

Schema Categories

1. **Disconnection and Rejection** - Includes 5 schemas:
 1. Abandonment and Instability
 2. Mistrust and Abuse
 3. Emotional Deprivation
 4. Defectiveness and Shame
 5. Social Isolation and Alienation
2. **Autonomy and Performance** - Includes 4 schemas:
 1. Dependence and Incompetence
 2. Vulnerability to Harm or Illness
 3. Enmeshment and Undeveloped Self
 4. Failure
3. **Limitations** - Includes 2 schemas:
 1. Entitlement and Grandiosity
 2. Insufficient Self-Control and Self-Discipline
4. **Other-Directedness** - Includes 3 schemas:
 1. Subjugation
 2. Self-Sacrifice
 3. Approval-Seeking/Recognition-Seeking
5. **Overvigilance and Inhibition** - Includes 4 schemas:
 1. Negativity/Pessimism
 2. Emotional Inhibition
 3. Unrelenting Standards/Hypercriticalness
 4. Punitiveness