

## Common Schemas/Core Beliefs

- **Abandonment:** The belief and expectation that others are unreliable and will eventually leave. The belief that relationships are fragile, loss is inevitable, and you will ultimately wind up alone.
- **Approval-Seeking/Recognition-Seeking:** The sense that approval, attention, and recognition from others are far more important than genuine self-expression or being true to yourself.
- **Defectiveness/Shame:** The belief that you are flawed, unlovable, or damaged, and would be rejected by significant others if exposed. May involve hypersensitivity to criticism, insecurity around others, or a sense of shame regarding perceived flaws.
- **Dependence/Incompetence:** The belief that your judgement is questionable and you are incompetent. This leads to feeling like you are unable to handle day-to-day responsibilities (i.e., taking care of yourself or making good choices) without considerable help from others.
- **Emotional Deprivation:** Expectation that your primary emotional needs, including nurturing, protection, and empathy, will never be met.
- **Emotional Inhibition:** The belief that you must control your self-expression or others will reject or criticize you.
- **Enmeshment/Undeveloped Self:** The belief that you do not have an individual identity separate from one or more significant others, resulting in unhelpful levels of emotional involvement and closeness. May also include feelings of smothering.
- **Entitlement/Grandiosity:** The belief that you are special or more important than other people and entitled to special rights and privileges, even though it may have a negative effect on others. May include an exaggerated focus on superiority in order to achieve power or control.

- **Failure:** The belief that you have failed, will inevitably fail, or are fundamentally inadequate in areas of achievement (i.e., school, career, sports, etc.).
- **Insufficient Self Control/Self-Discipline:** Difficulty or refusal to exercise self-control and frustration tolerance in order to achieve personal goals, or to restrain the excessive expression of emotions and impulses.
- **Mistrust/Abuse:** The belief that others will hurt, abuse, humiliate, cheat, or manipulate you. Usually involves the belief that the harm is intentional or due to extreme negligence.
- **Negativity/Pessimism:** A pervasive belief that the negative aspects of life outweigh positive or optimistic aspects. The expectation that things will eventually go seriously wrong or that things that seem to be going well will ultimately fall apart.
- **Punitiveness:** The belief that people should be harshly punished for their mistakes or shortcomings.
- **Self-Sacrifice:** The belief that **you should** focus on meeting the needs of others at the expense of your own needs, to the point that it is excessive and harmful.
- **Social Isolation:** The belief that you are isolated from the rest of the world, different from other people, and/or alienated from a community.
- **Subjugation:** Excessive surrendering of control to others because you feel coerced, usually to avoid anger, retaliation, or abandonment.
- **Unrelenting Standards:** The belief that you need to be the best, constantly striving for perfection or trying to avoid mistakes.
- **Vulnerability:** Belief that the world is a dangerous place and that imminent catastrophe will strike at any time and that you will be unable to prevent it.