlled.”

\_\_\_\_ 41. I get angry when I think about the ways I’ve been mistreated by other people during my life.

\_\_\_\_ 42. During my life, those close to me have taken advantage of me or used me for their own

purposes.

\_\_\_\_ 43. I’ve been physically, emotionally, or sexually abused by important people in my life.

\_\_\_\_ 44. I don’t fit in.

\_\_\_\_ 45. I’m fundamentally different from other people.

\_\_\_\_ 46. I don’t belong; I’m a loner.

\_\_\_\_ 47. I feel alienated from other people.

\_\_\_\_ 48. I feel isolated and alone.

\_\_\_\_ 49. I always feel on the outside of groups.

\_\_\_\_ 50. No one really understands me.

\_\_\_\_ 51. My family was always different from the families around us.

\_\_\_\_ 52. I sometimes feel as if I’m an alien.

\_\_\_\_ 53. If I disappeared tomorrow, no one would notice.

\_\_\_\_ 54. No man/woman I desire could love me once he/she saw my defects.

\_\_\_\_ 55. No one I desire would want to stay close to me if he/she knew the real me.

\_\_\_\_ 56. I am inherently flawed and defective.

\_\_\_\_ 57. No matter how hard I try, I feel that I won’t be able to get a significant man/woman to respect

me or feel that I am worthwhile.

\_\_\_\_ 58. I’m unworthy of the love, attention, and respect of others.

\_\_\_\_ 59. I feel that I’m not lovable.

\_\_\_\_ 60. I am too unacceptable in very basic ways to reveal myself to other people.

\_\_\_\_ 61. If others found out about my basic defects, I could not face them.

\_\_\_\_ 62. When people like me, I feel I am fooling them.

\_\_\_\_ 63. I often find myself drawn to people who are very critical of me or reject me.

\_\_\_\_ 64. I have inner secrets that I don’t want people close to me to find out.

\_\_\_\_ 65. It’s my fault that my parent(s) could not love me enough.

\_\_\_\_ 66. I don’t let people know the real me.

\_\_\_\_ 67. One of my greatest fears is that my defects will be exposed.

\_\_\_\_ 68. I cannot understand how anyone could love me.

\_\_\_\_ 69. Almost nothing I do at work (or school) is as good as other people can do.

\_\_\_\_ 70. I’m incompetent when it comes to achievement.

\_\_\_\_ 71. Most other people are more capable than I am in areas of work (or school) and achievement.

\_\_\_\_ 72. I’m a failure.

\_\_\_\_ 73. I’m not as talented as most people are at their work (or at school).

\_\_\_\_ 74. I’m not as intelligent as most people when it comes to work (or school).

\_\_\_\_ 75. I’m humiliated by my failures and inadequacies in the work (or school) sphere.

\_\_\_\_ 76. I often feel embarrassed around other people, because I don’t measure up to them in terms of

my accomplishments.

\_\_\_\_ 77. I often compare my accomplishments with others and feel that they’re much more successful.

\_\_\_\_ 78. I don’t feel capable of getting by on my own in everyday life.

\_\_\_\_ 79. I need other people to help me get by.

\_\_\_\_ 80. I don’t feel I can cope well by myself.

\_\_\_\_ 81. I believe that other people can take care of me better than I can take care of myself.

\_\_\_\_ 82. I have trouble tackling new tasks outside of work, unless I have someone to guide me.

\_\_\_\_ 83. I think of myself as a dependent person when it comes to everyday functioning.

\_\_\_\_ 84. I screw up everything I try, even outside of work (or school).

\_\_\_\_ 85. I’m inept in most areas of life.

\_\_\_\_ 86. If I trust my own judgment in everyday situations, I’ll make the wrong decision.

\_\_\_\_ 87. I lack common sense.

\_\_\_\_ 88. My judgment cannot be relied on in everyday situations.

\_\_\_\_ 89. I don’t feel confident about my ability to solve everyday problems that come up.

\_\_\_\_90. I feel that I need someone I can rely on to give me advice about practical issues.

\_\_\_\_91. I feel more like a child than an adult when it comes to handling everyday responsibilities.

\_\_\_\_ 92. I find the responsibilities of everyday life overwhelming.

\_\_\_\_ 93. I can’t seem to escape the feeling that something bad is about to happen.

\_\_\_\_ 94. I feel that a disaster (natural, criminal, financial, or medical) could strike at any moment.

\_\_\_\_ 95. I worry about becoming a street/homeless person or vagrant.

\_\_\_\_ 96. I worry about being attacked.

\_\_\_\_ 97. I take great precautions to avoid getting sick or hurt.

\_\_\_\_ 98. I worry that I’m developing a serious illness, even though nothing serious has been diagnosed

by a physician.

\_\_\_\_ 99. I am a fearful person.

\_\_\_\_ 100. I worry a lot about the bad things happening in the world: crime, pollution, etc.

\_\_\_\_ 101. I often feel that I might go crazy.

\_\_\_\_ 102. I often feel that I’m going to have an anxiety attack.

\_\_\_\_ 103. I often worry that I might have a heart attack or cancer, even though there’s little medical

reason to be concerned.

\_\_\_\_ 104. I feel that the world is a dangerous place.

\_\_\_\_ 105. I haven’t been able to separate myself from my parent(s) the way others my age seem to.

\_\_\_\_ 106. My parent(s) and I tend to be overinvolved in each other’s lives and problems.

\_\_\_\_ 107. It’s very difficult for my parent(s) and me to keep intimate details from each other, without

feeling betrayed or guilty.

\_\_\_\_ 108. My parent(s) and I have to speak to each other almost every day, or else one of us feels

guilty, hurt, disappointed, or alone.

\_\_\_\_ 109. I often feel that I don’t have a separate identity from my parents or partner.

\_\_\_\_ 110. I often feel as if my parent(s) are living through me – I don’t have a life of my own.

\_\_\_\_ 111. It’s very difficult for me to maintain any distance from the people I’m intimate with; I have

trouble keeping any separate sense of myself.

\_\_\_112. I’m so involved with my partner or parent(s) that I don’t really know who I am or what I want.

\_\_\_\_ 113. I have trouble separating my point of view or opinion from that of my parent(s) or partner.

\_\_\_\_ 114. I often feel that I have no privacy when it comes to my parent(s) or partner.

\_\_\_ 115. I feel that my parents are-or would be-very hurt about my living on my own, away from them.

\_\_\_\_ 116. I let other people have their way, because I fear the consequences.

\_\_\_\_ 117. I believe that if I do what I want, I’m only asking for trouble.

\_\_\_\_ 118. I feel that I have no choice but to give in to other people’s wishes, or else they’ll retaliate or

reject me in some way.

\_\_\_\_ 119. In relationships, I let the other person have the upper hand.

\_\_\_\_120. I’ve always let others make choices for me, so I really don’t know what I want for myself.

\_\_\_\_ 121. I feel the major decisions in my life were not really my own.

\_\_\_\_ 122. I worry a lot about pleasing other people, so they won’t reject me.

\_\_\_\_ 123. I have a lot of trouble demanding that my rights be respected & that my feelings be taken

into account.

\_\_\_\_ 124. I get back at people in little ways instead of showing my anger directly.

\_\_\_\_ 125. I’ll go to much greater lengths than most people to avoid confrontations.

\_\_\_\_ 126. I put others’ needs before my own, or else I feel guilty.

\_\_\_\_ 127. I feel guilty when I let other people down or disappoint them.

\_\_\_\_ 128. I give more to other people than I get back in return.

\_\_\_\_ 129. I’m the one who usually ends up taking care of the people I’m close to.

\_\_\_\_ 130. There’s almost nothing I couldn’t put up with if I loved someone.

\_\_\_\_ 131. I’m a good person because I think of others more than of myself.

\_\_\_\_ 132. At work, I’m usually the one to volunteer to do extra tasks or to put in extra time.

\_\_\_\_ 133. No matter how busy I am, I can always find time for others.

\_\_\_\_ 134. I can get by on very little, because my needs are minimal.

\_\_\_\_ 135. I’m only happy when those around me are happy.

\_\_\_\_ 136. I’m so busy doing for the people that I care about that I have little time for myself.

\_\_\_\_ 137. I’ve always been the one who listens to everyone else’s problems.

\_\_\_\_ 138. I’m more comfortable giving a present than receiving one.

\_\_\_\_ 139. Other people see me as doing too much for others and not enough for myself.

\_\_\_\_ 140. No matter how much I give, I feel it’s never enough.

\_\_\_\_ 141. If I do what *I* want, I feel very uncomfortable.

\_\_\_\_ 142. It’s very difficult for me to ask others to take care of my needs.

\_\_\_\_ 143. I worry about losing control of my actions.

\_\_\_\_ 144. I worry that I might seriously harm someone physically or emotionally, if my anger gets out

of control.

\_\_\_\_ 145. I feel that I must control my emotions & impulses, or something bad is likely to happen.

\_\_\_\_ 146. A lot of anger & resentment build up inside of me that I don’t express.

\_\_\_\_ 147. I’m too self-conscious to show positive feelings to others (e.g., affection, showing I care).

\_\_\_\_ 148. I find it embarrassing to express my feelings to others.

\_\_\_\_ 149. I find it hard to be warm and spontaneous.

\_\_\_\_ 150. I control myself so much that people think I am unemotional.

\_\_\_\_ 151. People see me as uptight emotionally.

\_\_\_\_ 152. I must be the best at most of what I do; I can’t accept second best.

\_\_\_\_ 153. I strive to keep almost everything in perfect order.

\_\_\_\_ 154. I must look my best most of the time.

\_\_\_\_ 155. I try to do my best; I can’t settle for “good enough.”

\_\_\_\_ 156. I have so much to accomplish that there’s almost no time to really relax.

\_\_\_\_ 157. Almost nothing I do is quite good enough; I can always do better.

\_\_\_\_ 158. I must meet all my responsibilities.

\_\_\_\_ 159. I feel there’s constant pressure for me to achieve & get things done.

\_\_\_\_ 160. My relationships suffer because I push myself so hard.

\_\_\_\_ 161. My health is suffering because I put myself under so much pressure to do well.

\_\_\_\_ 162. I often sacrifice pleasure and happiness to meet my own standards.

\_\_\_\_ 163. When I make a mistake, I deserve strong criticism.

\_\_\_\_ 164. I can’t let myself off the hook easily or make excuses for my mistakes.

\_\_\_\_ 165. I’m a very competitive person.

\_\_\_\_ 166. I put a good deal of emphasis on money or status.

\_\_\_\_ 167. I always have to be Number One, in terms of my performance.

\_\_\_\_ 168. I have a lot of trouble accepting “no” for an answer when I want something from other

people.

\_\_\_\_ 169. I often get angry or irritable if I can’t get what I want.

\_\_\_\_ 170. I’m special & shouldn’t have to accept many of the restrictions placed on other people.

\_\_\_\_ 171. I hate to be constrained or kept from doing what I want.

\_\_\_\_ 172. I feel that I shouldn’t have to follow the normal rules and conventions other people do.

\_\_\_\_ 173. I feel that what I have to offer is of greater value than the contributions of others.

\_\_\_\_ 174. I usually put my needs ahead of the needs of others.

\_\_\_\_ 175. I often find that I’m so involved in my own priorities that I don’t have time to give to friends

or family.

\_\_\_\_ 176. People often tell me I am very controlling about the ways things are done.

\_\_\_\_ 177. I get very irritated when people won’t do what I ask of them.

\_\_\_\_ 178. I can’t tolerate other people telling me what to do.

\_\_\_\_ 179. I have great difficulty getting myself to stop drinking, smoking, overeating, or other problem

behaviors.

\_\_\_\_ 180. I can’t seem to discipline myself to complete routine or boring tasks.

\_\_\_\_ 181. Often I allow myself to carry through on impulses and express emotions that get me into

trouble or hurt other people.

\_\_\_\_ 182. If I can’t reach a goal, I become easily frustrated and give up.

\_\_\_\_ 183. I have a very difficult time sacrificing immediate gratification to achieve a long-range goal.

\_\_\_\_ 184. It often happens that, once I start to feel angry, I just can’t control it.

\_\_\_\_ 185. I tend to overdo things, even though I know they’re bad for me.

\_\_\_\_ 186. I get bored very easily.

\_\_\_\_ 187. When tasks become difficult, I usually cannot persevere and complete them.

\_\_\_\_ 188. I can’t concentrate on anything for too long.

\_\_\_\_ 189. I can’t force myself to do things I don’t enjoy, even when I know it’s for my own good.

\_\_\_\_ 190. I lose my temper at the slightest offense.

\_\_\_\_ 191. I have rarely been able to stick to my resolutions.

\_\_\_\_ 192. I can almost never hold back from showing people how I really feel, not matter what the cost

may be.

\_\_\_\_ 193. I often do things impulsively that I later regret.

\_\_\_\_ 194. It’s important to me to be liked by almost everyone I know.

\_\_\_\_ 195. I change myself depending on the people I’m with so they’ll like me more.

\_\_\_\_ 196. I try hard to fit in.

\_\_\_\_ 197. My self-esteem is based mostly on how other people view me.

\_\_\_\_ 198. Having money & knowing important people make me feel worthwhile.

\_\_\_\_ 199. I spend a lot of time on my physical appearance so people will value me.

\_\_\_\_ 200. Accomplishments are most valuable to me if other people notice them.

\_\_\_\_ 201. I’m so focused on fitting in that sometimes I don’t know who I am.

\_\_\_\_ 202. I find it hard to set my own goals without taking into account how others will respond to my

choices.

\_\_\_\_203. When I look at my life decisions, I see that I made most of them with other people’s approval

in mind.

\_\_\_\_ 204. Even if I don’t like someone, I still want him or her to like me.

\_\_\_\_ 205. Unless I get a lot of attention from others, I feel less important.

\_\_\_\_ 206. If I make remarks at a meeting or am introduced at a gathering, I look forward to recognition

& admiration.

\_\_\_\_ 207. Lots of praise & compliments make me feel like a worthwhile person.

\_\_\_\_ 208. Even when things seem to be going well, I feel that it’s only temporary.

\_\_\_\_ 209. If something good happens, I worry that something bad is likely to follow.

\_\_\_\_ 210. You can’t be too careful; something will almost always go wrong.

\_\_\_\_ 211. No matter how hard I work, I worry that I could be wiped out financially.

\_\_\_\_ 212. I worry that a wrong decision could lead to disaster.

\_\_\_\_ 213. I often obsess over minor decisions, because the consequences of making a mistake seem so

serious.

\_\_\_\_ 214. I feel better assuming that things will *not* work out for me, so that I don’t feel disappointed if

things go wrong.

\_\_\_\_ 215. I focus more on the negative aspects of lie and of events than on the positive.

\_\_\_\_ 216. I tend to be pessimistic.

\_\_\_\_ 217. People close to me consider me a worrier.

\_\_\_\_ 218. If people get too enthusiastic about something, I become uncomfortable & feel like warning

them of what could go wrong.

\_\_\_\_ 219. If I mistake, I deserve to be punished.

\_\_\_\_ 220. If I don’t try my hardest, I should expect to lose out.

\_\_\_\_ 221. There is no excuse if I make a mistake.

\_\_\_\_ 222. People who don’t “pull their own weight” should get punished in some way.

\_\_\_\_ 223. 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.

\_\_\_\_ 224. If I don’t do the job, I should suffer the consequences.

\_\_\_\_ 225. I often think about mistakes I’ve made and feel angry with myself.

\_\_\_\_ 226. When people do something bad, I have trouble applying the phrase, “Forgive and forget”.

\_\_\_\_ 227. I hold grudges, even after someone has apologized.

\_\_\_\_ 228. I get upset when I think someone has been “let off the hook” too easily.

\_\_\_\_ 229. I get angry when people make excuses for themselves, or blame other people for their

problems.

\_\_\_\_230. It doesn’t matter why I make a mistake; when I do something wrong, I should pay the price.

\_\_\_\_ 231. I “beat up” on myself a lot for things I screw up.

\_\_\_\_ 232. I’m a bad person who deserves to be punished.

**SCORING SHEET**

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| --- | --- | --- | --- | --- | --- | --- |
| **Schema Name** | **Which Questions to look at for each Schema** | **How Many in each section did you rate…**  (Only count these - ignore any you rated 1, 2, or 3) | | | **For each Schema,**  Take your # of 4s x 4  + # of 5s x 5  + # of 6s x 6 | **Your Total Score\* for This Schema** |
|  |  | **4?** | **5?** | **6?** |  |  |
| Example |  | 2 | 0 | 1 | 2x4 = 8 +  0x5 = 0 +  1x6 = 6 = 🡪 | 14 |
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