

# Schemas and Associated Core Emotional Needs

Adapted from a table by Lockwood, G., & Perris, P. (2012). *A New Look at Core Emotional Needs*. In M. van Vreeswijk, J. Broersen, & M. Nadort (Eds.), *The Wiley-Blackwell handbook of schema therapy: Theory, research and practice* (pp. 41-66). Oxford, UK: Wiley-Blackwell



Schema	Core emotional need
Emotional deprivation	Nurturance, empathy, protection, attention, mutual sharing of emotions and love in an open way. Trust in others understanding and meeting your needs. Strength of emotional connections to others.
Abandonment / instability	An attachment figure who is safe, stable, predictable and consistently available to you. A stable base.
Mistrust / abuse	A valued other who is honest, trustworthy and loyal. A relationship where you learn that others are safe and can be trusted. Safety and security in the childhood family and the absence of abuse.
Social isolation / alienation	A sense of social belonging, inclusion, a feeling of fitting in. Being noticed and invited to social gatherings.
Defectiveness / shame	Unconditional acceptance and love, including validation, absence of criticism or rejection / disapproval, and being appreciated. Encouragement to express insecurity and not hide it from others. For example, learning that life is about struggling – falling is part of life, such as experiencing painful feelings and stress without feeling bad, as a person. Learning to think that you are good enough.
Failure to achieve	Guidance in developing competence across different areas in life.
Dependence / incompetence	A specific kind of support or freedom that is necessary to become independent and autonomous, including being challenged, and guided in navigating situations.
Vulnerability to harm and illness	A meaningful and reassuring relationship that provides balance in managing realistic concerns about health and safety, responsible risk-taking. Feeling this significant other takes adequate action without overprotecting you.
Enmeshment / undeveloped self	Encouragement from a significant other to develop the unique qualities and choices that make you the person you are. Acceptance of what you are good at and to feel valued and confident. Significant relationships that respect interpersonal boundaries.
Subjugation	Freedom within important relationships to express your feelings and needs, without fear, punishment, rejection or disapproval.
Self-sacrifice	Learning to take care of your needs by balancing meeting your own and other's personal needs without guilt. This need is dependent on others really getting or noticing what you need.
Approval- and recognition-seeking	Being seen, heard and accepted unconditionally. Learning that it is okay to make mistakes, this is how we learn and reflects initiative-taking. Being encouraged to do things your own way without rejection or disapproval.
Emotional inhibition	An invitation from a significant other to be spontaneous and playful. Being encouraged to share your feelings.
Unrelenting standards / hypercriticalness	Guidance in developing values and ideals. Receiving guidance in finding your own way and finding a balance between the pursuit of achievement-oriented goals and personal needs, such as health, happiness, intimacy, and relaxation.
Negativity / pessimism	Learning that some things go wrong, and some things go right. Being encouraged to learn ways that you can have a positive impact on the course of events. Experiencing joy and having fun.
Punitiveness	Validating your efforts and learning it is okay to make mistakes, responding with self-compassion. Encouragement of your creativity and individuality.
Entitlement / grandiosity	Encouragement to empathise with others and understand how your actions affect them. Being supported to develop awareness of the perspectives, rights, and needs of other people. Knowing your limits and accepting realistic boundaries set by others.
Insufficient self-control / self-discipline	Guidance in completing daily activities, managing responsibilities, setting and then pursuing long-term goals. Being able to tolerate frustration. Developing self-control.