

Name: _____
 Date of Birth: _____
 Highest Educational Level: _____
 Today's Date: _____

SMI (Version 1.1)

INSTRUCTION: Listed below are statements that people might use to describe themselves. Please rate each item based on **how often** you believe or feel each statement **in general** using the frequency scale.

| FREQUENCY: In general | |
|------------------------------|---------------------|
| 1= Never or Almost Never | 4= Frequently |
| 2= Rarely | 5= Most of the time |
| 3= Occasionally | 6= All of the time |

| Frequency | In general... |
|------------------|--|
| | 1. I demand respect by not letting other people push me around. |
| | 2. I feel loved and accepted. |
| | 3. I deny myself pleasure because I don't deserve it. |
| | 4. I feel fundamentally inadequate, flawed, or defective. |
| | 5. I have impulses to punish myself by hurting myself (e.g., cutting myself). |
| | 6. I feel lost. |
| | 7. I'm hard on myself. |
| | 8. I try very hard to please other people in order to avoid conflict, confrontation, or rejection. |
| | 9. I can't forgive myself. |
| | 10. I do things to make myself the center of attention. |
| | 11. I get irritated when people don't do what I ask them to do. |
| | 12. I have trouble controlling my impulses. |
| | 13. If I can't reach a goal, I become easily frustrated and give up. |
| | 14. I have rage outbursts. |
| | 15. I act impulsively or express emotions that get me into trouble or hurt other people. |

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| <u>Frequency</u> | <u>In general..</u> |
|-------------------------|--|
| | 16. It's my fault when something bad happens. |
| | 17. I feel content and at ease. |
| | 18. I change myself depending on the people I'm with, so they'll like me or approve of me. |
| | 19. I feel connected to other people. |
| | 20. When there are problems, I try hard to solve them myself. |
| | 21. I don't discipline myself to complete routine or boring tasks. |
| | 22. If I don't fight, I will be abused or ignored. |
| | 23. I have to take care of the people around me. |
| | 24. If you let other people mock or bully you, you're a loser. |
| | 25. I physically attack people when I'm angry at them. |
| | 26. Once I start to feel angry, I often don't control it and lose my temper. |
| | 27. It's important for me to be Number One (e.g., the most popular, most successful, most wealthy, most powerful). |
| | 28. I feel indifferent about most things. |
| | 29. I can solve problems rationally without letting my emotions overwhelm me. |
| | 30. It's ridiculous to plan how you'll handle situations. |
| | 31. I won't settle for second best. |
| | 32. Attacking is the best defense. |
| | 33. I feel cold and heartless toward other people. |
| | 34. I feel detached (no contact with myself, my emotions or other people). |
| | 35. I blindly follow my emotions. |
| | 36. I feel desperate. |
| | 37. I allow other people to criticize me or put me down. |
| | 38. In relationships, I let the other person have the upper hand. |
| | 39. I feel distant from other people. |
| | 40. I don't think about what I say, and it gets me into trouble or hurts other people. |
| | 41. I work or play sports intensively so that I don't have to think about upsetting things. |

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| Frequency | <u>In general...</u> |
|------------------|---|
| | 42. I'm angry that people are trying to take away my freedom or independence. |
| | 43. I feel nothing. |
| | 44. I do what I want to do, regardless of other people's needs and feelings. |
| | 45. I don't let myself relax or have fun until I've finished everything I'm supposed to do. |
| | 46. I throw things around when I'm angry. |
| | 47. I feel enraged toward other people. |
| | 48. I feel that I fit in with other people. |
| | 49. I have a lot of anger built up inside of me that I need to let out. |
| | 50. I feel lonely. |
| | 51. I try to do my best at everything. |
| | 52. I like doing something exciting or soothing to avoid my feelings (e.g., working, gambling, eating, shopping, sexual activities, watching TV). |
| | 53. Equality doesn't exist, so it's better to be superior to other people. |
| | 54. When I'm angry, I often lose control and threaten other people. |
| | 55. I let other people get their own way instead of expressing my own needs. |
| | 56. If someone is not with me, he or she is against me. |
| | 57. In order to be bothered less by my annoying thoughts or feelings, I make sure that I'm always busy. |
| | 58. I'm a bad person if I get angry at other people. |
| | 59. I don't want to get involved with people. |
| | 60. I have been so angry that I have hurt someone or killed someone. |
| | 61. I feel that I have plenty of stability and security in my life. |
| | 62. I know when to express my emotions and when not to. |
| | 63. I'm angry with someone for leaving me alone or abandoning me. |
| | 64. I don't feel connected to other people. |
| | 65. I can't bring myself to do things that I find unpleasant, even if I know it's for my own good. |
| | 66. I break rules and regret it later. |
| | 67. I feel humiliated. |
| | 68. I trust most other people. |

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| | |
|-------------------------|---|
| | 69. I act first and think later. |
| <u>Frequency</u> | <u>In general..</u> |
| | 70. I get bored easily and lose interest in things. |
| | 71. Even if there are people around me, I feel lonely. |
| | 72. I don't allow myself to do pleasurable things that other people do because I'm bad. |
| | 73. I assert what I need without going overboard. |
| | 74. I feel special and better than most other people. |
| | 75. I don't care about anything; nothing matters to me. |
| | 76. It makes me angry when someone tells me how I should feel or behave. |
| | 77. If you don't dominate other people, they will dominate you. |
| | 78. I say what I feel, or do things impulsively, without thinking of the consequences. |
| | 79. I feel like telling people off for the way they have treated me. |
| | 80. I'm capable of taking care of myself. |
| | 81. I'm quite critical of other people. |
| | 82. I'm under constant pressure to achieve and get things done. |
| | 83. I'm trying not to make mistakes; otherwise, I'll get down on myself. |
| | 84. I deserve to be punished. |
| | 85. I can learn, grow, and change. |
| | 86. I want to distract myself from upsetting thoughts and feelings. |
| | 87. I'm angry at myself. |
| | 88. I feel flat. |
| | 89. I have to be the best in whatever I do. |
| | 90. I sacrifice pleasure, health, or happiness to meet my own standards. |
| | 91. I'm demanding of other people. |
| | 92. If I get angry, I can get so out of control that I injure other people. |
| | 93. I am invulnerable. |
| | 94. I'm a bad person. |
| | 95. I feel safe. |
| | 96. I feel listened to, understood, and validated. |

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| | |
|------------------|--|
| | 97. It is impossible for me to control my impulses. |
| | 98. I destroy things when I'm angry. |
| Frequency | In general... |
| | 99. By dominating other people, nothing can happen to you. |
| | 100. I act in a passive way, even when I don't like the way things are. |
| | 101. My anger gets out of control. |
| | 102. I mock or bully other people. |
| | 103. I feel like lashing out or hurting someone for what he/she did to me. |
| | 104. I know that there is a 'right' and a 'wrong' way to do things; I try hard to do things the right way, or else I start criticizing myself. |
| | 105. I often feel alone in the world. |
| | 106. I feel weak and helpless. |
| | 107. I'm lazy. |
| | 108. I can put up with anything from people who are important to me. |
| | 109. I've been cheated or treated unfairly. |
| | 110. If I feel the urge to do something, I just do it. |
| | 111. I feel left out or excluded. |
| | 112. I belittle others. |
| | 113. I feel optimistic. |
| | 114. I feel I shouldn't have to follow the same rules that other people do. |
| | 115. My life right now revolves around getting things done and doing them 'right'. |
| | 116. I'm pushing myself to be more responsible than most other people. |
| | 117. I can stand up for myself when I feel unfairly criticized, abused, or taken advantage of. |
| | 118. I don't deserve sympathy when something bad happens to me. |
| | 119. I feel that nobody loves me. |
| | 120. I feel that I'm basically a good person. |
| | 121. When necessary, I complete boring and routine tasks in order to accomplish things I value. |
| | 122. I feel spontaneous and playful. |
| | 123. I can become so angry that I feel capable of killing someone. |

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| | 124. I have a good sense of who I am and what I need to make myself happy. |
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