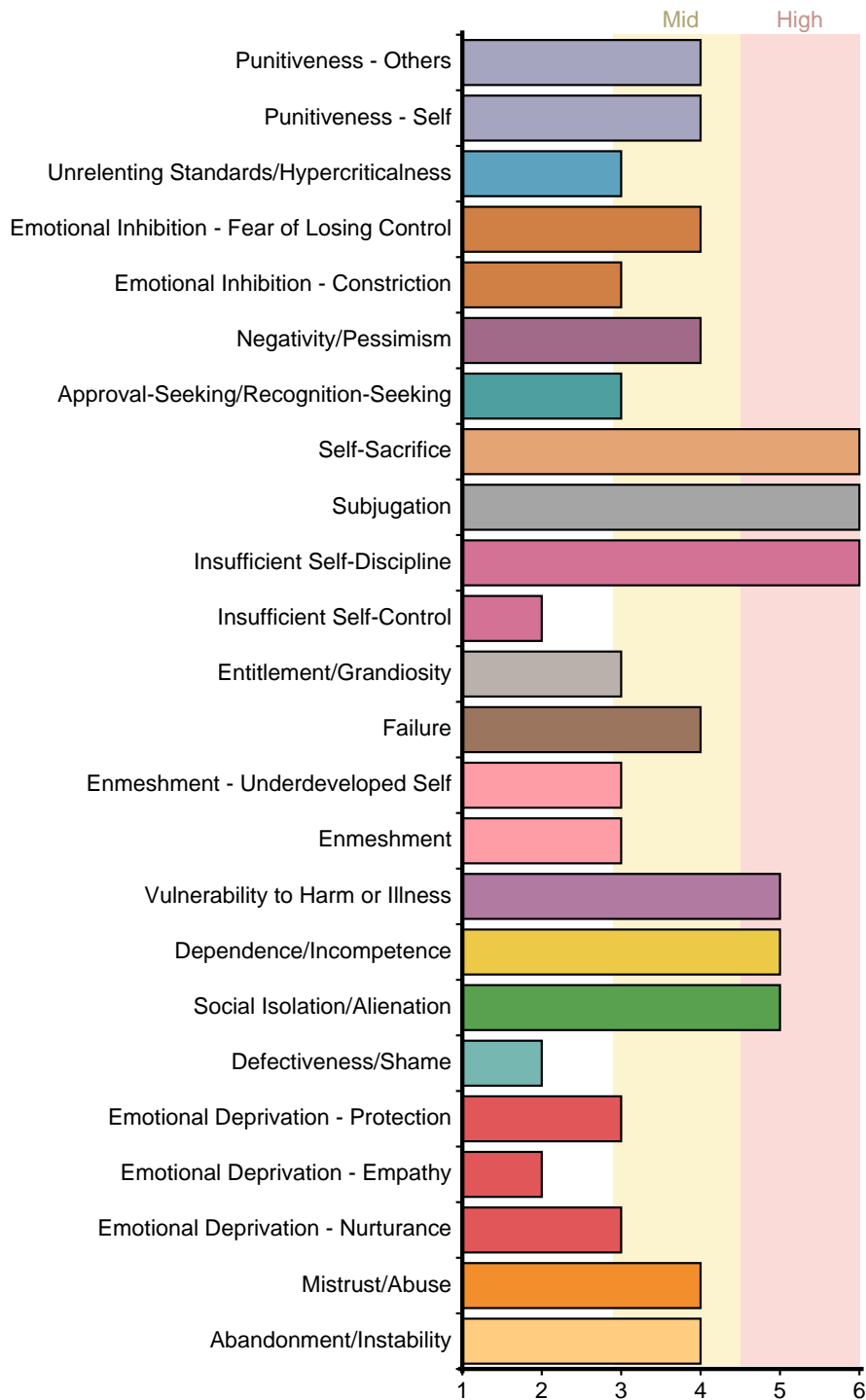




Brief Early Schema Questionnaire (BESQ)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	27 Aug 2024
<i>Date of birth (age)</i>	1 Jan 1999 (25)	<i>Time taken</i>	20s
<i>Assessor</i>	EmersonDev BartholomewDev		

Schema Scores





Client Name	Generic Client
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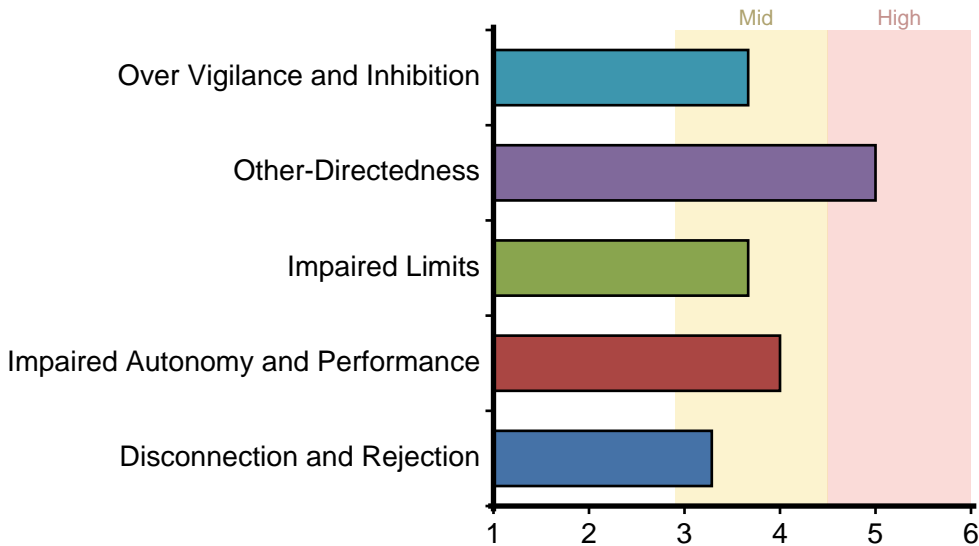
Schema

	Score (1-6)	Descriptor
Abandonment/Instability	4	Mid
Mistrust/Abuse	4	Mid
Emotional Deprivation - Nurturance	3	Mid
Emotional Deprivation - Empathy	2	Low
Emotional Deprivation - Protection	3	Mid
Defectiveness/Shame	2	Low
Social Isolation/Alienation	5	High
Dependence/Incompetence	5	High
Vulnerability to Harm or Illness	5	High
Enmeshment	3	Mid
Enmeshment - Underdeveloped Self	3	Mid
Failure	4	Mid
Entitlement/Grandiosity	3	Mid
Insufficient Self-Control	2	Low
Insufficient Self-Discipline	6	High
Subjugation	6	High
Self-Sacrifice	6	High
Approval-Seeking/Recognition-Seeking	3	Mid
Negativity/Pessimism	4	Mid
Emotional Inhibition - Constriction	3	Mid
Emotional Inhibition - Fear of Losing Control	4	Mid
Unrelenting Standards/Hypercriticalness	3	Mid
Punitiveness - Self	4	Mid
Punitiveness - Others	4	Mid



Client Name	Generic Client
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Unmet Need Scores



Unmet Need	Average Score (1-6)	Descriptor
	Disconnection and Rejection	3.3
Impaired Autonomy and Performance	4	Mid
Impaired Limits	3.7	Mid
Other-Directedness	5	High
Over Vigilance and Inhibition	3.7	Mid

Interpretation

Based on the client's responses:

6 schema(s) scored in the High range, indicating clinically significant maladaptive schemas. 15 schema(s) scored in the Mid range, suggesting potentially problematic schemas that may require attention.

Schemas scoring in the High range:

- Social Isolation/Alienation
Belief that one is socially isolated, different from others, and does not belong to any group or community. "I am always on the outside of groups looking in, and not fitting in."
- Dependence/Incompetence
Belief that one is helpless and unable to cope with everyday responsibilities without significant



Client Name | Generic Client

Interpretation (cont.)

help from others, leading to lack of autonomy and self-reliance. "I can't do everyday things; make everyday decisions, without significant help."

- Vulnerability to Harm or Illness

Expectation that a catastrophe is imminent, and one will be unable to prevent it. "The world is dangerous and I am too vulnerable to take a risk."

- Insufficient Self-Discipline

Inability to appropriately restrain impulses and emotions; difficulty tolerating frustration and boredom to accomplish goals. Subtype: Self-Discipline - "I cannot tolerate frustration and tend to give up easily."

- Subjugation

Surrender of control to others and suppression of one's own emotions and needs to avoid anger, retaliation, or abandonment. "It's just easier for me if I keep my mouth shut, keep my opinions, ideas, wishes, and feelings to myself; agree with others, and keep all my frustrations contained."

- Self-Sacrifice

Hypersensitivity to emotional pain and suffering in others, and a tendency to take on responsibility for their needs and feelings at one's own expense. "I must sacrifice for others at all costs otherwise I would be a selfish person. I cannot tolerate the guilt I feel when putting myself first."

Schemas scoring in the Mid range:

- Abandonment/Instability

The expectation that significant others will not be available to provide support, connection, strength, or protection. "People always leave me!!". For people with this schema, close supportive bonds were often established in childhood, but were experienced as either unstable, broken, or not consistently unavailable. "It's just a matter of time and I will be alone again."

- Mistrust/Abuse

The expectation that others will hurt, abuse, humiliate, lie, cheat, steal or manipulate. "I can't trust...people act nice to you because they want something from you."

- Emotional Deprivation - Nurturance

The expectation that one will not receive adequate emotional support or be understood by others. Subtype: Deprivation of Nurturance: The absence of attention, affection, warmth, and companionship. "No-one really cares."

- Emotional Deprivation - Protection

The expectation that one will not receive adequate emotional support or be understood by others. Subtype: Deprivation of Protection and Guidance: The absence of direction, strength, and guidance. "When things are tough, I'm on my own."

- Enmeshment

Tendency to be overly emotionally involved with one or more significant others, resulting in impaired social development, inner direction, and individuation. Subtype: Enmeshment - "I don't know how to be okay when my (parent/partner/child) is not okay, especially when I cause them



Client Name | Generic Client

Interpretation (cont.)

to worry.”

- Enmeshment - Underdeveloped Self

Tendency to be overly emotionally involved with one or more significant others, resulting in impaired social development, inner direction, and individuation. Subtype: Undeveloped Self - “I often feel that I don’t know who I am.”

- Failure

Belief that one has failed or will fail in areas of achievement (school, sports, work, performance) as compared with their peers. “I am a failure, others always seem to be able to achieve more than I can.”

- Entitlement/Grandiosity

Belief that one is superior to others, should receive special treatment and should not be required to follow the same rules as others. “I am special and deserve special treatment accordingly the rules do not apply to me.”

- Approval-Seeking/Recognition-Seeking

Excessive emphasis on gaining approval, recognition, or attention from others, resulting in an underdeveloped authentic sense of self. Often involves overemphasis on status, achievement, and money. “I need other people's approval or recognition to feel ok; my worth and value depend on it.”

- Negativity/Pessimism

Exaggerated expectation that things will go wrong, or of making mistakes leading to excessive worry. Focusing on the negative aspects of life and minimizing positives. “It’s safer for me to expect the worst possible outcome in any situation...You never know.”

- Emotional Inhibition - Constriction

Inhibiting spontaneous actions, feelings (especially anger), or communication to prevent being disapproved of, ridiculed, or losing control. “My emotions should always be suppressed or avoided.” Subtype: Emotional Constriction - “Displaying my emotions is shameful, embarrassing, or shows weakness or bad character.”

- Emotional Inhibition - Fear of Losing Control

Inhibiting spontaneous actions, feelings (especially anger), or communication to prevent being disapproved of, ridiculed, or losing control. Subtype: Fear of Losing Control - “Displaying emotions could be dangerous, I could even become volatile.”

- Unrelenting Standards/Hypercriticalness

Belief that whatever one does is not good enough, that one must strive to meet very high standards of performance, usually to prevent criticism; and/or excessive emphasis on status, power at expense of health and happiness. “I need to always try to be 100% in everything; second best is not good enough.”

- Punitiveness - Self

Belief that one should be severely punished for making mistakes or not meeting one's internalized expectations or standards. “I should always be punished for my mistakes or misgivings.”



Client Name	Generic Client
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Interpretation (cont.)

- Punitiveness - Others

Belief that other people should be severely punished for making mistakes or not meeting one's internalized expectations or standards. "Other people should always be punished for their mistakes or misgivings."

Scoring and Interpretation Information

For comprehensive information on the BESQ, [see here](#).

BESQ scores are presented for each individual schema, with responses on a 6-point Likert scale describing how relatable an item is:

1 (Completely unrelated to me) to 6 (Relates to me perfectly)

Higher scores indicate a greater identification with a schema and suggest that it may be relevant to the individual's cognitive and emotional patterns.

Scores are presented for each schema as well as the domains.

- Scores of 1-2: Low Range - seems unrelated to the individual's experience.
- Scores of 3-4: Mid-Range - may be somewhat related to the individual's experience.
- Scores of 5-6: High Range - may be very much related to the individual's experience.

Client Responses

		Completely unrelated to me	Mostly unrelated to me	Slightly more relatable to me than not	Moderately relates to me	Mostly relates to me	Relates to me perfectly
1	Abandonment/Instability: The expectation that significant others will not be available to provide support, connection, strength, or protection. "People always leave me!". For people with this schema, close supportive bonds were often established in childhood, but were experienced as either unstable, broken, or not consistently unavailable. "It's just a matter	1	2	3	4	5	6
2	Mistrust/Abuse: The expectation that others will hurt, abuse, humiliate, lie, cheat, steal or manipulate. "I can't trust...people act nice to you because they want something	1	2	3	4	5	6
3	Emotional Deprivation (1 of 3): The expectation that one will not receive adequate emotional support or be understood by others.	1	2	3	4	5	6
4	Emotional Deprivation (2 of 3): The expectation that one will not receive adequate emotional support or be understood by others.	1	2	3	4	5	6
5	Emotional Deprivation (3 of 3): The expectation that one will not receive adequate emotional support or be understood by others.	1	2	3	4	5	6
6	Defectiveness/Shame: Belief that one is defective, unlovable, bad, unwanted, inferior, inadequate and/or shameful. "There's something wrong with me, I'm fundamentally unacceptable, unlovable, have nothing to offer, and flawed."	1	2	3	4	5	6
7	Social Isolation/Alienation: Belief that one is socially isolated, different from others, and does not belong to any group or community. "I am always on the outside of groups looking in, and not fitting in."	1	2	3	4	5	6
8	Dependence/Incompetence: Belief that one is helpless and unable to cope with everyday responsibilities without significant help from others, leading to lack of autonomy and self-reliance. "I can't do everyday things; make everyday decisions, without significant help."	1	2	3	4	5	6
9	Expectation that a catastrophe is imminent, and one will be unable to prevent it. "The world is dangerous and I am too vulnerable to take a risk."	1	2	3	4	5	6



Client Name | Generic Client

Client Responses (cont.)

		Completely unrelated to me	Mostly unrelated to me	Slightly more relatable to me than not	Moderately relates to me	Mostly relates to me	Relates to me perfectly
10	Enmeshment/Underdeveloped Self (1 of 2): Tendency to be overly emotionally involved with one or more significant others, resulting in impaired social development, inner direction, and individuation. 1. Enmeshment - "I don't know how to be okay when my (parent/partner/child) is not okay, especially when I cause them to worry."	1	2	3	4	5	6
11	Enmeshment/Underdeveloped Self (2 of 2): Tendency to be overly emotionally involved with one or more significant others, resulting in impaired social development, inner direction, and individuation. 2. Underdeveloped Self - "I often feel that I don't know who I am".	1	2	3	4	5	6
12	Failure: Belief that one has failed or will fail in areas of achievement (school, sports, work, performance) as compared with their peers. "I am a failure, others always seem to be able to achieve more than I can."	1	2	3	4	5	6
13	Entitlement/Grandiosity: Belief that one is superior to others, should receive special treatment and should not be required to follow the same rules as others. "I am special and deserve special treatment accordingly the rules do not apply to me."	1	2	3	4	5	6
14	Insufficient Self-Control/Self-Discipline (1 of 2): Inability to appropriately restrain impulses and emotions; difficulty tolerating frustration and boredom to accomplish goals. 1. Insufficient Self-Control - "I can't control my behaviors and become excessive at times."	1	2	3	4	5	6
15	Insufficient Self-Control/Self-Discipline (2 of 2): Inability to appropriately restrain impulses and emotions; difficulty tolerating frustration and boredom to accomplish goals. 2. Self-Discipline - "I cannot tolerate frustration and tend to give up easily."	1	2	3	4	5	6
16	Subjugation: Surrender of control to others and suppression of one's own emotions and needs to avoid anger, retaliation, or abandonment. "It's just easier for me if I keep my mouth shut, keep my opinions, ideas, wishes, and feelings to myself; agree with others, and keep all my frustrations"	1	2	3	4	5	6
17	Self-Sacrifice: Hypersensitivity to emotional pain and suffering in others, and a tendency to take on responsibility for their needs and feelings at one's own expense. "I must sacrifice for others at all costs otherwise I would be a selfish person. I cannot tolerate the guilt I feel when putting"	1	2	3	4	5	6
18	Approval-Seeking/Recognition-Seeking: Excessive emphasis on gaining approval, recognition, or attention from others, resulting in an underdeveloped authentic sense of self. Often involves overemphasis on status, achievement, and money. "I need other people's approval or recognition to feel ok; my worth and value depend on it."	1	2	3	4	5	6
19	Negativity/Pessimism: Exaggerated expectation that things will go wrong, or of making mistakes leading to excessive worry. Focusing on the negative aspects of life and minimizing positives. "It's safer for me to expect the worst possible outcome in any situation...You never know."	1	2	3	4	5	6
20	Emotional Inhibition (1 of 2): Inhibiting spontaneous actions, feelings (especially anger), or communication to prevent being disapproved of, ridiculed, or losing control. "My emotions should always be suppressed or avoided". 1. Emotional Constriction - "Displaying my emotions is shameful, embarrassing, or shows weakness or bad character."	1	2	3	4	5	6
21	Emotional Inhibition: Inhibiting spontaneous actions, feelings (especially anger), or communication to prevent being disapproved of, ridiculed, or losing control. "My emotions should always be suppressed or avoided". 2. Fear of Losing Control - "Displaying emotions could be dangerous, I could even become volatile"	1	2	3	4	5	6
22	Unrelenting Standards/Hypercriticalness: Belief that whatever one does is not good enough, that one must strive to meet very high standards of performance, usually to prevent criticism; and/or excessive emphasis on status, power at expense of health and happiness. "I need to always try to be 100% in everything; second best is not good enough."	1	2	3	4	5	6
23	Punitiveness (1 of 2): Belief that people (self and others) should be severely punished for making mistakes or not meeting one's internalized expectations or standards. "People should always be punished for their mistakes or misgivings." 1. Self (This belief pertains to me)	1	2	3	4	5	6
24	Punitiveness: Belief that people (self and others) should be severely punished for making mistakes or not meeting one's internalized expectations or standards. "People should always be punished for their mistakes or misgivings." 2. Others (This belief pertains to others).	1	2	3	4	5	6