

LT Questionnaire

This scale is from Jeffrey Young, PhD. It is known as the Young Schema Questionnaire (Short Form). The questions came from common themes that he saw across people he and his students saw in their psychotherapy clinic. Their model focuses not just on diagnosis, but on the destructive messages that people internalize early in life and continue to become common traps that people get into.

I find it helpful to get an idea of the things you are struggling with. It is a quick straight-forwards assessment. It's not meant to diagnose you - it's way too short for that. It's meant to give a direction to our work.

INSTRUCTIONS:

Rate each of the next twenty-two statements in terms of how true each is of you on this six-point scale:

- 1 Completely untrue of me
- 2 Mostly untrue of me
- 3 Slightly more true than untrue of me
- 4 Moderately true of me
- 5 Mostly true of me
- 6 Describes me perfectly

First, rate how true the statements were of you as a child. If your answer would be different for various times during your childhood, choose the rating that best fits the way you felt in general up until the age of twelve.

Second, rate how true each item is of you now, as an adult. If your answer would be different for various periods of your adult life, choose the rating that best applies to you in the past six months.

Following the items, there is a section on how to score it.

1 Completely untrue of me 2 Mostly untrue of me 3 Slightly more true than untrue of me 4 Moderately true of me 5 Mostly true of me 6 Describes me perfectly	Rate how true the statements were of you as a child. As a child	Rate how true each item is of you now, as an adult. As I am now
1. I find myself clinging to people I'm close to because I'm afraid they'll leave me.		
2. I worry a lot that the people I love will find someone else they prefer and leave me.		
3. I am usually on the lookout for people's ulterior motives; I don't trust people easily.		
4. I feel I cannot let my guard down around other people or they will hurt me.		
5. I worry more than the average person about danger – that I will get sick or that some harm will come to me.		
6. I worry that I (or my family) will lose money and become destitute or dependent on others.		
7. I do not feel I can cope well by myself, so I feel I need other people to help me get by.		
8. My parents and I tend to be over involved in each other's lives and problems.		
9. I have not had someone to nurture me, share himself/herself with me, or care deeply about what happens to me.		
10. People have not been there to meet my emotional needs for understanding, empathy, guidance, advice and support		
11. I feel like I do not belong. I am different. I do not really fit in.		
12. I'm dull and boring; I don't know what to say socially.		

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13. No one I desire who knew the real me – with all my defects exposed – could love me.		
14. I am ashamed of myself; I am unworthy of the love, attention, and respect of others.		
15. I am not as intelligent or capable as most people when it comes to work (or school).		
16. I often feel inadequate because I do not measure up to others in terms of talent, intelligence and success.		
17. I feel that I have no choice but to give in to other people's wishes; otherwise they will retaliate or reject me in some way.		
18. People see me as doing too much for others and not enough for myself.		
19. I try to do my best. I can't settle for good enough. I like to be number one at what I do.		
20. I have so much to accomplish that there is almost no time to relax and really enjoy myself.		
21. I feel that I shouldn't have to follow the normal rules and conventions other people do.		
22. I can't seem to discipline myself to complete routine, boring tasks or to control my emotions.		

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How to Score It

Now let's look at the groups. Each group is a box. So Group A would be:

Question 1 (child) + Question 2 (adult) + Question 2 (child) + Question 2 (adult)

You want to look at the highest number in that grouping.

Copy and paste the text below and write them down somewhere:

LT Questionnaire:

Highest number for Q 1 & 2:

Highest number for Q 3 & 4:

Highest number for Q 5 & 6:

Highest number for Q 7 & 8:

Highest number for Q 9 & 10:

Highest number for Q 11 & 12:

Highest number for Q 13 & 14:

Highest number for Q 15 & 16:

Highest number for Q 17 & 18:

Highest number for Q 19 & 20:

Highest number for Q 21 & 22:

Now, copy and paste that into a message on the platform (this is to keep your responses private). We'll cover what these mean next session.

For now, think of three questions about the area(s) with the highest number:

- This is meant to describe you. Does it do that well? Do the areas you scored highest in seem to describe you? Would addressing them help you?
- Think of an example from your past when that area was problematic. It's best to think of a specific example (e.g. not 'this relationship' but 'this incident that happened in the relationship').
- Think of an example from your past when, even though this may be how you feel in general, it didn't matter and either it did not trouble you at all or you were able to achieve something despite feeling that way.