Early Maladaptive Schemas

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18 EMSs in 5 Categories

- Disconnection/rejection
- Impaired Autonomy/performance
- Impaired Limits
- Other-directedness
- Over vigilance/Inhibition



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18 Early Maladaptive Schemas in 5 Domains

I. DISCONNECTION-REJECTION
- Mistrust & Abuse
- Defectiveness
- Emotional Deprivation
- Social Isolation
- Abandonment

II. IMPAIRED AUTONOMY & PERFORMANCE
- Failure
- Vulnerability
- Enmeshment
- Dependence

III. IMPAIRED LIMITS
- Entitlement
- Insufficient Self Control

IV. OTHER-DIRECTEDNESS
- Self-Sacrifice
- Subjugation
- Approval/recognition seeking

V. OVER-VIGILANCE & INHIBITION
- Emotional Inhibition
- Negativity
- Unrelenting standards/hypercritical
- Punitiveness

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Domain I

I. DISCONNECTION-REJECTION
- Mistrust & Abuse
- Defectiveness
- Emotional Deprivation
- Social Isolation
- Abandonment

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Domain II

II. IMPAIRED AUTONOMY & PERFORMANCE

- Failure
- Vulnerability
- Enmeshment
- Dependence

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Domain III

III. IMPAIRED LIMITS

- Entitlement
- Insufficient Self Control

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Domain IV

IV. OTHER-DIRECTEDNESS

- **Self-Sacrifice**
- **Subjugation**
- **Approval/recognition seeking**

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Domain V

V. OVER-VIGILANCE & INHIBITION

- **Emotional Inhibition**
- **Negativity**
- **Unrelenting standards/hypercritical**
- **Punitiveness**

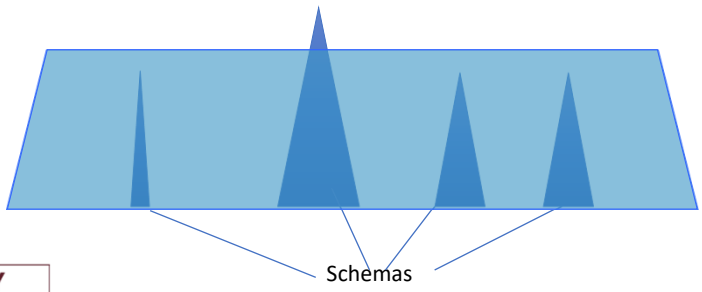
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Schema Activation

- Schemas are dormant in higher functioning individuals until triggered, in more personality disordered clients there is ongoing schema activation
- When schemas are activated perception, interpretation, mood and behaviour are impacted



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