

Schemas, Needs, and Modes Reference Sheet

The following three concepts are central to the Schema Therapy model (Young, Klosko & Weishaar, 2007):

- **Schemas** – Schemas are “self-defeating emotional cognitive patterns that begin early in our development and repeat throughout life” (Young et al., 2007). They (positively or negatively) influence our perception, thinking, and behavior in adulthood.
- **Needs** – Our core emotional needs—and whether they are satisfied or not—shapes who we are in later life.
- **Schema Modes** – While some schemas may currently be inactive, those that are, we call our schema mode.

Psychoeducation is a crucial aspect of Schema Therapy. It provides psychological awareness and teaches the client that their needs and emotions are normal and understandable (Arntz & Jacob, 2013).

Use the following three tables to explore the key concepts of Schema Therapy with the client (modified from Young et al., 2007; Arntz & Jacob, 2013):

Five Schema Domains and 18 Schemas

Schema Domain	Early Maladaptive Schemas
Disconnection and rejection	Abandonment/instability Mistrust/abuse Emotional deprivation Defectiveness/shame Social isolation/alienation
Impaired autonomy and achievement	Dependency/incompetency Vulnerability to harm and illness Enmeshment/underdeveloped self Failure
Impaired Limits	Entitlement/grandiosity Lack of self-control/self-discipline
Other-directedness	Subjugation Self-sacrifice Approval-seeking
Hypervigilance and inhibition	Negativity/pessimism Emotional inhibition Unrelenting standards Punitiveness

Detailed breakdown of schema [descriptions](#).

Relationship Between Schema Domains and Core Emotional Needs

Schema Domain	Core Emotional Needs
Disconnection and rejection	Safe attachment, acceptance, care
Impaired autonomy and achievement	Autonomy, competence, sense of identity
Impaired Limits	Realistic limits, self-control
Other-directedness	Free expressions of needs and emotions
Hypervigilance and inhibition	Spontaneity, playfulness

Schema Mode Categories

Mode Categories	Modes
Dysfunctional child modes	<i>Dependent child modes:</i> Lonely Abandoned/abused Humiliated/inferior <i>Undisciplined child modes:</i> Angry Obstinate Enraged Impulsive
Dysfunctional parent modes	Punitive parent mode Demanding parent mode
Dysfunctional coping modes	Surrender Avoidance Overcompensation
Functional healthy modes	Happy child mode Healthy adult mode

Detailed list of mode [descriptions](#).

References

- Arntz, A., & Jacob, G. (2013). *Schema therapy in practice: An introductory guide to the schema mode approach*. Chichester, West Sussex: John Wiley & Sons.
- Young, J. E., Klosko, J. S., & Weishaar, M. E. (2007). *Schema therapy: A practitioner's guide*. New York: Guilford.

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