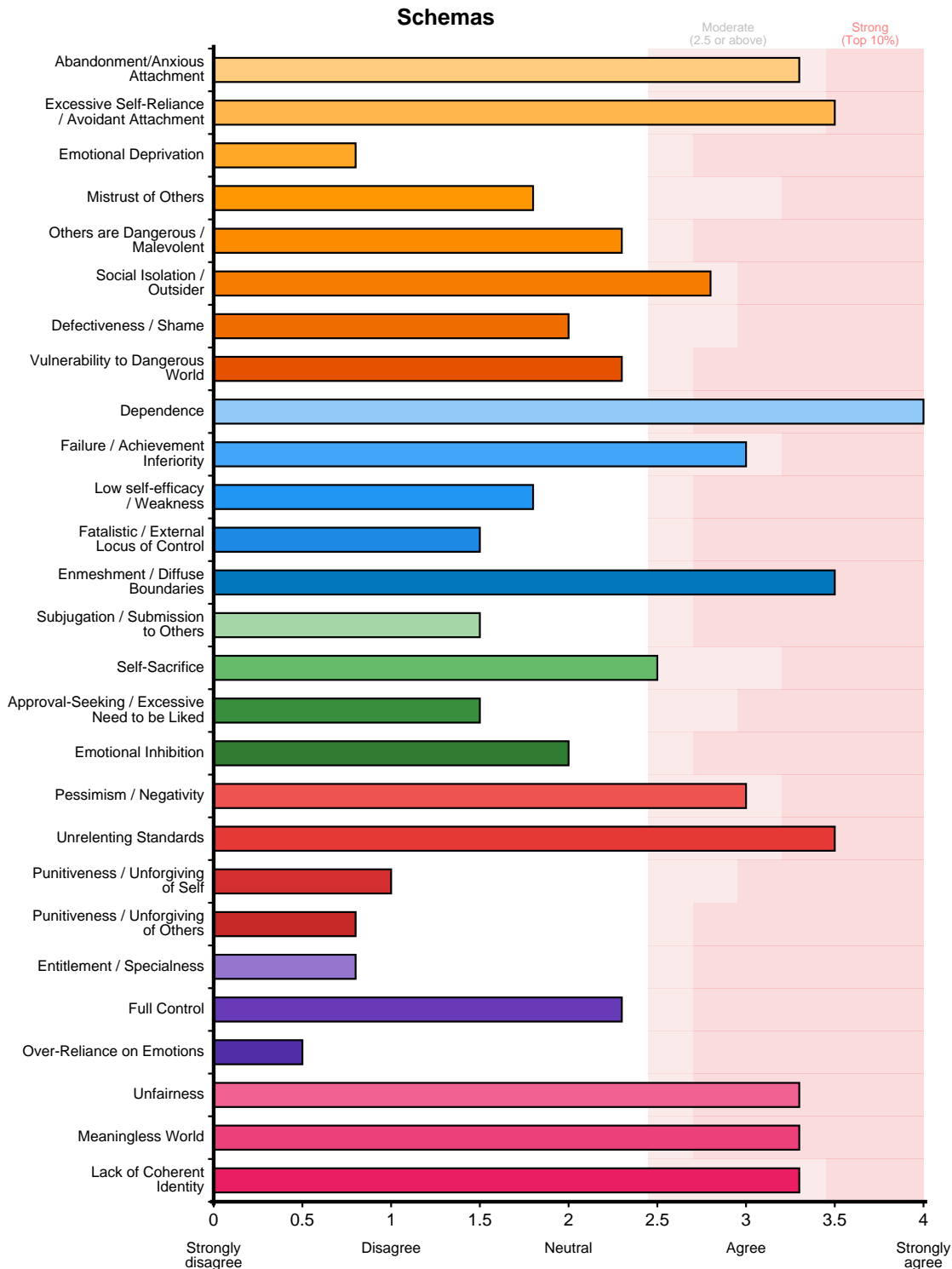




Maladaptive Schema Scale (MSS-v1.4)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	2 Oct 2024
<i>Date of birth (age)</i>	1 Jan 1999 (25)	<i>Time taken</i>	2 min 57s
<i>Assessor</i>	Dr Emerson Bartholomew		





Client Name | Generic Client

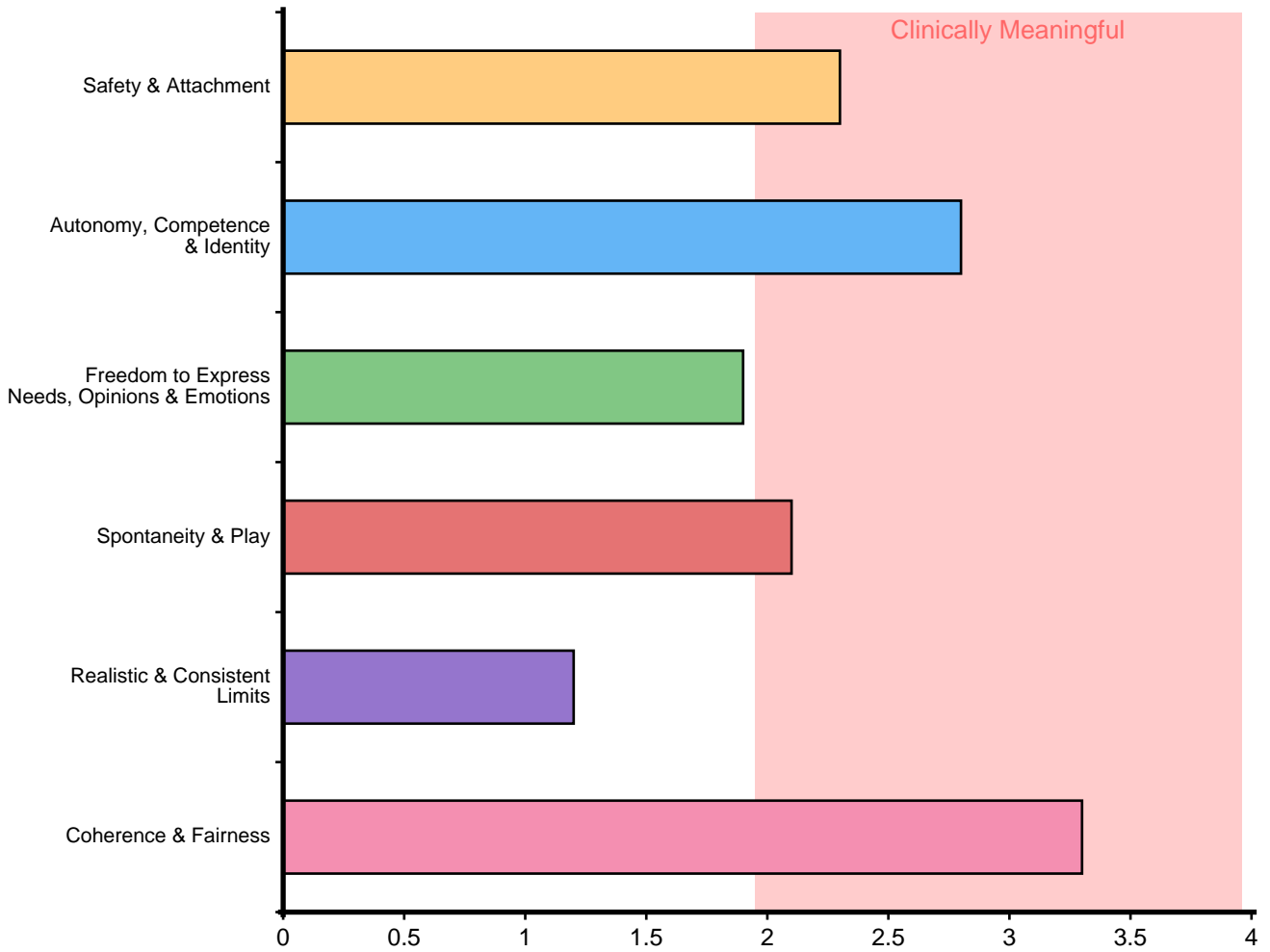
Schemas

	Average Score (0-4)	Percent in Agreement	Belief
Abandonment / Anxious Attachment (Items 1-4)	3.3	100	'People will leave me'
Excessive Self-Reliance / Avoidant Attachment (Items 5-8)	3.5	100	'I can only rely on myself'
Emotional Deprivation (Items 9-12)	0.8		
Mistrust of Others (Items 13-16)	1.8		
Others are Dangerous / Malevolent (Items 17-20)	2.3	50	
Social Isolation / Outsider (Items 21-24)	2.8	75	'I am different and don't belong'
Defectiveness / Shame (Items 25-28)	2	25	
Vulnerability to Dangerous World (Items 29-32)	2.3	50	
Dependence (Items 33-36)	4	100	'I can't manage alone'
Failure / Achievement Inferiority (Items 37-40)	3	75	'I am not a successful person'
Low Self-Efficacy / Weakness (Items 41-44)	1.8		
Fatalistic / External Locus of Control (Items 45-48)	1.5	25	
Enmeshment / Diffuse Boundaries (Items 49-52)	3.5	100	'Emotional intimacy means having few boundaries'
Subjugation / Submission to Others (Items 53-56)	1.5		
Self-Sacrifice (Items 57-60)	2.5	75	'I should put others first'
Approval-Seeking / Excessive Need to be Liked (Items 61-64)	1.5		
Emotional Inhibition (Items 65-68)	2	25	
Pessimism / Negativity (Items 69-72)	3	75	'Disappointment is inevitable'
Unrelenting Standards (Items 73-76)	3.5	100	'I must perform exceptionally'
Punitiveness / Unforgiving of Self (Items 77-80)	1		
Punitiveness / Unforgiving of Others (Items 81-84)	0.8		
Entitlement / Specialness (Items 85-88)	0.8		
Full Control (Items 89-92)	2.3	75	
Over-Reliance on Emotions (Items 93-96)	0.5		
Unfairness (Items 97-100)	3.3	100	'I am not treated fairly'
Meaningless World (Items 101-104)	3.3	100	'My life is meaningless'
Lack of Coherent Identity (Items 105-108)	3.3	100	'I don't know who I am'



Client Name	Generic Client
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Needs



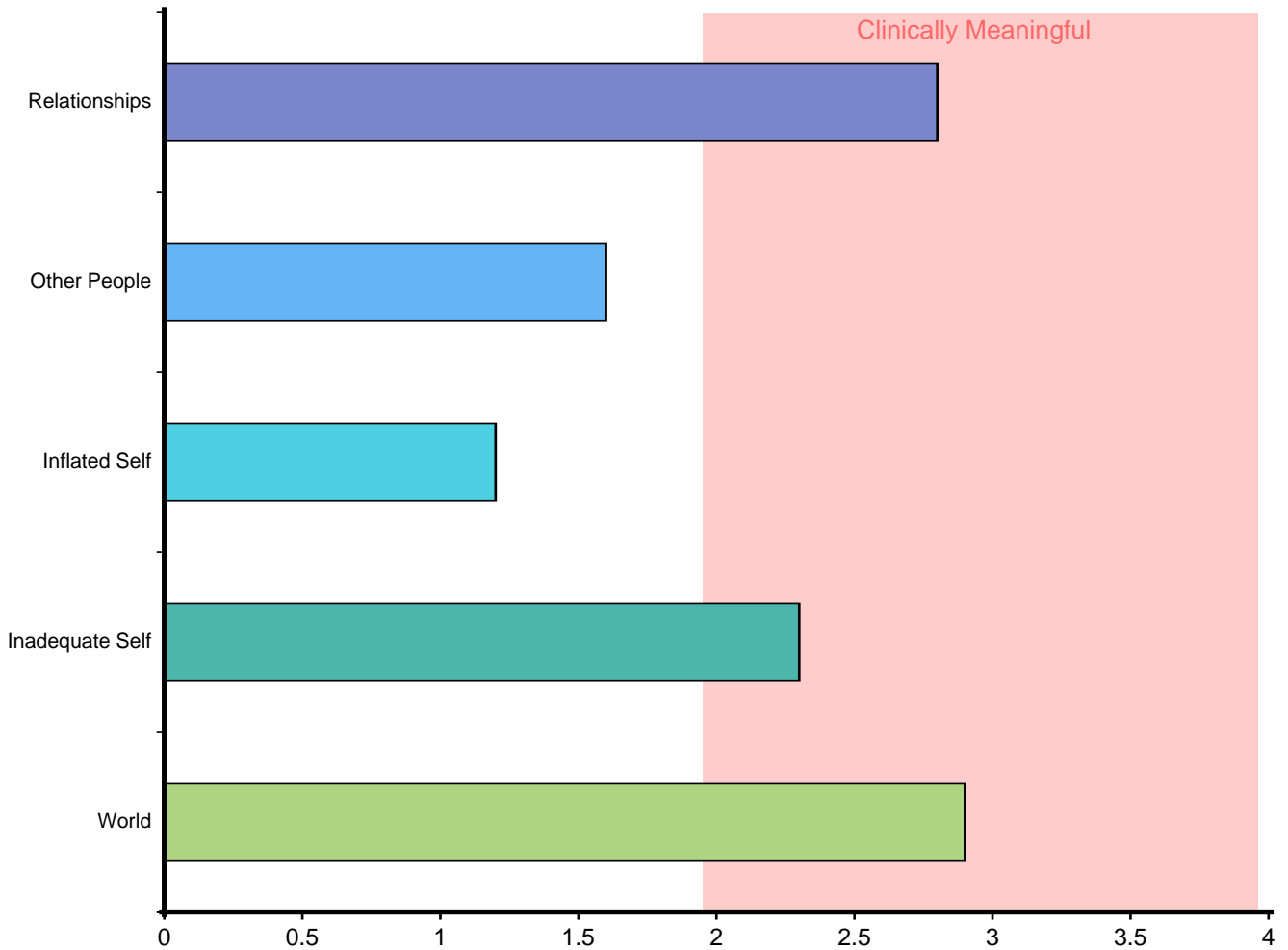
Needs

	Average Score (0-4)	Indication
Safety & Attachment (Items 1-32)	2.3	Disrupted need
Autonomy, Competence & Identity (Items 33-52)	2.8	Disrupted need
Freedom to Express Needs, Opinions & Emotions (Items 53-68)	1.9	
Spontaneity & Play (Items 69-84)	2.1	Disrupted need
Realistic & Consistent Limits (Items 85-96)	1.2	
Coherence & Fairness (Items 97-108)	3.3	Disrupted need



Client Name | Generic Client

Schema Focus



Interpretation

The client's responses indicate disrupted early childhood needs for: 'Coherence & Fairness', 'Autonomy, Competence & Identity' and 'Safety & Attachment'.

The client scored above the threshold in the 'Dependence', 'Unrelenting Standards', 'Enmeshment / Diffuse Boundaries', 'Excessive Self-Reliance / Avoidant Attachment' and 'Meaningless World' Schemas.

Dependence:

This schema involves a pervasive and excessive need to be taken care of by others, alongside behaviours and beliefs centred around a lack of self-sufficiency. Individuals with this schema often feel unable to handle daily life on their own, believing that they are not capable of coping. They may have difficulty trusting their own judgements and are indecisive. Typically, there is a



Client Name	Generic Client
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Interpretation (cont.)

heavy reliance on others for support, decision-making, reassurance and validation. People with this schema often feel anxious, helpless or inadequate when faced with the prospect of acting independently, which reinforces the dependence on others for most needs.

Examples of what maintains the schema:

- Being in relationships that reward or reinforce dependent behaviour, including partners who prefer to take a caretaking role, may perpetuate this schema.
- The avoidance of independent coping, which is characteristic of the schema, can lead to a real skills deficit, reinforcing the schema's accuracy. This also limits opportunities for acquiring and practising skills for independent coping.

Examples of beliefs, assumptions or reactions related to the schema:

- I feel confident making decisions on my own. (R) (Strongly Disagreed)
- I often worry about making decisions on my own and prefer someone else to make them for me. (Strongly Agreed)
- I feel incapable of managing daily tasks without help from others. (Strongly Agreed)

Possible origins of this schema:

- This schema may be shaped by overprotective caregivers who did too much for the child, preventing them from learning necessary life skills and fostering a sense of dependency rather than encouraging independence.
- Caregivers who frequently criticised the child or undermined their ability to succeed independently.
- Observing and modelling behaviour from caregivers who themselves displayed dependent traits or were in highly dependent relationships.
- Through underprotective parenting or the inadequate provision of guidance, a child may need to become independent prematurely, making decisions and taking on age-inappropriate responsibilities without first establishing a sense of security and confidence in their abilities. This can lead to a lifelong echo, where they feel chronically out of their depth.
- Some family dynamics explicitly encourage dependency for cultural, emotional, or psychological reasons, where independence is viewed negatively or as a threat to family cohesion.

Enmeshment / Diffuse Boundaries:

This schema involves the belief that close relationships require a high level of contact to the point where individual boundaries are significantly diminished or absent. Sometimes involves the sense that there are blurry distinctions between the individual and significant others, such as parents, children, friends or partners. There is often an over-identification with each other's emotions and needs, which may reflect an excessive desire to care for, control or merge with the other person. As a result, individuals with this schema typically do not have a strong sense of their own independent identity. There is often over-involvement, or the desire for more involvement with other people, whether the other person reciprocates that desire or not. This schema typically leads to relationships where personal space, privacy, and individual autonomy are compromised under the guise of emotional closeness. There is a tendency to feel and absorb the emotions of others excessively and take responsibility for solving the other person's problems. Relationships are often characterised by dependency, where one or both parties feel they cannot function independently without the other (i.e., codependency).

Examples of what maintains the schema:

- This schema can be perpetuated through relationship dynamics where attempts to impose



Client Name | Generic Client

Interpretation (cont.)

closeness on others leads to rejection or a clear assertion of boundaries, thereby reinforcing the idea that boundaries and a lack of closeness are the same thing.

- People with this schema may reenact the experience of enmeshment from their family of origin, often being attracted to and having relationships with partners who reinforce this sense of codependency.
- Some people avoid situations that require self-sufficiency or separation from an enmeshed other, thereby limiting the opportunities for developing a separate identity, healthy boundaries and independence.

Examples of beliefs, assumptions or reactions related to the schema:

- I am so close to someone it feels like I have merged with them. (Strongly Agreed)
- With those closest to me, I don't know where my needs and emotions end and where theirs begin. (Strongly Agreed)
- The needs of the person closest to me consume me. (Agreed)

Possible origins of this schema:

- Growing up with parents who were overly involved and intrusive in their children's emotional lives, often under the belief that this was a form of love and care.
- In the family of origin, boundaries were not established or respected.
- A parent being the "best friend" to their child, oversharing, or relying on their child for emotional support.
- Within the family, attempts to individuate were met with accusations of disloyalty or other distress.

Unrelenting Standards:

This schema includes the belief that one must always pursue very high internalised standards of behaviour, performance and achievement. Striving to meet these expectations typically results in feelings of pressure. People with this schema tend to be hypercritical of themselves and may also project their high expectations onto and criticise others. Unrelenting standards typically present as an excessive attention to detail characteristic of perfectionism, or selective attention to mistakes and an underestimation of performance. People with this schema often have rigid rules across different areas of life, including unrealistically high work ambitions or ethical expectations. They may believe their worthiness is based on a high level of accomplishment and, therefore, have fragile self-esteem and find it difficult to slow down, relax or spend time on pleasurable activities. There can be a fear of failure or chronic dissatisfaction about achievements and a tendency to sacrifice personal health, relationships or leisure in the pursuit of productivity. This can lead to stress, burnout, health issues and strained relationships.

Examples of what maintains the schema:

- Cognitive bias often maintains unrelenting standards via selective attention to mistakes and conversely dismissing, minimising or underestimating achievements.
- This schema can also be maintained by having extremely high expectations and goals that leads to a sense of continually falling short.
- Productivity or achievement based media such as books or interviews with high achievers may be consumed excessively, ostensibly to improve skills, but in fact reinforcing the expectation of extremely high standards.
- Unrelenting standards and subsequent achievements are often extrinsically rewarded (admiration, money) and reinforce the schema, even if they come at great personal cost (health,



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Interpretation (cont.)

happiness).

- Burnout can perpetuate the belief in the need for high standards, as it might be interpreted as a sign that one needs to work even harder or manage time even more effectively in the future.

Examples of beliefs, assumptions or reactions related to the schema:

- It is ok for me not to be a high performer. (R) (Strongly Disagreed)
- Achieving high standards is more important than my own happiness. (Strongly Agreed)
- If I make a mistake, I can let it go easily. (R) (Disagreed)

Possible origins of this schema:

- Caregivers affection was conditional on the child meeting high expectations.
- Caregivers shamed or criticised the child when they failed to meet the excessively high standards expected.
- Caregivers modelled unrelenting standards in their own achievements and relationship with self.
- Early experiences of low levels of achievement or feeling inferior to peers and associated feelings of shame.
- Cultural or wider social influences that perpetuate a culture of achievement.

Excessive Self-Reliance / Avoidant Attachment:

This schema is characterised by a wariness of intimacy and a reluctance to depend on others, often stemming from a desire to avoid vulnerability. People with this schema are reluctant to seek support or closeness from others and tend to keep personal issues to themselves, fearing being perceived as needy or becoming too dependent. They may minimise the importance of relationships, or rationalise that others have their own problems and should not be burdened further. There may be an emphasis on personal interests over cultivating relationships, an autonomous approach to handling life's challenges and a general avoidance of deep emotional connections, which they may find uncomfortable. People with this schema may fear being smothered or others becoming over-involved in their private matters.

Examples of what maintains the schema:

- People with this schema may distance themselves or withdraw from relationships to cope with their discomfort with interpersonal intimacy. When a partner responds to this by drawing closer, the discomfort with intimacy and need to maintain distance are perpetuated.
- Some people with this schema cope with this discomfort by avoiding intimate relationships altogether, and therefore do not have the opportunity to have corrective experiences to challenge the validity of the schema.
- The excessive need for self-reliance characteristic of the schema can be reinforced when the person successfully manages challenges alone and encounters difficulties when working with others.

Examples of beliefs, assumptions or reactions related to the schema:

- I always depend on myself and never on other people. (Strongly Agreed)
- I feel uneasy when people get too close. (Strongly Agreed)
- The last thing I want to do is bother people with my problems. (Agreed)

Possible origins of this schema:

- This schema and attachment style may develop from early experiences with caregivers who were inconsistently responsive, or were rejecting or neglectful in response to the child's expression of a need for closeness or support.



Client Name	Generic Client
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Interpretation (cont.)

- Caregivers who were dominating, overinvolved or smothering, as the child learns that interpersonal closeness is uncomfortable;
- Caregivers who actively discouraged dependence, either through overt messages about the importance of independence or through behaviours that penalised seeking connection;
- Caregivers who were emotionally distant, unavailable, or dismissive of the child's emotional needs, as this teaches the child to rely on themselves for comfort and support;
- Caregivers who are interpersonally dependent, as this can lead the child to overcorrect and only rely on themselves.

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:

- I commonly receive bad outcomes that I don't deserve. (Strongly Agreed)
- Good things happen to other people but not to me. (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.
- 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.



Client Name	Generic Client
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Scoring and Interpretation Information

Scores for the 27 schemas 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
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 (e.g. Enmeshment). 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 clinically meaningful and are suggestive of a childhood need that was chronically disrupted.

-- 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 49-52)



Client Name | Generic Client

Scoring and Interpretation Information (cont.)

- Freedom to Express Needs, Opinions & Emotions --
- Subjugation / Submission to Others (Items 53-56)
- Self-Sacrifice (Items 57-60)
- Approval-Seeking / Excessive Need to be Liked (Items 61-64)
- Emotional Inhibition (Items 65-68)

- Spontaneity & Play --
- Pessimism / Negativity (Items 69-72)
- Unrelenting Standards (Items 73-76)
- Punitiveness / Unforgiving of Self (Items 77-80)
- Punitiveness / Unforgiving of Others (Items 81-84)

- Realistic & Consistent Limits --
- Entitlement / Specialness (Items 85-88)
- Full Control (Items 89-92)
- Over Reliance on Emotions (Items 93-96)

- Coherence & Fairness --
- Unfairness (Items 97-100)
- Meaningless World (Items 101-104)
- Lack of Coherent Identity (Items 105-108)

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

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

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



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Scoring and Interpretation Information (cont.)

- 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
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



Client Name | Generic Client

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
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
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



Client Name | Generic Client

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
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.	0	1	2	3	4
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
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	With those closest to me, I don't know where my needs and emotions end and where theirs begin.	0	1	2	3	4
51	I am so close to someone it feels like I have merged with them.	0	1	2	3	4



Client Name | Generic Client

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
52	The needs of the person closest to me consume me.	0	1	2	3	4
53	Other people know better than I do.	0	1	2	3	4
54	I should always do as I'm told.	0	1	2	3	4
55	Other people know what is best for me.	0	1	2	3	4
56	I feel like I have to let others take control in relationships.	0	1	2	3	4
57	I always prioritise others no matter what's going on for me.	0	1	2	3	4
58	I believe it is my duty to listen to other people's problems.	0	1	2	3	4
59	My needs are as important as other people's needs.	4	3	2	1	0
60	No matter how much I give to others, I can never give enough.	0	1	2	3	4
61	Gaining the approval of others is often more important to me than following my own desires.	0	1	2	3	4
62	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
63	Even if I don't like someone, I still strongly desire for them to like me.	0	1	2	3	4
64	I find it hard to make a decision unless I know what other people think.	0	1	2	3	4
65	Tuning into my emotions is helpful.	4	3	2	1	0
66	My emotions do more harm than good.	0	1	2	3	4
67	Emotions are not useful, so I need to ignore them.	0	1	2	3	4
68	It is dangerous to feel emotions too strongly.	0	1	2	3	4
69	Things almost always go wrong for me.	0	1	2	3	4
70	In uncertain times, I usually expect the best.	4	3	2	1	0



Client Name | Generic Client

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
71	Things inevitably don't go my way, so I prefer to expect the worst to avoid disappointment.	0	1	2	3	4
72	I am pessimistic about the future.	0	1	2	3	4
73	If I make a mistake, I can let it go easily.	4	3	2	1	0
74	Achieving high standards is more important than my own happiness.	0	1	2	3	4
75	I should always perform at an extremely high level.	0	1	2	3	4
76	It is ok for me not to be a high performer.	4	3	2	1	0
77	I try to be compassionate and understanding to myself when I make a mistake.	4	3	2	1	0
78	If something goes wrong, I shouldn't get away with it.	0	1	2	3	4
79	If I fail, I should suffer the consequences.	0	1	2	3	4
80	It doesn't matter how small a mistake I make is, I deserve to be punished for it.	0	1	2	3	4
81	I try to be compassionate and understanding to others when they make a mistake.	4	3	2	1	0
82	People should be held to account for their failings.	0	1	2	3	4
83	If someone fails, they should face the consequences.	0	1	2	3	4
84	People deserve to be disciplined for their mistakes.	0	1	2	3	4
85	When I ask someone for something they should agree to it.	0	1	2	3	4
86	I am above the usual rules that others follow.	0	1	2	3	4
87	Other people should appreciate how unique I am.	0	1	2	3	4
88	I deserve special privileges.	0	1	2	3	4
89	I am in complete control of my future.	0	1	2	3	4



Client Name | Generic Client

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
90	There are limits to what I can do.	4	3	2	1	0
91	If I exert enough willpower, I can change anything.	0	1	2	3	4
92	I always maintain control so nothing is left up to chance.	0	1	2	3	4
93	When my head says one thing and my heart says another, I listen to my heart.	0	1	2	3	4
94	My feelings are a reliable way to make decisions.	0	1	2	3	4
95	My emotional reactions are accurate reflections of reality.	0	1	2	3	4
96	When I face a problem I prefer to use my intuition rather than thinking.	0	1	2	3	4
97	There is no justice in society.	0	1	2	3	4
98	I am often treated unfairly.	0	1	2	3	4
99	I commonly receive bad outcomes that I don't deserve.	0	1	2	3	4
100	Good things happen to other people but not to me.	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
105	I struggle to maintain a consistent sense of who I am.	0	1	2	3	4
106	I don't know what my personal interests and beliefs truly are.	0	1	2	3	4
107	I feel detached from myself.	0	1	2	3	4
108	My view of myself changes frequently.	0	1	2	3	4