

Examples of Schema Coping Behaviours

SCHEMA	SURRENDER	AVOIDANCE	OVERCOMPENSATION
<u>Abandonment Instability</u>	Selects partners and significant others who are unavailable or unpredictable.	Avoids intimate relationships altogether out of fear of abandonment.	Pushes partners and significant others away with clinging, possessive, or controlling behaviors.
<u>Mistrust Abuse</u>	Chooses untrustworthy partners and significant others: is over-vigilant and suspicious of others.	Avoids close involvement with others in personal and business life; does not confide or self disclose.	Mistreats or exploits others; acts in an overly trusting manner.
<u>Emotional Deprivation</u>	Chooses cold, detached partners and significant others; discourages others from giving emotionally.	Withdraws and isolates; avoids close relationships.	Makes unrealistic demands that others meet all his or her needs.
<u>Defectiveness/Shame</u>	Chooses critical partners and significant others; puts him or herself down.	Avoids sharing "shameful" thoughts and feelings with partners and significant others due to rejection.	Behaves in a critical or superior way toward others; tries to come across as "perfect"
<u>Social Isolation/ Alienation</u>	Becomes part of a group but stays on the periphery; does not fully join in.	Avoids socializing; spends most of his or her time alone.	Puts on a false "persona" to join a group, but still feels different and alienated.
<u>Dependence/ Incompetence</u>	Asks for an excessive amount of help, checks decisions with others; chooses overprotective partners who do everything for him or her.	Procrastinates on decisions; avoids acting independently or taking on normal adult responsibilities.	Demonstrates excessive self reliance, even when turning to others would be normal and healthy.
<u>Vulnerability to harm or illness.</u>	Worries continually that catastrophe will befall him or her; repeatedly asks others for reassurance.	Engages in phobic avoidance of "dangerous" situations.	Employs magical thinking and compulsive rituals; engages in reckless, dangerous behavior.
<u>Enmeshment/ Undeveloped self</u>	Imitates behavior of significant others; keeps in close contact with "enmeshed other" does not separate identity with unique preferences.	Avoids relationships with people who stress individually over enmeshment.	Engages in excessive autonomy.
<u>Failure</u>	Sabotages work efforts by working below level of ability; unfavorably compares him or her achievement with that of others in a biased manner.	Procrastinates on work tasks; avoids new or difficult tasks completely; avoids setting career goals that are appropriate to ability level.	Diminishes achievements of others; tries to meet perfectionistic standards to compensate for sense of failure.
<u>Entitlement/ Grandiosity</u>	Has unequal or uncaring relationships with partners and significant others; behaves selfishly; disregards the needs and feelings of others; acts superior.	Avoids situations in which he or she cannot excel and stand out.	Gives extravagant gifts or charitable contributions to make up for selfish behavior.

<u>Insufficient Self control/ Self Discipline</u>	Performs tasks that are boring or uncomfortable in a careless way; loses control of emotions; excessively eats, drinks, gambles, or uses drugs for pleasure.	Does not work or drops out of school; does not set long time career goals.	Makes short-lived, intense efforts to complete a project or to exercise self control.
<u>Subjugation</u>	Chooses dominant, controlling partners and significant others; complies with their wishes.	Avoids relationships altogether; avoids situations in which his or her wishes are different from those of others.	Acts in a passive-aggressive or rebellious manner.
<u>Self-sacrifice</u>	Engages in self-denial; does too much for others and not enough for him or herself.	Avoids close relationships.	Becomes angry at significant others for not reciprocating or for not showing appreciation; decides to do nothing for others anymore.
<u>Negative/ Pessimism</u>	Minimizes positive events, exaggerates negative ones; expects and prepares for the worst.	Does not hope for too much; keeps expectations low.	Acts in a unrealistically positive, optimistic, "Pollyannaish" way (rare).
<u>Emotional inhibition</u>	Emphasizes reason and order over emotion; acts in a very controlled, flat manner, does not show spontaneous emotions or behavior.	Avoids activities involving emotional self expression (such as expressing love or showing fear) or requiring uninhibited behavior (such as dancing).	Acts impulsively and without inhibition (sometimes under the influence of disinhibiting substances such as alcohol).
<u>Approval Seeking/ Recognition Seeking</u>	Draws the attention of others to his or her accomplishments related to status.	Avoids relationships with admired individuals out of fear of not getting their approval.	Acts flagrantly to gain the disapproval of admired individuals.
<u>Punitiveness</u>	Acts in an overly punishing or harsh way with significant others.	Avoids situations involving evaluation to escape the fear of punishment.	Acts in an overly forgiving manner while being inwardly angry and punitive.
<u>Unrelenting Standards/ Hyper-criticalness</u>	Attempts to perform perfectly; sets high standards for self and others.	Avoids taking on work tasks; procrastinates.	Throws out high standards altogether and settles for below-average performance.

Table is adapted from Young et al (2003). *Schema Therapy: A Practitioners Guide*.