

YSQ

Young Schema Questionnaire

CLINICAL ASSESSMENT REPORT

PATIENT

John Doe

TEST DATE

18.03.2026

THERAPIST

Dr. Marta Ferreira

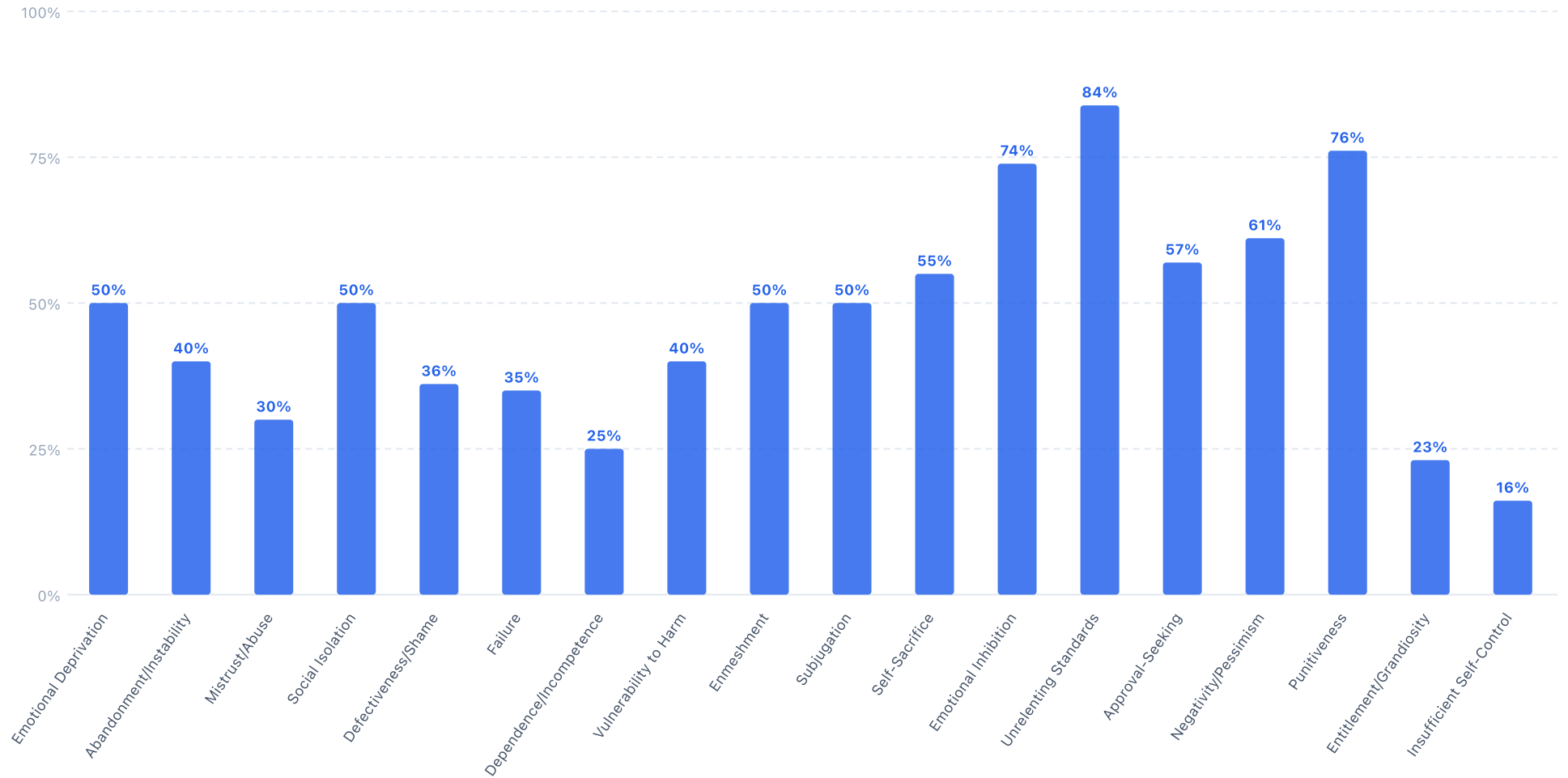
PRACTICE

Cabinet de Psychothérapie

CONFIDENTIAL

Your complete results

18 schemas — score as % (responses \geq 4/6 over the maximum possible score).



Top 3 schemas

Unrelenting Standards/Hypercriticalness

US

84%

Punitiveness

PU

76%

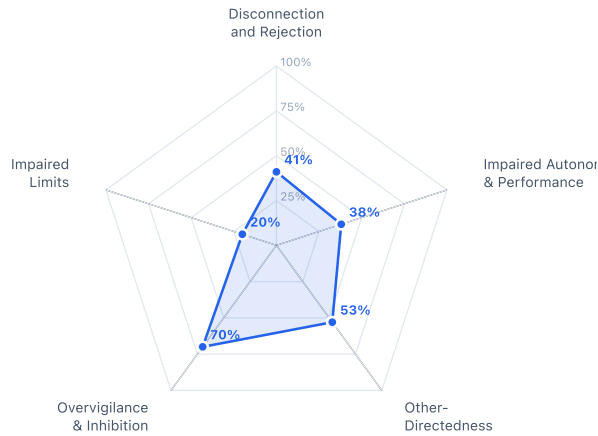
Emotional Inhibition

EI

74%

0% 25% 50% 75% 100%

By domain



DOMAIN	SCORE	BAR
Disconnection and Rejection	41%	<div style="width: 41%;"></div>
Impaired Autonomy and Performance	38%	<div style="width: 38%;"></div>
Other-Directedness	53%	<div style="width: 53%;"></div>
Overvigilance and Inhibition	70%	<div style="width: 70%;"></div>
Impaired Limits	20%	<div style="width: 20%;"></div>

Disconnection and Rejection

41%

ED Emotional Deprivation 50%

The person is convinced that others will not be able to provide the emotional support they need. This schema appears mainly in three forms of deprivation:

- Deprivation of nurturance: lack of attention, warmth, affection or caring presence.
- Deprivation of empathy: feeling that no one will listen, understand or acknowledge one's emotions.
- Deprivation of protection: absence of a stable, reassuring figure to guide, advise or support.

AB Abandonment/Instability 40%

Perception that important people are not reliable, stable or consistently present over time. The schema involves the fear that others:

- may be emotionally unstable, unpredictable or prone to angry outbursts,
- may be unreliable or absent when support is needed,
- will disappear, abandon, or leave the relationship for someone "better".

This schema creates an intense fear of losing the support, strength or protection that the other person represents.

MA Mistrust/Abuse 30%

Expectation that others will hurt, exploit, deceive, humiliate or take advantage of the person. The anticipated harm is perceived as intentional or as the result of serious, unjustifiable negligence. This may also include:

- feeling disadvantaged or treated unfairly,
- the impression of being unfairly dealt with more often than others,
- excessive vigilance toward the intentions of others.

SI Social Isolation/Alienation 50%

Feeling cut off from others, of not belonging to a group or a community. The person perceives themselves as different, set apart, or fundamentally detached from the social world.

DS Defectiveness/Shame 36%

Deep belief of being flawed, "bad", inferior or unworthy, with the fear that others will withdraw their affection once they discover the "truth". This schema often includes:

- hypersensitivity to criticism, rejection or blame,
- self-consciousness or shame about perceived defects,
- unfavorable comparison to others,
- a lack of self-confidence in relationships.

Impaired Autonomy and Performance

38%

VU Vulnerability to Harm or Illness 40%

Excessive and persistent fear that an imminent catastrophe will occur and that it cannot be prevented. This anxiety may focus on several areas:

- Health: fear of developing a serious illness (e.g. heart attack, HIV).
- Emotions and mind: fear of "losing one's mind" or losing mental control.
- Catastrophes or phobias: intense fear linked to elevators, crime, airplanes, earthquakes or other events perceived as dangerous.

EU Enmeshment/Undeveloped Self 50%

Excessive emotional attachment to one or more people — often parents — to the point of compromising the development of healthy autonomy and a distinct personal identity. This schema often includes:

- the conviction that one cannot live or be happy without the other,
- a feeling of suffocation or confusion about one's own identity,
- an inner experience of emptiness, of lacking direction,
- in extreme cases, existential questioning ("who am I really?").

FA Failure 35%

Deep, persistent belief of being doomed to fail, or of never being able to succeed as well as others in areas such as studies, career or sports. The person often perceives themselves as:

- stupid, incompetent,
- untalented,
- less capable or inferior to others.

This schema leads to a constant anticipation of failure and a tendency to devalue oneself.

DI Dependence/Incompetence 25%

Belief that one is incapable of handling everyday responsibilities or life's challenges on one's own. This includes, for example:

- taking care of oneself,
- solving common problems,
- using one's own judgment,
- taking on new tasks,
- making decisions by oneself.

The person often voices thoughts such as: "I can't...", "I'll never manage on my own".

Other-Directedness

53%

SB Subjugation

50%

Tendency to submit one's behavior, decisions and emotional expression to the expectations of others, out of fear of the consequences: anger, rejection, retaliation or abandonment.

The person believes that:

- their own needs, opinions and feelings do not matter,
- they must yield to others to preserve the relationship or avoid conflict.

This schema often shows up as outward compliance, but also as suppressed anger toward those one submits to. This anger may emerge as passive-aggressive behavior, emotional outbursts, somatization, anxiety or depressive disorders, or even substance use.

SS Self-Sacrifice

55%

Excessive focus on the needs of others at the expense of oneself, voluntarily but in an unbalanced way. Frequent motivations are:

- the fear of hurting others,
- guilt at the idea of being selfish,
- the wish to preserve a bond perceived as essential.

This schema often leads to:

- hypersensitivity to others' suffering,
- a feeling that one's own needs are never taken into account,
- resentment, even frustration toward the people being helped.

AS Approval-Seeking/Recognition-Seeking

57%

Excessive need to obtain esteem, approval or attention from others, even at the expense of one's own desires, values or goals. The person may:

- give disproportionate weight to image, appearance, success, money or popularity,
- ground their self-esteem primarily on external reactions,
- make important choices (professional, relational, personal) to please others rather than to fulfill themselves.

This schema often comes with:

- hypersensitivity to rejection,
- envy toward those who seem more appreciated or more successful,
- a feeling of emptiness or lack of authenticity in one's own decisions.

Overvigilance and Inhibition

70%

EI Emotional Inhibition

Top 3 74%

Tendency to over-control spontaneous reactions (emotions, behaviors, words) in order to avoid error, disapproval, chaos or loss of control. This schema may include:

- Suppression of anger or aggression,
- Compulsive need for order, structure and precision,
- Inhibition of positive emotions such as joy, affection, spontaneity or sexuality,
- Rigid attachment to routines and rituals,
- Difficulty recognizing or expressing one's vulnerabilities, needs or feelings.

These behaviors may also be imposed on close ones.

US Unrelenting Standards/Hypercriticalness

Top 3 84%

Deep conviction that one must maintain a very high level of performance or perfection in order to avoid criticism, rejection or the feeling of failure. This schema leads to:

- constant internal pressure,
 - difficulty relaxing or stopping,
 - harsh self-criticism, but also harsh judgment of others.
- Frequent consequences: reduced enjoyment, fatigue, lower self-esteem, relational tension.

Typical components:

- Perfectionism: excessive attention to detail, devaluation of one's achievements.
- Rigid rules: heightened sense of duty, inflexible moral or religious strictness.
- Obsession with time and efficiency: a constant drive to do more, faster, better.

NP Negativity/Pessimism

61%

Persistent tendency to anticipate the worst or to focus on the negative aspects of life (work, finances, relationships, health, etc.), while minimizing or ignoring the positive ones. This may include:

- excessive fear of making mistakes and of their imagined consequences (ruin, humiliation, catastrophe),
- frequent rumination about suffering, conflict, guilt or unresolved problems,
- a worldview dominated by worry and mistrust.

People with this schema are often anxious, pessimistic, dissatisfied or indecisive.

PU Punitiveness

Top 3 76%

The tendency to be intolerant, highly critical, impatient and to "punish" others — and oneself — when they fall short of the level of perfection one demands. This leads to: difficulty forgiving mistakes or imperfections — in oneself or in others —, an inability to take mitigating circumstances into account, and a lack of empathy, flexibility, or capacity to consider another point of view.

Impaired Limits

20%**ET Entitlement/Grandiosity****23%**

Tendency to believe that one's own needs, desires or priorities must always be met, regardless of the consequences for others. This schema may show up as:

- the feeling of being entitled to obtain or do exactly what one wants,
- difficulty or refusal to take into account the limits, needs or rights of others,
- a tendency to impose one's views, to control or dominate others,
- a general lack of empathy, reciprocity or mutual consideration.

The person values their own desires to the point of ignoring the impact on those around them.

IS Insufficient Self-Control/Self-Discipline**16%**

Difficulty exercising self-control, tolerating frustration or managing emotional and behavioral impulses. The person may:

- quickly give in to their urges or impulses,
- actively avoid any effort, confrontation, responsibility or constraint,
- struggle to persevere with difficult tasks or with commitments,
- immediately seek comfort or avoidance rather than long-term goals.

In a milder form, this can look like a tendency to flee whatever is unpleasant or demanding, an inability to maintain personal discipline, a lack of organization, consistency or rigor.

This schema often limits personal development, lasting satisfaction and the respect of one's own values.