

Schemas, Schema Needs and Schema Categories

- 1. Disconnection and Rejection Category – The challenged basic needs are/were safe attachment, acceptance, and care.**
 1. Abandonment and Instability
 2. Mistrust and Abuse
 3. Emotional Deprivation
 4. Defectiveness and Shame
 5. Social Isolation and Alienation
- 2. Autonomy and Performance Category – The challenged basic needs are/were autonomy, competence, and a sense of identity.**
 1. Dependence and Incompetence
 2. Vulnerability to Harm or Illness
 3. Enmeshment and Undeveloped Self
 4. Failure
- 3. Limitations Category – The challenged basic needs are/were realistic limits and self-control.**
 1. Entitlement and Grandiosity
 2. Insufficient Self-Control and Self-Discipline
- 4. Other-Directedness Category – The challenged basic needs are/were free expression of needs and emotions.**
 1. Subjugation
 2. Self-Sacrifice
 3. Approval-Seeking/Recognition-Seeking
- 5. Overvigilance and Inhibition Category – The challenged basic needs are/were spontaneity and playfulness.**
 1. Negativity/Pessimism
 2. Emotional Inhibition
 3. Unrelenting Standards/Hypercriticalness
 4. Punitiveness