

TABLE 1.1. Examples of Maladaptive Coping Responses

Early Maladaptive Schema	Examples of surrender	Examples of avoidance	Examples of overcompensation
Abandonment/Instability	Selects partners who cannot make a commitment and remains in the relationships	Avoids intimate relationships; drinks a lot when alone	Clings to and "smothers" the partner to point of pushing partner away; vehemently attacks partner for even minor separations
Mistrust/Abuse	Selects abusive partners and permits abuse	Avoids becoming vulnerable and trusting anyone; keeps secrets	Uses and abuses others ("get others before they get you")
Emotional Deprivation	Selects emotionally depriving partners and does not ask them to meet needs	Avoids intimate relationships altogether	Acts emotionally demanding with partners and close friends
Defectiveness/Shame	Selects critical and rejecting friends; puts self down	Avoids expressing true thoughts and feelings and letting others get close	Criticizes and rejects others while seeming to be perfect.
Social Isolation/Alienation	At social gatherings, focuses exclusively on differences from others rather than similarities	Avoids social situations and groups	Becomes a chameleon to fit into groups
Dependence/Incompetence	Asks significant others (parents, spouse) to make all his or her financial decisions	Avoids taking on new challenges, such as learning to drive	Becomes so self-reliant that he or she does not ask anyone for anything ("counterdependent")
Vulnerability to Harm or Illness	Obsessively reads about catastrophes in newspapers and anticipates them in everyday situations	Avoids going places that do not seem totally "safe"	Acts recklessly, without regard to danger ("counterphobic")
Enmeshment/Undeveloped Self	Tells mother everything, even as an adult; lives through partner	Avoids intimacy; stays independent	Tries to become the opposite of significant others in all ways
Failure	Does tasks in a halfhearted or haphazard manner	Avoids work challenges completely; procrastinates on tasks	Becomes an "overachiever" by ceaselessly driving him- or herself

(cont.)

TABLE 1.1. (cont.)

Early Maladaptive Schema	Examples of surrender	Examples of avoidance	Examples of overcompensation
Entitlement/ Grandiosity	Bullies others into getting own way, brags about own accomplishments	Avoids situations in which he or she is average, not superior	Attends excessively to the needs of others
Insufficient Self-Control/Self-Discipline	Gives up easily on routine tasks	Avoids employment or accepting responsibility	Becomes overly self-controlled or self-disciplined
Subjugation	Lets other individuals control situations and make choices	Avoids situations that might involve conflict with another individual	Rebels against authority
Self-Sacrifice	Gives a lot to others and asks for nothing in return	Avoids situations involving giving or taking	Gives as little to others as possible
Approval-Seeking/ Recognition-Seeking	Acts to impress others	Avoids interacting with those whose approval is coveted	Goes out of the way to provoke the disapproval of others; stays in the background
Negativity/ Pessimism	Focuses on the negative; ignores the positive; worries constantly; goes to great lengths to avoid any possible negative outcome	Drinks to blot out pessimistic feelings and unhappiness	Is overly optimistic (“Pollyanna”-ish); denies unpleasant realities
Emotional Inhibition	Maintains a calm, emotionally flat demeanor	Avoids situations in which people discuss or express feelings	Awkwardly tries to be the “life of the party,” even though it feels forced and unnatural
Unrelenting Standards/ Hypercriticalness	Spends inordinate amounts of time trying to be perfect	Avoids or procrastinates in situations and tasks in which performance will be judged	Does not care about standards at all—does tasks in a hasty, careless manner
Punitiveness	Treats self and others in harsh, punitive manner	Avoids others for fear of punishment	Behaves in overly forgiving way