

Young Schema Questionnaire (YSQ-S3)

This questionnaire aims to identify the cognitive schemas that lead to problematic behaviors and attitudes. These schemas can cause difficulties in relationships, at work and in managing emotions.

Number of questions	90 questions
Estimated duration	16 minutes
Language	English
Original name	Young Schema Questionnaire
Authors	Jeffrey Young
Category	General

Preview of the 90 questions

I haven't had anyone to help me grow up, to share their inner world with me, or to care deeply about everything that happens to me.

This is completely untrue for me | Mostly untrue for me | More true than untrue for me | Fairly true for me | Mostly true for me | Describes me perfectly

I cling to the people I'm close to for fear that they will leave me.

This is completely untrue for me | Mostly untrue for me | More true than untrue for me | Fairly true for me | Mostly true for me | Describes me perfectly

I feel like others are going to take advantage of me.

This is completely untrue for me | Mostly untrue for me | More true than untrue for me | Fairly true for me | Mostly true for me | Describes me perfectly

I don't fit in.

This is completely untrue for me | Mostly untrue for me | More true than untrue for me | Fairly true for me | Mostly true for me | Describes me perfectly

No man or woman I desire could love me once he or she had seen my flaws.

This is completely untrue for me | Mostly untrue for me | More true than untrue for me | Fairly true for me | Mostly true for me | Describes me perfectly

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Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

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Usage

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“Skeptical at first, I now can't do without this tool in my practice.”

Elodie C. - CBT Psychologist