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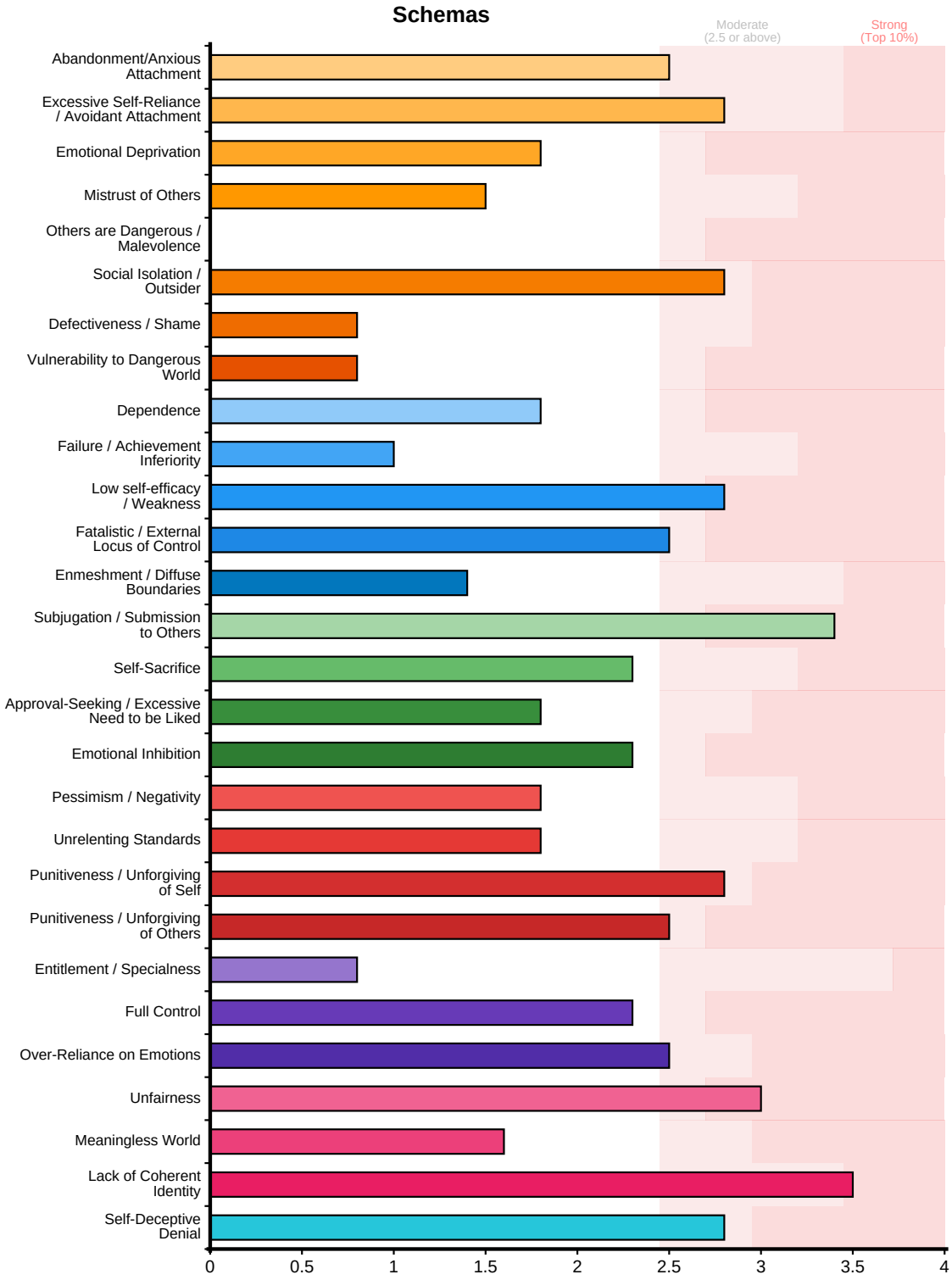
# Maladaptive Schema Scale (MSS-v1.3)

| | | | |
|---|---|---|---|
| *Client Name* | Generic Client | *Date administered* | 4 Sep 2024 |
| *Date of birth (age)* | 1 Jan 1999 (25) | *Time taken* | 2 min 21s |
| *Assessor* | Dr Emerson Bartholomew | | |



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| Client Name | Generic Client |
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## Schemas

| | Average Score (0-4) | Percent in Agreement | Belief |
|---|---|---|---|
| Abandonment / Anxious Attachment (Items 1-4) | 2.5 | 75 | 'People will leave me' |
| Excessive Self-Reliance / Avoidant Attachment (Items 5-8) | 2.8 | 50 | 'I can only rely on myself' |
| Emotional Deprivation (Items 9-12) | 1.8 | 25 | |
| Mistrust of Others (Items 13-16) | 1.5 | 25 | |
| Others are Dangerous / Malevolence (Items 17-20) | 0 | | |
| Social Isolation / Outsider (Items 21-24) | 2.8 | 75 | 'I am different and don't belong' |
| Defectiveness / Shame (Items 25-28) | 0.8 | | |
| Vulnerability to Dangerous World (Items 29-32) | 0.8 | | |
| Dependence (Items 33-36) | 1.8 | 50 | |
| Failure / Achievement Inferiority (Items 37-40) | 1 | 25 | |
| Low Self-Efficacy / Weakness (Items 41-44) | 2.8 | 50 | 'I am weak and inept' |
| Fatalistic / External Locus of Control (Items 45-48) | 2.5 | 75 | 'Fate is in charge, so why bother?' |
| Enmeshment / Diffuse Boundaries (Items 49-53 & 121-122) | 1.4 | 14 | |
| Subjugation / Submission to Others (Items 54-58) | 3.4 | 100 | 'Others know better than me' |
| Self-Sacrifice (Items 59-62) | 2.3 | 50 | |
| Approval-Seeking / Excessive Need to be Liked (Items 63-66) | 1.8 | 25 | |
| Emotional Inhibition (Items 71-74) | 2.3 | 50 | |
| Pessimism / Negativity (Items 67-70) | 1.8 | 25 | |
| Unrelenting Standards (Items 75-78) | 1.8 | 25 | |
| Punitiveness / Unforgiving of Self (Items 79-82) | 2.8 | 75 | 'I should be punished for my mistakes' |
| Punitiveness / Unforgiving of Others (Items 83-86) | 2.5 | 50 | 'Others should be punished for their mistakes' |
| Entitlement / Specialness (Items 87-92 & 123-125) | 0.8 | | |
| Full Control (Items 97-100) | 2.3 | 25 | |
| Over-Reliance on Emotions (Items 115-120) | 2.5 | 50 | 'If I feel it, it must be true' |
| Unfairness (Items 93-96) | 3 | 75 | 'I am not treated fairly' |
| Meaningless World (Items 101-105) | 1.6 | 20 | |
| Lack of Coherent Identity (Items 106-109) | 3.5 | 75 | 'I don't know who I am' |
| Self-Deceptive Denial (Items 110-114) | 2.8 | 80 | 'Self-reflection is not necessary' |

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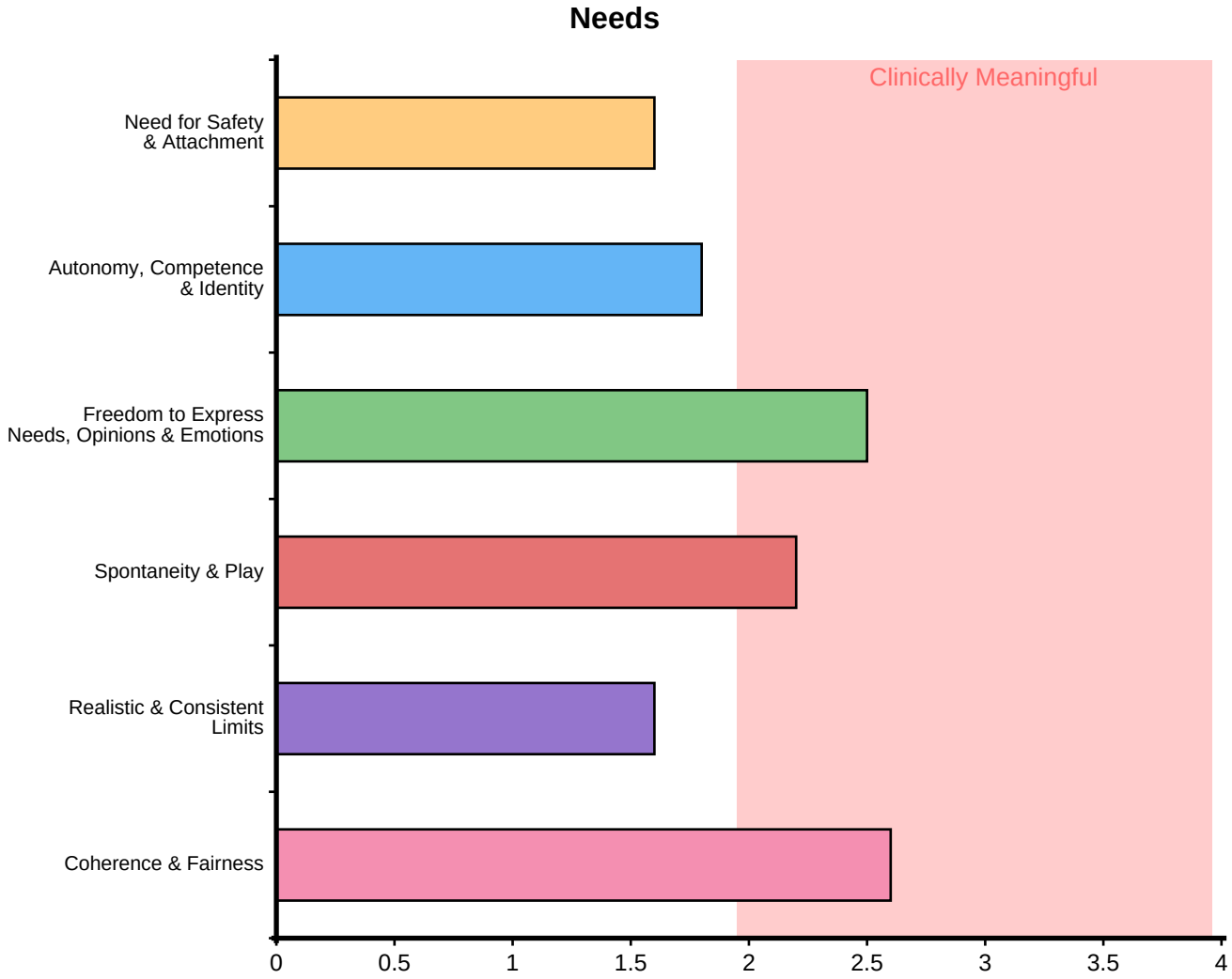


## Needs

| | Average Score (0-4) | Indication |
|---|---|---|
| Safety & Attachment (Items 1-32) | 1.6 | |
| Autonomy, Competence & Identity (Items 33-53 & 121-122) | 1.8 | |
| Freedom to Express Needs, Opinions & Emotions (Items 54-66 & 71-74) | 2.5 | Disrupted need |
| Spontaneity & Play (Items 67-70 & 75-86) | 2.2 | Disrupted need |
| Realistic & Consistent Limits (Items 87-92, 97-100, 115-120, & 123-125) | 1.6 | |
| Coherence & Fairness (Items 93-96 & 101-109) | 2.6 | Disrupted need |

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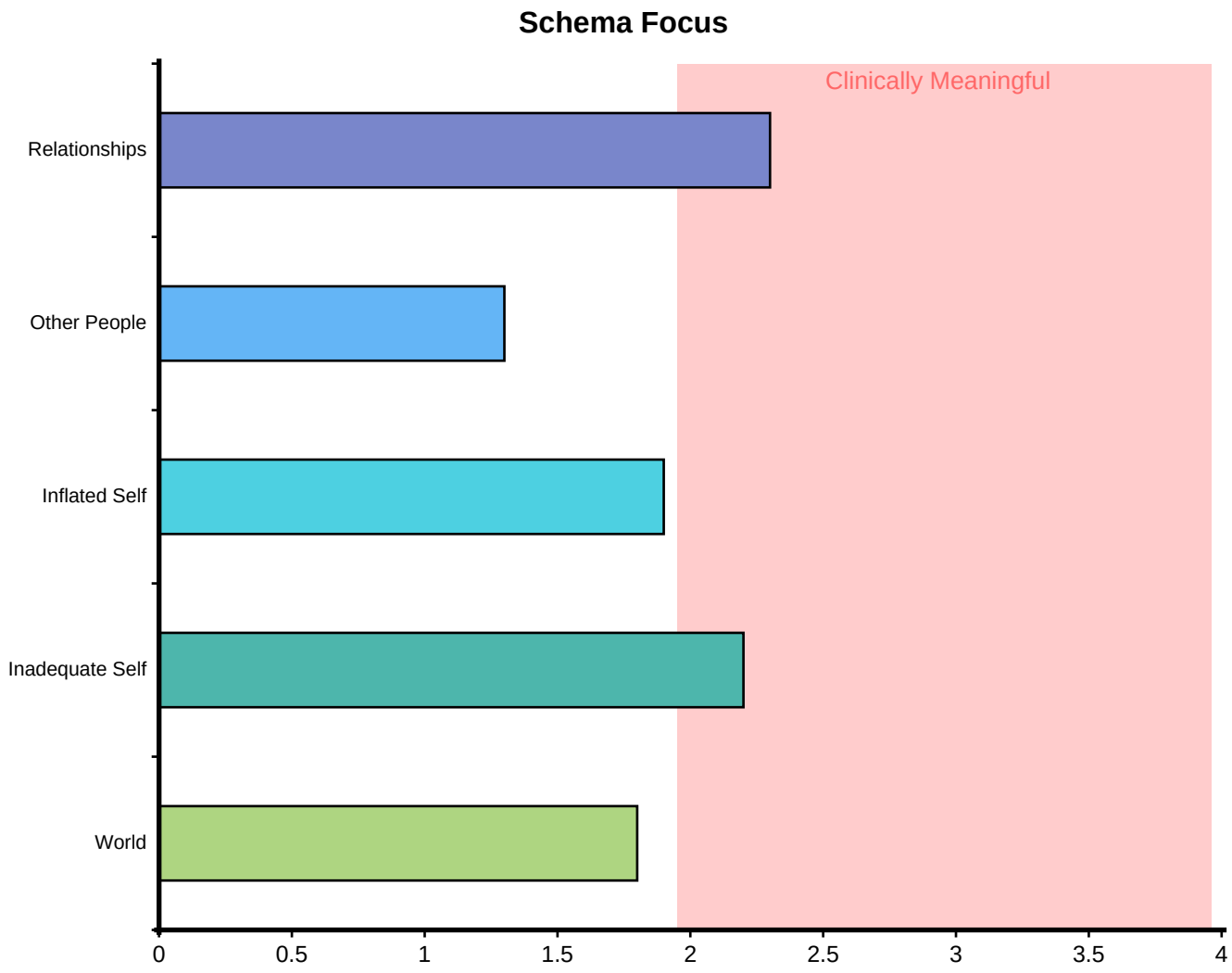


## Interpretation

The client's responses indicate disrupted early childhood needs for: 'Coherence & Fairness', 'Freedom to Express Needs, Opinions & Emotions' and 'Spontaneity & Play'.

The client scored the highest in the 'Lack of Coherent Identity', 'Subjugation / Submission to Others', 'Unfairness' and 'Low Self-Efficacy / Weakness' Schemas.

**Lack of Coherent Identity**:
This schema relates to an individual's internal experience of uncertainty, confusion, or inconsistency in their sense of self. People with this schema may have inconsistency in self-perception and frequently change views about themselves. They are often unsure of their preferences and beliefs and have difficulty knowing what they truly like, believe in, or value, leading to confusion or a sense of emptiness. Given this unclear sense of identity, they may

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## Interpretation (cont.)

experience challenges in making decisions about future goals. Some people may experience dissociative symptoms such as a sense of alienation from one's thoughts, feelings, or actions or a sense of self which is non-coherent and diffuse.

*Examples of what maintains the schema:*
- Individuals may actively avoid reflecting on their values, preferences and beliefs, which can perpetuate the sense of not knowing who they are. By avoiding introspection, they may remain in a state of uncertainty and confusion about their identity.
- Some individuals may engage in self-destructive behaviours as a way to cope. This can include substance use or risky behaviours, which serve as temporary distractions from feelings of emptiness or confusion but a subsequent sense of incoherence when they are in a different emotional state.
- Conversely, others may engage in identity exploration without limits or guidance, which can exacerbate feelings of confusion.

*Examples of beliefs, assumptions or reactions related to the schema:*
- My view of myself changes frequently. (Strongly Agreed)
- I feel detached from myself. (Strongly Agreed)
- I don’t know what my personal interests and beliefs truly are. (Strongly Agreed)

*Possible origins of this schema:*
- Experiences of childhood trauma, abuse or pain may lead a child to dissociate as a form of psychological escape from reality.
- In the absence of nurturing and attention, children may struggle to develop a stable, coherent sense of self.
- The unexpected loss of a close family member or significant disruption to family circumstances can impact identity formation.
- A lack of reliable attachment can cause difficulties in the development of a coherent sense of self, as the child may continually adjust their behaviours and perceptions to align with their caregivers' unpredictable responses.
- Gaslighting, where an influential person uses manipulation to distort the person’s perception of reality.
- Opposing cultural expectations.
- Lack of external scaffolding such as role models.

**Subjugation / Submission to Others**:
A belief in the superiority of the judgement of others central to this schema fosters a deferential attitude where authority is rarely questioned. People with this schema rely on external guidance rather than personal insight or preference and tend to comply with instructions or norms without tuning into one's own needs or values. They often believe that conforming to the expectations and decisions of others is more important than exercising their own autonomy, and have difficulty communicating assertively. There is sometimes a build-up of resentment, anger or sadness that is rarely expressed. People with this schema may find it difficult to maintain boundaries in relationships and can find themselves in situations where others overly control them, further reinforcing the schema.

*Examples of what maintains the schema:*
- People with this schema may reenact the experience of subjugation, having relationships with domineering, strong partners who reinforce the importance of submission.
- People with this schema tend towards passivity and avoid situations that involve identifying and

| Client Name | Generic Client |
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## Interpretation (cont.)

asserting their needs, opinions, and preferences. This limits the development of self-awareness and skills, as well as limiting opportunities to disconfirm the schema.
- People with this schema may behave in overly compliant ways, prioritising others over themselves, and therefore reinforcing the power imbalance in relationships.

*Examples of beliefs, assumptions or reactions related to the schema:*
- I feel like I have to let others take control in relationships. (Strongly Agreed)
- I should always do as I'm told. (Strongly Agreed)
- If I was to do what I wanted, something bad might happen. (Agreed)

*Possible origins of this schema:*
- This schema is sometimes caused by authoritarian parenting.
- Punishment of childhood self-expression or differences of opinion.
- The child was dominated or invalidated whenever they expressed feelings or needs.
- The child was not allowed to make their own decisions.
- A parental tendency towards volatility or unpredictable punishment.
- Caregiving in which approval and love were contingent on submission to authority.
- Observing a caregiver consistently subjugating themselves to others as a survival strategy in relationships.

**Unfairness**:
Individuals with this schema often feel that they are the victims of unfairness, leading to persistent feelings of indignation, anger, or powerlessness. The schema includes a sense of injustice and imbalance in the world and society and a perception that societal structures fail to protect from, correct, or address unfair behaviours. People with this schema are typically hypersensitive to perceived injustices. To cope with the perceived unfairness, they may blame others or become overly passive.

*Examples of what maintains the schema:*
- Individuals may selectively focus on instances where they perceive themselves as being mistreated while disregarding or minimising instances of fair treatment. This confirmation bias reinforces their belief in unfairness.
- Feeling overwhelmed by the perceived unfairness, individuals may withdraw from social interactions or avoid situations where they anticipate further unfair treatment. This avoidance limits opportunities for alternative experiences that would disconfirm their expectation of inevitable unfairness.
- When faced with perceived unfair treatment, individuals may respond with hostility, escalating conflicts and reinforcing their belief in unfairness. The hypersensitivity to perceived injustices can lead individuals to misinterpret neutral interactions or events as unfair.

*Examples of beliefs, assumptions or reactions related to the schema:*
- Good things happen to other people but not to me. (Strongly Agreed)
- I commonly receive bad outcomes that I don't deserve. (Agreed)
- I am often treated unfairly. (Agreed)

*Possible origins of this schema:*
- This schema may be caused by growing up in an environment where caregivers were inconsistent with their affection, rules or punishments.
- Children who experience arbitrary punishments or witness siblings or others being treated more favourably may develop beliefs about life being inherently unfair.

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## Interpretation (cont.)

- Experiences of bullying, social exclusion or discrimination.
- Trauma or abuse, particularly if the abuse was not adequately acknowledged or addressed.
- Experiences of institutional injustice.
- Caregivers who overprotect their children from unfairness or solve all their problems for them can inadvertently promote this schema when the child enters the 'real world' and experiences unfairness.

**Low Self-Efficacy / Weakness**:
Central to this schema is a pervasive doubt in one's ability to successfully handle challenges or solve problems. This schema is characterised by feelings of inadequacy and helplessness, hesitation to engage with challenges, and the sense that tasks are insurmountable and unlikely to be completed. This perception affects the confidence and willingness to take on new challenges, often leading to avoidance behaviours and a self-perception of helplessness or incompetence. People with this schema may view themselves as fragile, easily overwhelmed or incapacitated by stress or difficulties.

*Examples of what maintains the schema:*
- Individuals with low self-efficacy may avoid challenging tasks, thereby missing opportunities to gain skills and experience, which could otherwise improve their self-efficacy.
- People may procrastinate or delay engaging with challenging tasks, leading to stress and under-performance. This aversive outcome reinforces the accuracy of the low self-efficacy schema.

*Examples of beliefs, assumptions or reactions related to the schema:*
- Most problems are too hard for me to deal with. (Strongly Agreed)
- I can rarely come up with solutions to my own problems. (Strongly Agreed)
- If a task is difficult, I'm unlikely to be able to accomplish it. (Neutral)

*Possible origins of this schema:*
- Overprotective parenting that prevents a child from facing challenges and learning from failures can inadvertently send the message that the child is not capable of handling difficulties on their own.
- Growing up with caregivers who are overly critical or who frequently dismiss the child's abilities can lead to internalised feelings of inadequacy and incompetence.
- Not receiving positive reinforcement or encouragement when trying new things.
- Repeated experiences of failures or setbacks in earlier life can contribute to a feeling of incompetence.
- Experiences of bullying, especially if frequent and unaddressed, can damage self-esteem and foster feelings of weakness and ineptitude.
- Being unfavourably compared to siblings or peers, particularly in visible and valued domains like academics or sports, can also lead to a persistent sense of inadequacy.

## Scoring and Interpretation Information

Scores for the 28 subscales are presented as an average score, where the number represents the level of agreement with the schema, as defined by the Likert scale:

Strongly Disagree = 0
Disagree = 1

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## Scoring and Interpretation Information (cont.)

Neutral = 2
Agree = 3
Strongly Agree = 4

Higher scores are indicative of stronger agreement with maladaptive schemas, and are associated with psychopathology and more dysfunctional relational, emotional or personal functioning.

A schema is considered to be moderate when an average score is 2.5 or more, while the schema is considered to be strong and of clinical significance when higher than the 90th percentile. Scores on the 90th percentile or higher indicate that the respondent scored in the top 10% compared with other patients receiving mental health care. The 90th percentile threshold varies across schemas between an average score of 2.75 (e.g dependence) to 3.75 (e.g. entitlement). A higher threshold for "strong" indicates that there is a higher prevalence of a "moderate" schema among mental health clients.

A strong schema represents broad agreement with the schemas that are of theoretical importance to schema therapy in addition to a score that deviates from typical patterns of responding.

Scores are also presented as the percentage of responses where the client “Agreed” or “Strongly Agreed” with the items in the subscale, producing a “Percent in Agreement” metric.

In addition, scores are presented for each of the six early childhood needs. High scores on a need cluster strongly suggest that the cause of the schema is rooted in early childhood experiences. Scores of 2 or above are considered strong and are suggestive of a childhood need that was chronically disrupted.

-- Need for Safety & Attachment --
- Abandonment / Anxious Attachment (Items 1-4)
- Excessive Self-Reliance / Avoidant Attachment (Items 5-8)
- Emotional Deprivation (Items 9-12)
- Mistrust of Others (Items 13-16)
- Others are Dangerous / Malevolent (Items 17-20)
- Social Isolation / Outsider (Items 21-24)
- Defectiveness / Shame (Items 25-28)
- Vulnerability to Dangerous World (Items 29-32)

-- Autonomy & Competence --
- Dependence (Items 33-36)
- Failure / Achievement Inferiority (Items 37-40)
- Low self-efficacy / Weakness (Items 41-44)
- Fatalistic / External Locus of Control (Items 45-48)
- Enmeshment / Diffuse Boundaries (items 49-53 & 121-122)

-- Freedom to Express Needs, Opinions & Emotions --
- Subjugation / Submission to Others (Items 54-58)
- Self-Sacrifice (Items 59-62)
- Approval-Seeking / Excessive Need to be Liked (Items 63-66)
- Emotional Inhibition (Items 71-74)

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## Scoring and Interpretation Information (cont.)

-- Spontaneity & Play --
- Pessimism / Negativity (Items 67-70)
- Unrelenting Standards (Items 75-78)
- Punitiveness / Unforgiving of Self (Items 79-82)
- Punitiveness / Unforgiving of Others (Items 83-86)

-- Realistic & Consistent Limits --
- Entitlement / Specialness (Items 87-92 & 123-125)
- Full Control (Items 97-100)
- Over Reliance on Emotions (Items 115-120)

-- Coherence & Fairness --
- Unfairness (Items 93-96)
- Meaningless World (Items 101-105)
- Lack of Coherent Identity (Items 106-109)

Scores on the “Self-Deceptive Denial” scale (items 110-114) are of particular note as high scores are an indication of biased responding throughout the assessment. Self-deceptive denial refers to a psychological defence mechanism where an individual unconsciously refuses to acknowledge realities that are too painful or difficult to accept. This form of denial is considered "self-deceptive" because respondents may not be consciously aware of this pattern. Scorers in the "strong" range on self-deceptive denial are likely to score low on many of the other schema domains, even if they were important organising principles for that individual.

In addition, high levels of self-deceptive denial may indicate the client’s coping mechanism is to overcompensate / invert. Overcompensation involves behaving in a way that is directly opposed to the content of the schema. This coping style is essentially an attempt to prove that the belief is not true, and is associated with the "Self-aggrandiser" schema mode.

Schemas are also categorised into five focal points. These categories help clinicians discern the focus of schemas and identify patterns of internalising and externalising.

-- World --
- Vulnerability to Dangerous World
- Meaningless World
- Pessimism / Negativity
- Unfairness

-- Inadequate Self --
- Defectiveness / Shame
- Low self-efficacy / Weakness
- Fatalistic / External Locus of Control
- Emotional Inhibition
- Unrelenting Standards
- Punitiveness / Unforgiving of Self
- Lack of Coherent Identity
- Failure / Achievement Inferiority

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## Scoring and Interpretation Information (cont.)

-- Inflated Self --
- Entitlement / Specialness
- Full Control
- Self-Deceptive Denial
- Over Reliance on Emotions

-- Other People --
- Others are Dangerous / Malevolent
- Mistrust of Others
- Punitiveness / Unforgiving of Others

-- Relationships --
- Social Isolation / Outsider
- Abandonment / Anxious Attachment
- Excessive Self-Reliance / Avoidant Attachment
- Dependence - Enmeshment / Diffuse Boundaries
- Subjugation / Submission to Others
- Self-Sacrifice
- Approval-Seeking / Excessive Need to be Liked

## Client Responses

| | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|---|---|---|---|---|---|---|
| 1 | I fear that my important relationships will end unexpectedly. | 0 | 1 | 2 | 3 | 4 |
| 2 | I worry that people I love can't be there for me in a committed way. | 0 | 1 | 2 | 3 | 4 |
| 3 | I feel confident that other people will be there for me when I need them. | 4 | 3 | 2 | 1 | 0 |
| 4 | I worry about losing people that I rely on. | 0 | 1 | 2 | 3 | 4 |
| 5 | I always depend on myself and never on other people. | 0 | 1 | 2 | 3 | 4 |
| 6 | I feel uneasy when people get too close. | 0 | 1 | 2 | 3 | 4 |
| 7 | I feel extremely uncomfortable depending on other people. | 0 | 1 | 2 | 3 | 4 |
| 8 | The last thing I want to do is bother people with my problems. | 0 | 1 | 2 | 3 | 4 |
| 9 | I have others I can depend on for advice and emotional support. | 4 | 3 | 2 | 1 | 0 |

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## Client Responses (cont.)

| | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|---|---|---|---|---|---|---|
| 10 | If I was in trouble, I wouldn't know who to call. | 0 | 1 | 2 | **3** | 4 |
| 11 | Other people don't care about my emotional needs. | 0 | **1** | 2 | 3 | 4 |
| 12 | I feel unsupported by others, so I wouldn't share my emotions. | 0 | **1** | 2 | 3 | 4 |
| 13 | People usually conceal their real intentions. | 0 | **1** | 2 | 3 | 4 |
| 14 | I don't trust people. | 0 | **1** | 2 | 3 | 4 |
| 15 | I don't believe what people say at face value. | **0** | 1 | 2 | 3 | 4 |
| 16 | People usually tell the truth. | **4** | 3 | 2 | 1 | 0 |
| 17 | Many people are selfish and unkind. | **0** | 1 | 2 | 3 | 4 |
| 18 | People rarely care about the wellbeing of others. | **0** | 1 | 2 | 3 | 4 |
| 19 | Violence is a major part of human nature. | **0** | 1 | 2 | 3 | 4 |
| 20 | At their core, many people are bad. | **0** | 1 | 2 | 3 | 4 |
| 21 | I'm inherently different from everyone else. | 0 | 1 | 2 | **3** | 4 |
| 22 | I haven't met anyone that thinks like me. | 0 | 1 | 2 | **3** | 4 |
| 23 | I am typically accepted by people. | 4 | 3 | **2** | 1 | 0 |
| 24 | I am an outsider. | 0 | 1 | 2 | **3** | 4 |
| 25 | If people knew the real me, they wouldn't like me. | 0 | 1 | **2** | 3 | 4 |
| 26 | I am inherently defective. | **0** | 1 | 2 | 3 | 4 |
| 27 | My flaws make me unlovable. | **0** | 1 | 2 | 3 | 4 |
| 28 | I have reasons to be ashamed of myself and my character. | 0 | **1** | 2 | 3 | 4 |

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## Client Responses (cont.)

| | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|---|---|---|---|---|---|---|
| 29 | I'm afraid of venturing too far because there are so many bad things happening. | **0** | 1 | 2 | 3 | 4 |
| 30 | The world is safe for me. | 4 | 3 | **2** | 1 | 0 |
| 31 | The world is a dangerous and unforgiving place, and I worry it will spiral into catastrophe. | 0 | **1** | 2 | 3 | 4 |
| 32 | The world is a bad place and will harm me. | **0** | 1 | 2 | 3 | 4 |
| 33 | I cannot take care of myself, so I need others to take care of me. | 0 | **1** | 2 | 3 | 4 |
| 34 | I feel incapable of managing daily tasks without help from others. | 0 | 1 | 2 | **3** | 4 |
| 35 | I often worry about making decisions on my own and prefer someone else to make them for me. | 0 | 1 | 2 | **3** | 4 |
| 36 | I feel confident making decisions on my own. | 4 | 3 | 2 | 1 | **0** |
| 37 | Most other people have achieved more than me. | 0 | 1 | 2 | **3** | 4 |
| 38 | I feel proud of my accomplishments. | 4 | 3 | 2 | 1 | **0** |
| 39 | I feel inferior when I think of the accomplishments of others. | 4 | 3 | 2 | **1** | 0 |
| 40 | I compare my achievements with others and feel that I am not as successful. | **0** | 1 | 2 | 3 | 4 |
| 41 | If a task is difficult, I'm unlikely to be able to accomplish it. | 0 | 1 | **2** | 3 | 4 |
| 42 | I can rarely come up with solutions to my own problems. | 0 | 1 | 2 | 3 | **4** |
| 43 | I can handle anything that comes my way. | 4 | 3 | 2 | **1** | 0 |
| 44 | Most problems are too hard for me to deal with. | 0 | 1 | 2 | 3 | **4** |
| 45 | The course of our lives are largely determined by chance; we have very little influence. | 0 | 1 | 2 | **3** | 4 |
| 46 | No matter what I do, the outcomes of events are outside my control. | 0 | 1 | 2 | **3** | 4 |
| 47 | There is no point trying to influence the future, because outside forces have more influence. | 0 | **1** | 2 | 3 | 4 |

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## Client Responses (cont.)

| | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|---|---|---|---|---|---|---|
| 48 | I am in control of my future. | 4 | 3 | 2 | 1 | 0 |
| 49 | I am responsible for the emotions of the person I am closest to. | 0 | 1 | 2 | 3 | 4 |
| 50 | I would feel guilty keeping secrets from the people closest to me. | 0 | 1 | 2 | 3 | 4 |
| 51 | I feel guilty if I don't keep in contact regularly with people closest to me, when we are apart. | 0 | 1 | 2 | 3 | 4 |
| 52 | With those closest to me, I don't know where my needs and emotions end and where theirs begin. | 0 | 1 | 2 | 3 | 4 |
| 53 | I am so close to someone it feels like I have merged with them. | 0 | 1 | 2 | 3 | 4 |
| 54 | Other people know better than I do. | 0 | 1 | 2 | 3 | 4 |
| 55 | I should always do as I'm told. | 0 | 1 | 2 | 3 | 4 |
| 56 | Other people know what is best for me. | 0 | 1 | 2 | 3 | 4 |
| 57 | I feel like I have to let others take control in relationships. | 0 | 1 | 2 | 3 | 4 |
| 58 | If I was to do what I wanted, something bad might happen. | 0 | 1 | 2 | 3 | 4 |
| 59 | I always prioritise others no matter what's going on for me. | 0 | 1 | 2 | 3 | 4 |
| 60 | I believe it is my duty to listen to other people's problems. | 0 | 1 | 2 | 3 | 4 |
| 61 | My needs are as important as other people's needs. | 4 | 3 | 2 | 1 | 0 |
| 62 | No matter how much I give to others, I can never give enough. | 0 | 1 | 2 | 3 | 4 |
| 63 | Gaining the approval of others is often more important to me than following my own desires. | 0 | 1 | 2 | 3 | 4 |
| 64 | I want people to like me, so I would tend to agree with people even if I know they are factually wrong. | 0 | 1 | 2 | 3 | 4 |
| 65 | Even if I don't like someone, I still strongly desire for them to like me. | 0 | 1 | 2 | 3 | 4 |
| 66 | I find it hard to make a decision unless I know what other people think. | 0 | 1 | 2 | 3 | 4 |

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## Client Responses (cont.)

| | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|---|---|---|---|---|---|---|
| 67 | Things almost always go wrong for me. | **0** | 1 | 2 | 3 | 4 |
| 68 | In uncertain times, I usually expect the best. | **4** | 3 | 2 | 1 | 0 |
| 69 | Things inevitably don't go my way, so I prefer to expect the worst to avoid disappointment. | 0 | **1** | 2 | 3 | 4 |
| 70 | I am pessimistic about the future. | 0 | 1 | **2** | 3 | 4 |
| 71 | Tuning into my emotions is helpful. | 4 | **3** | 2 | 1 | 0 |
| 72 | My emotions do more harm than good. | 0 | **1** | 2 | 3 | 4 |
| 73 | Emotions are not useful, so I need to ignore them. | 0 | 1 | **2** | 3 | 4 |
| 74 | It is dangerous to feel emotions too strongly. | 0 | 1 | 2 | **3** | 4 |
| 75 | If I make a mistake, I can let it go easily. | 4 | 3 | 2 | **1** | 0 |
| 76 | Achieving high standards is more important than my own happiness. | 0 | 1 | **2** | 3 | 4 |
| 77 | I should always perform at an extremely high level. | 0 | 1 | 2 | **3** | 4 |
| 78 | It is ok for me not to be a high performer. | 4 | 3 | 2 | **1** | 0 |
| 79 | I try to be compassionate and understanding to myself when I make a mistake. | 4 | 3 | 2 | 1 | **0** |
| 80 | If something goes wrong, I shouldn't get away with it. | 0 | 1 | 2 | 3 | **4** |
| 81 | If I fail, I should suffer the consequences. | 0 | 1 | 2 | 3 | **4** |
| 82 | It doesn't matter how small a mistake I make is, I deserve to be punished for it. | 0 | 1 | 2 | **3** | 4 |
| 83 | I try to be compassionate and understanding to others when they make a mistake. | 4 | 3 | 2 | **1** | 0 |
| 84 | People should be held to account for their failings. | 0 | 1 | 2 | 3 | **4** |
| 85 | If someone fails, they should face the consequences. | 0 | 1 | 2 | **3** | 4 |

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|---|---|

## Client Responses (cont.)

| | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|---|---|---|---|---|---|---|
| 86 | People deserve to be disciplined for their mistakes. | 0 | 1 | 2 | 3 | 4 |
| 87 | I am a special or important person. | 0 | 1 | 2 | 3 | 4 |
| 88 | When I ask someone for something they should agree to it. | 0 | 1 | 2 | 3 | 4 |
| 89 | I am above the usual rules that others follow. | 0 | 1 | 2 | 3 | 4 |
| 90 | People should listen to me because of who I am. | 0 | 1 | 2 | 3 | 4 |
| 91 | If people just listened to me, the world would be a better place. | 0 | 1 | 2 | 3 | 4 |
| 92 | Other people should appreciate how unique I am. | 0 | 1 | 2 | 3 | 4 |
| 93 | There is no justice in society. | 0 | 1 | 2 | 3 | 4 |
| 94 | I am often treated unfairly. | 0 | 1 | 2 | 3 | 4 |
| 95 | I commonly receive bad outcomes that I don't deserve. | 0 | 1 | 2 | 3 | 4 |
| 96 | Good things happen to other people but not to me. | 0 | 1 | 2 | 3 | 4 |
| 97 | I am in complete control of my future. | 0 | 1 | 2 | 3 | 4 |
| 98 | There are limits to what I can do. | 4 | 3 | 2 | 1 | 0 |
| 99 | If I exert enough willpower, I can change anything. | 0 | 1 | 2 | 3 | 4 |
| 100 | I always maintain control so nothing is left up to chance. | 0 | 1 | 2 | 3 | 4 |
| 101 | I have no purpose in the world. | 0 | 1 | 2 | 3 | 4 |
| 102 | It is pointless to search for life's meaning or purpose. | 0 | 1 | 2 | 3 | 4 |
| 103 | Everything I do will always be fundamentally meaningless. | 0 | 1 | 2 | 3 | 4 |
| 104 | Humans lead pointless lives. | 0 | 1 | 2 | 3 | 4 |

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| Client Name | Generic Client |
|---|---|

## Client Responses (cont.)

| | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|---|---|---|---|---|---|---|
| 105 | To search for a purpose in life is a worthwhile goal. | 4 | 3 | 2 | 1 | 0 |
| 106 | I struggle to maintain a consistent sense of who I am. | 0 | 1 | 2 | 3 | 4 |
| 107 | I don't know what my personal interests and beliefs truly are. | 0 | 1 | 2 | 3 | 4 |
| 108 | I feel detached from myself. | 0 | 1 | 2 | 3 | 4 |
| 109 | My view of myself changes frequently. | 0 | 1 | 2 | 3 | 4 |
| 110 | Other people have more flaws than I do. | 0 | 1 | 2 | 3 | 4 |
| 111 | I look at myself objectively. | 0 | 1 | 2 | 3 | 4 |
| 112 | I have experienced jealousy at others' good fortune. | 4 | 3 | 2 | 1 | 0 |
| 113 | I am always a good listener. | 0 | 1 | 2 | 3 | 4 |
| 114 | I have done things before that I am ashamed of. | 4 | 3 | 2 | 1 | 0 |
| 115 | If I feel a strong emotion about a matter I'm more likely to be correct about it. | 0 | 1 | 2 | 3 | 4 |
| 116 | When my head says one thing and my heart says another, I listen to my heart. | 0 | 1 | 2 | 3 | 4 |
| 117 | My feelings are a reliable way to make decisions. | 0 | 1 | 2 | 3 | 4 |
| 118 | My emotional reactions are accurate reflections of reality. | 0 | 1 | 2 | 3 | 4 |
| 119 | When I face a problem I prefer to use my intuition rather than thinking. | 0 | 1 | 2 | 3 | 4 |
| 120 | My emotions mislead me. | 4 | 3 | 2 | 1 | 0 |
| 121 | The needs of the person closest to me consume me. | 4 | 3 | 2 | 1 | 0 |
| 122 | I don't have privacy from the people closest to me. | 0 | 1 | 2 | 3 | 4 |
| 123 | I deserve special privileges. | 0 | 1 | 2 | 3 | 4 |

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| Client Name | Generic Client |
|---|---|

## Client Responses (cont.)

| | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|---|---|---|---|---|---|---|
| 124 | I hate it when people think they know better than me. | **0** | **1** | **2** | **3** | **4** |
| 125 | I am superior to others. | **0** | **1** | **2** | **3** | **4** |