



## ALL ABOUT SCHEMAS

**NAME:**

**DATE:**

Have you ever wondered why you repeat unhealthy but familiar patterns in your work, relationship, family, or money? Most of the times, it is because of our core beliefs buried deep within us. In today's video, allow me to discuss all about schemas. A schema is widely known as a stable long-standing pattern that develops through early childhood experiences and develops overtime as you reach adulthood. It is essential to find the things that keeps sabotaging you in order to achieve your personal greatness.

*What keeps sabotaging you?*

**Table 1.1** Early maladaptive schemas (Young et al., 2003) and schema domains

<i>Schema domain</i>	<i>Schemas</i>
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/undeveloped self Failure
Impaired limits	Entitlement/grandiosity Lack of self-control/self-discipline
Other-directedness	Subjugation Self-sacrifice
Hypervigilance and inhibition	Approval-seeking Negativity/pessimism Emotional inhibition Unrelenting standards Punitiveness

