

Jeffrey Young's Schemas or Life Traps

Schema	Corresponding Belief and Paradox *
Abandonment	"I'll eventually end up alone: don't leave me!" - they ensure being left behind - or leave their loved ones behind.
Mistrust / Abuse	"You'll take advantage of me, you'll humiliate me: I can't trust you!" - tend to trust untrustworthy people and be suspicious of those worthy of their trust.
Emotional Deprivation	"My needs will not be met: you won't give me what I need!" - organize themselves so their needs aren't met (e.g. by not expressing them, expecting others to guess what their needs are, criticizing excessively, etc.)
Defectiveness / Shame / Unlovability	"I am defective, bad, inferior, incapable, unkind, a loser, disgusting!" - tend to put themselves down or let others put them down (confirming their belief!).
Social Isolation / Alienation	"I feel cut off from the world, different from others: I feel out of place!" - ensure to remain isolated (due to the conviction that others will not want them!).
Practical Incompetence / Dependence	"I can't organize my life – I can't do it on my own: I need your help!" - avoid taking initiatives and rely too much on others thus reinforcing the pattern.
Vulnerability to Harm or Illness	"The world is a dangerous and insecure place: there will be a disaster!" - tend to overprotect themselves thus restricting the quality of their life which becomes like a prison and an unpleasant or unhealthy place where to be.
Enmeshment	"I can't live without you or be happy without you!" - can feel empty, smothered, aimless (therefore lifeless!).
Failure to Achieve	"I'm stupid, inferior to others, good for nothing (= failure): I'm going to fail!" -do not finish their projects or correct their mistakes (= failure) for fear of failing.
Entitlement / Superiority	"I'm owed everything (right away, at all costs and I want it now!)" - may end up with little relationally in their life (thus feeling small or inferior).
Insufficient Self-Control / Self-Discipline	"I can't control myself!" - being unable to tolerate frustration or challenge in the face of their goal, they give up and lose all control of the situation reinforcing the pattern of having no control.
Subjugation	"I can never do anything in my own way: it's always your way!" - avoid asserting themselves which confirms their role as "subject/servant" to others.
Self-Sacrifice	"I am responsible for the well-being of others (to avoid their grief or anger)!" - experience (and inflict onto others) pain, loneliness and resentment / anger.
Approval-seeking / Admiration / Recognition-Seeking	"I absolutely need (external/others') approval at all costs!" - are unable to give themselves this coveted approval or recognition.
Negativity / Pessimism / Worry	"I am constantly disappointed by life: everything always turns to the worst!" - are so focused on negative aspects that they turn their back on the positive ones.
Emotional Inhibition	"I have to hide my emotions at all costs (to avoid making waves)." - saying nothing can often be a source of conflict (and make big internal waves!).
Unrelenting Standards	"It's never quite good enough! It's got to be perfect!" - the pressure exerted on oneself (or others) prevents the attainment of one's (or others') full potential.
Self-Punitiveness	"Any mistake deserves to be punished (in order to make it "more correct!")!" - they do not manage to achieve "rectitude" in their life... often on the contrary!

* The paradox -often fueled by false belief or entrenched fear- will mean that the pattern will self-perpetuate if it is not challenged.

Reference: *Reinventing Your Life - The Breakthrough Program to End Negative Behaviour... and Feel Great Again*, Jeffrey E. Young, PhD, Janet S. Klosko, PhD.