

Scoring Sheet for
Young Schema Questionnaire
L3

Schema Name (Shortened)	YSQ Code	YSQ Item Numbers (Total Items)	Number of Statements You Rated:			Your Total for this Schema (Max. Possible)	Is This One of Your Schemas?
			4	5	6		

SAMPLE	xx	300-309 (10)	1	2	2	26 (60)	<i>High</i>
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Emotional Deprivation	ed	1-9 (9)				(54)	
Abandonment	ab	10-26 (17)				(102)	
Mistrust/Abuse	ma	27-43 (17)				(102)	
Social Isolation	si	44-53 (10)				(60)	
Defectiveness	ds	54-68 (15)				(90)	
Failure	fa	69-77 (9)				(54)	
Dependence	di	78-92 (15)				(90)	
Vulnerability	vu	93-104 (12)				(72)	
Enmeshment	eu	105-115 (11)				(66)	
Subjugation	sb	116-125 (10)				(60)	
Self-Sacrifice	ss	126-142 (17)				(102)	
Emotional Inhibition	ei	143-151 (9)				(54)	
Unrelenting Standards	us	152-167 (16)				(96)	
Entitlement	et	168-178 (11)				(66)	
Insuf. Self-Control	is	179-193 (15)				(90)	
Approval-Seeking	as	194-207 (14)				(84)	
Negativity/Pessimism	np	208-218 (11)				(66)	
Punitiveness	pu	219-232 (14)				(84)	