

The Therapist's Schema Questionnaire

Table 4.1 Therapist schema and assumptions (adapted from Leahy, 2001, p. 256)

Schema	Assumptions
Demanding standards	I have to cure all my clients. I must always meet the highest standards. My clients should do an excellent job. We should never waste time.
Special superior person	I am entitled to be successful. My clients should appreciate what I do for them. I shouldn't feel bored when doing therapy. clients try to humiliate me.
Rejection sensitive	Conflicts are upsetting. I shouldn't raise issues that will bother the client.
Abandonment	If my client is bothered by therapy they might leave. It is upsetting when clients terminate. I might end up with no clients.
Autonomy	I feel controlled by the client. My movements, feelings or what I say are limited. I should be able to do what I wish. I wonder whether I will lose myself in the relationship.
Control	I have to control my surroundings or the people around me.
Judgemental	Some people are basically bad people. People should be punished if they do wrong things.
Persecution	I often feel provoked. The client is trying to get me. I have to guard against being taken advantage of or hurt. You usually can't trust people.
Need for approval	I want to be liked by the client. If the client isn't happy with me, then it means I'm doing something wrong.
Need to like others	It's important that I like the client. It bothers me if I don't like the client. We should get along – almost like friends.
Withholding	I want to withhold my thoughts and feelings from the client. I don't want to give them what they want. I feel I am withdrawing emotionally during the session.
Helplessness	I feel I don't know what to do. I fear I will make mistakes. I wonder if I am really competent. Sometimes I feel like giving up.

Goal inhibition	The client is blocking me from achieving my goals. I feel like I'm wasting time. I should be able to achieve my goals in session without the client's interference.
Self-sacrifice	I should meet all my client's needs. I should make them feel better. The client's needs often take precedence over my needs. I sometimes believe I would do almost anything to meet their needs.
Emotional inhibition	I feel frustrated when I'm with this client because I can't express the way I really feel. I find it hard to suppress my feelings. I can't be myself.