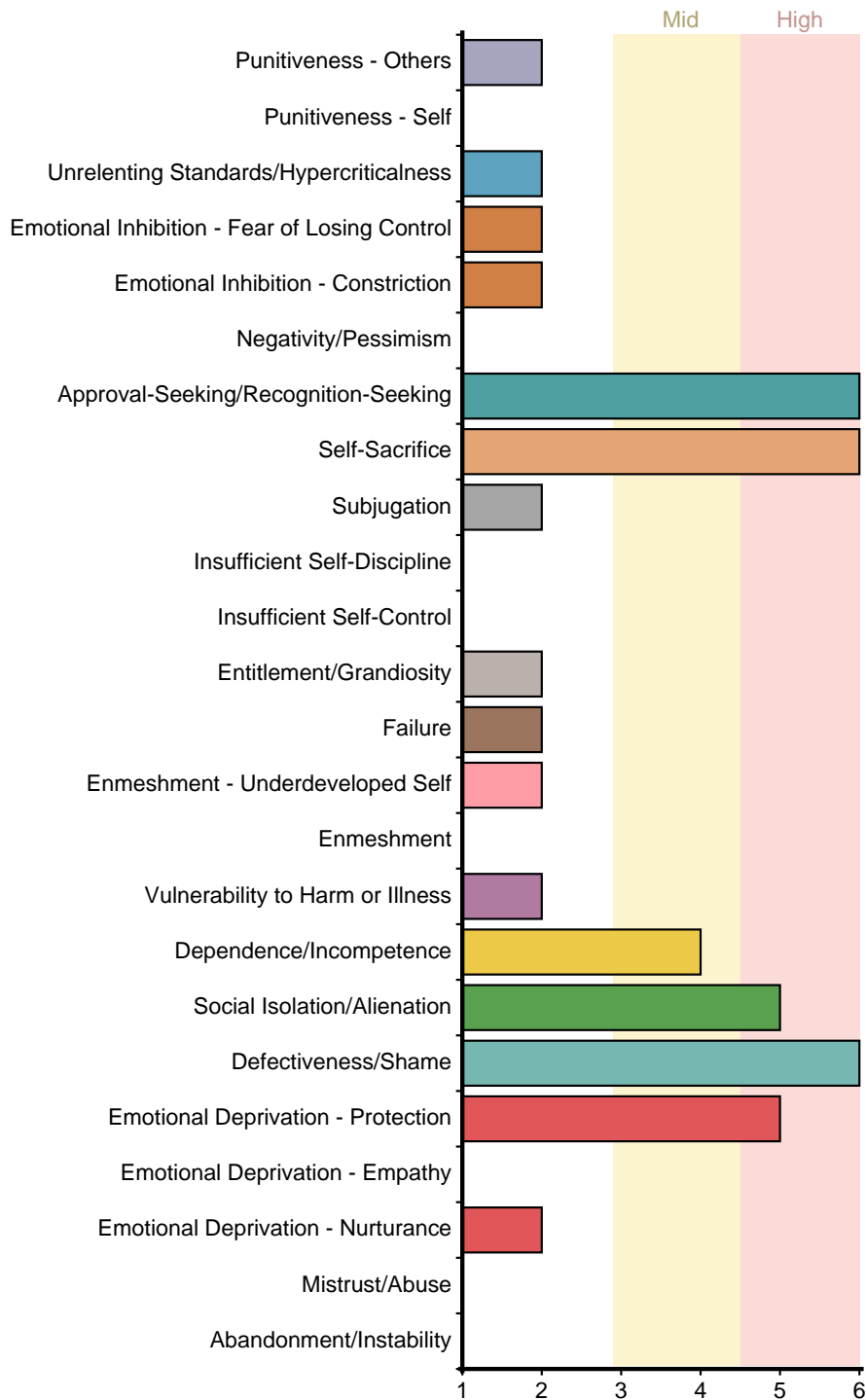




Brief Early Schema Questionnaire (BESQ)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	2 Sep 2024
<i>Date of birth (age)</i>	1 Jan 1999 (25)	<i>Time taken</i>	26s
<i>Assessor</i>	Dr Emerson Bartholomew		

Schema Scores





Client Name	Generic Client
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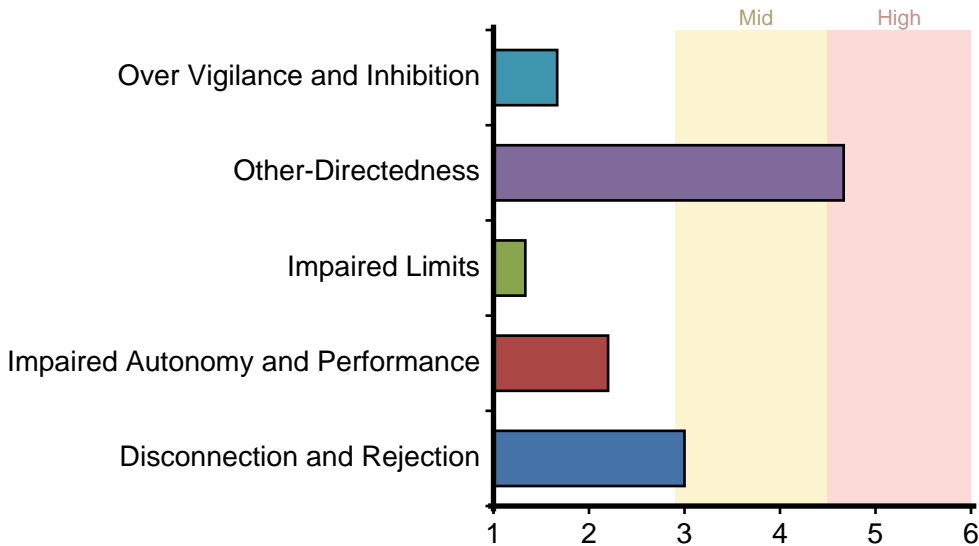
Schema

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



Client Name	Generic Client
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Unmet Need Scores



Unmet Need

	Average Score (1-6)	Descriptor
Disconnection and Rejection	3	Mid
Impaired Autonomy and Performance	2.2	Low
Impaired Limits	1.3	Low
Other-Directedness	4.7	Mid
Over Vigilance and Inhibition	1.7	Low

Interpretation

Based on the client's responses:

5 schema(s) scored in the High range, indicating clinically significant maladaptive schemas. 1 schema(s) scored in the Mid range, suggesting potentially problematic schemas that may require attention.

Schemas scoring in the High range:

- 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."



Client Name | Generic Client

Interpretation (cont.)

- **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."

- **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."

- **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."

- **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."

Schemas scoring in the Mid range:

- **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."

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.

Scores are also presented for the domain on unmet need. Unmet needs refer to a fundamental emotional need that was not adequately fulfilled during childhood or early development. These unmet needs are considered crucial for healthy psychological development and well-being.



Client Name | Generic Client

Scoring and Interpretation Information (cont.)

When these needs are not met, individuals may develop maladaptive schemas.

The unmet need and associated schemas are as follows:

- Disconnection and Rejection Domain --
 - Abandonment/Instability
 - Mistrust/Abuse
 - Emotional Deprivation: Nurturance
 - Emotional Deprivation: Empathy
 - Emotional Deprivation: Protection
 - Defectiveness/Shame
 - Social Isolation/Alienation

- Impaired Autonomy and Performance Domain --
 - Dependence/Incompetence
 - Vulnerability to Harm or Illness
 - Enmeshment
 - Enmeshment: Underdeveloped Self
 - Failure

- Impaired Limits Domain --
 - Entitlement/Grandiosity
 - Insufficient Self-Control
 - Insufficient Self-Discipline

- Other-Directedness --
 - Subjugation
 - Self-Sacrifice
 - Approval/Recognition Seeking

- Over Vigilance and Inhibition --
 - Negativity/Pessimism
 - Emotional Inhibition - Constriction
 - Emotional Inhibition - Fear of Losing Control
 - Unrelenting Standards
 - Punitiveness Self
 - Punitiveness Others

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	I expect that significant others will not be available to provide me with support, connection, strength, or protection. "People always leave me!". For me, the close supportive bonds established in childhood were either unstable, broken, or not consistently available. "It's just a matter of time and I will be alone again."	1	2	3	4	5	6
2	I expect that others will hurt, abuse, humiliate, lie to, cheat, steal from or manipulate me. "I can't trust people." And "People act nice to me because they want something from	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
3	I expect that I will not receive adequate emotional support or be understood by others. (A to C) (A) I feel an absence of attention, affection, warmth, and companionship. "No-one really cares."	1	2	3	4	5	6
4	(B) I feel an absence of understanding and awareness of my needs. "No-one really gets me, or is interested in knowing me."	1	2	3	4	5	6
5	(C) I feel an absence of direction, strength, and guidance. "When things are tough, I'm on my own."	1	2	3	4	5	6
6	I believe that I am defective, unlovable, bad, unwanted, inferior, inadequate, and shameful. "There's something wrong with me, I'm fundamentally unacceptable, unlovable, flawed, and have nothing to offer."	1	2	3	4	5	6
7	I believe that I am socially isolated, different from others, and do not belong to any group or community. "I am always on the outside of groups looking in, and not fitting"	1	2	3	4	5	6
8	I believe that I am helpless and unable to cope with everyday responsibilities without significant help from others, resulting in a lack of autonomy and self-reliance. "I can't do everyday things and make everyday decisions, without significant help."	1	2	3	4	5	6
9	I expect that a catastrophe is imminent, and I 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
10	I tend to be overly emotionally involved with one or more significant others, resulting in impaired social development, inner direction, and individuation. (A and B) (A) "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	(B) "I often feel that I don't know who I am".	1	2	3	4	5	6
12	I believe that I have failed or will fail in areas of achievement (school, sports, work, performance) as compared with my peers. "I am a failure, others always seem to be able to achieve more than I can."	1	2	3	4	5	6
13	I believe that I am superior to others, I should receive special treatment, and I should not be required to follow the same rules as others. "I am special and deserve special treatment—the rules do not apply to me."	1	2	3	4	5	6
14	(A and B) I cannot appropriately restrain my impulses and emotions. I also have difficulty tolerating frustration and boredom when trying to accomplish goals. (A) "I can't control my behaviors and become excessive at times."	1	2	3	4	5	6
15	(B) "I cannot tolerate frustration and tend to give up easily."	1	2	3	4	5	6
16	I surrender to the control of others and suppress my 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."	1	2	3	4	5	6
17	I feel hyper-sensitive to the emotional pain and suffering of others, and have a tendency to take on responsibility for their needs and feelings at my 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."	1	2	3	4	5	6
18	Gaining approval, recognition, or attention from others is highly important to me, and this has resulted in an underdeveloped authentic sense of self. I put a large emphasis on status, achievement, and money. "I need other people's approval or recognition to feel ok—my worth and value depend on"	1	2	3	4	5	6
19	I expect that things will go wrong, and I worry constantly about making mistakes. I tend to focus on the negative aspects of life and minimize the 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	I suppress any spontaneous actions, feelings (especially anger), or speech to prevent losing control, being disapproved of, or ridiculed. "My emotions should always be suppressed or avoided". (A and B) (A) "Displaying my emotions is shameful, embarrassing, and is a sign of weakness and bad character."	1	2	3	4	5	6
21	(B) "Displaying my emotions could be dangerous, I could even become volatile."	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
22	I believe that whatever I do is not good enough, I must strive to meet very high standards of performance, to prevent criticism. I put an excessive emphasis on status and power at the expense of my 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	I believe that people (self and others) should be severely punished for making mistakes or not meeting one's internalized expectations or standards. (A and B) A. "I should always be punished for my mistakes or misgivings."	1	2	3	4	5	6
24	(B) "Other people should always be punished for their mistakes or misgivings."	1	2	3	4	5	6