

Y P I – 1
Developed by
Jeffrey Young, Ph.D.

M-43

Name _____

Date _____

INSTRUCTIONS: Listed below are statements that you might use to describe your parents. Please read each statement and decide how well it describes your parents. Choose the **highest rating from 1 to 6** that describes your mother, then your father, **when you were a child** and write the number in the spaces before each statement. If someone substituted as your mother or father, please rate the scale for that person. If you did not have a mother or a father, leave the appropriate column blank.

- 1 = Completely untrue
- 2 = Mostly untrue
- 3 = Slightly more true than untrue

- 4 = Moderately true
- 5 = Mostly true
- 6 = Describes him/her perfectly

MOTHER **FATHER**

DESCRIPTION

- | | | |
|-------|-------|--------------------------------------------------------------------------------------------------|
| _____ | _____ | 1. Loved me, treated me as someone special. |
| _____ | _____ | 2. Spent time with and paid attention to me. |
| _____ | _____ | 3. Gave me helpful guidance and direction. |
| _____ | _____ | 4. Listened to me, understood me, shared feelings with me. |
| _____ | _____ | 5. Was warm and physically affectionate. |
| _____ | _____ | 6. Died or left the house permanently when I was a child. *ed |
| _____ | _____ | 7. Was moody, unpredictable, or an alcoholic. |
| _____ | _____ | 8. Preferred my brother(s) or sister(s) to me. |
| _____ | _____ | 9. Withdrew or left me alone for extended periods. *ab |
| _____ | _____ | 10. Lied to me, deceived me, or betrayed me. |
| _____ | _____ | 11. Abused me physically, emotionally, or sexually. |
| _____ | _____ | 12. Used me to satisfy his/her needs. |
| _____ | _____ | 13. Seemed to get pleasure from hurting people. *ma |
| _____ | _____ | 14. Worried excessively that I would get hurt. |
| _____ | _____ | 15. Worried excessively that I would get sick. |
| _____ | _____ | 16. Was a fearful or phobic person. |
| _____ | _____ | 17. Overprotected me. *vh |
| _____ | _____ | 18. Made me feel I couldn't rely on my decisions or judgment. |
| _____ | _____ | 19. Did too many things for me instead of letting me do things on my own. |

MOTHER **FATHER** **DESCRIPTION**

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|-------|-------|------------------------------------------------------------------------------------------|-----|
| _____ | _____ | 20. Treated me as if I were younger than I really was. | |
| _____ | _____ | 21. Criticized me a lot. | *di |
| _____ | _____ | 22. Made me feel unloved or rejected. | |
| _____ | _____ | 23. Treated me as if there was something wrong with me. | |
| _____ | _____ | 24. Made me feel ashamed of myself in important respects. | *ds |
| _____ | _____ | 25. Never taught me the discipline necessary to succeed in school. | |
| _____ | _____ | 26. Treated me as if I was stupid or untalented. | |
| _____ | _____ | 27. Didn't really want me to succeed. | |
| _____ | _____ | 28. Expected me to be a failure in life. | *fa |
| _____ | _____ | 29. Treated me as if my opinions or desires didn't count. | |
| _____ | _____ | 30. Did what he/she wanted, regardless of my needs. | |
| _____ | _____ | 31. Controlled my life so that I had little freedom of choice. | |
| _____ | _____ | 32. Everything had to be on his/her terms. | *sb |
| _____ | _____ | 33. Sacrificed his/her own needs for the sake of the family. | |
| _____ | _____ | 34. Was unable to handle many daily responsibilities, so I had to do more than my share. | |
| _____ | _____ | 35. Was unhappy a lot and relied on me for support and understanding. | |
| _____ | _____ | 36. Made me feel that I was strong, and should take care of other people. | *ss |
| _____ | _____ | 37. Had very high expectations for him/herself. | |
| _____ | _____ | 38. Expected me to do my best at all times. | |
| _____ | _____ | 39. Was a perfectionist in many areas; things had to be "just so". | |
| _____ | _____ | 40. Made me feel that almost nothing I did was quite good enough. | |
| _____ | _____ | 41. Had strict, rigid rules of right and wrong. | |
| _____ | _____ | 42. Became impatient if things weren't done properly or quickly enough. | |
| _____ | _____ | 43. Placed more importance on doing things well than on having fun or relaxing. | *us |
| _____ | _____ | 44. Spoiled me, or was overindulgent, in many respects. | |
| _____ | _____ | 45. Made me feel I was special, better than most other people. | |
| _____ | _____ | 46. Was demanding; expected to get things his/her way. | |
| _____ | _____ | 47. Didn't teach me that I had responsibilities to other people. | *et |

MOTHER **FATHER**

DESCRIPTION

M-45

- | | | | |
|-------|-------|-------------------------------------------------------------------------------------------------------------------------|-----|
| _____ | _____ | 48. Provided very little discipline or structure for me. | |
| _____ | _____ | 49. Set few rules or responsibilities for me. | |
| _____ | _____ | 50. Allowed me to get very angry or lose control. | |
| _____ | _____ | 51. Was an undisciplined person. | |
| _____ | _____ | 52. We were so close that we understood each other almost perfectly. | |
| _____ | _____ | 53. I felt that I didn't have enough individuality or sense of self separate from him/her. | |
| _____ | _____ | 54. I felt that I didn't have my own sense of direction while I was growing up because he/she was such a strong person. | |
| _____ | _____ | 55. I felt that we would hurt each other if either of us went away from the other. | |
| _____ | _____ | 56. Worried a lot about the family's financial problems. | *em |
| _____ | _____ | 57. Made me feel that If I made even a small mistake, something bad might happen. | |
| _____ | _____ | 58. Had a pessimistic outlook; often expected the worst outcome. | |
| _____ | _____ | 59. Focused on the negative aspects of life or things going wrong. | |
| _____ | _____ | 60. Had to have everything under control. | *nv |
| _____ | _____ | 61. Was uncomfortable expressing affection or vulnerability. | |
| _____ | _____ | 62. Was structured and organized; preferred the familiar over change. | |
| _____ | _____ | 63. Rarely expressed anger. | |
| _____ | _____ | 64. Was private; rarely discussed his/her feelings. | |
| _____ | _____ | 65. Would become angry or harshly critical when I did something wrong. | *ei |
| _____ | _____ | 66. Would punish me when I did something wrong. | |
| _____ | _____ | 67. Would call me names (like "stupid" or "idiot") when I made mistakes. | |
| _____ | _____ | 68. Blamed people when things went wrong. | |
| _____ | _____ | 69. Was concerned with social status and appearance. | *pu |
| _____ | _____ | 70. Placed strong emphasis on success and competition. | |
| _____ | _____ | 71. Was concerned with how my behavior would reflect on him/her in the eyes of others. | |
| _____ | _____ | 72. Seemed to love me more or pay more attention to me when I excelled. | *as |

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