

# YAMI-PM

## 1-B

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**INSTRUCTIONS:** Listed below are statements that people might use to describe themselves. For each item, please rate **how often** you have believed or felt each statement **during the past month**, using the 6-point rating scale below.

### How Often Over the Past Month Have You Felt This?

**1 = Never or Almost Never**

**4 = Often**

**2 = Rarely**

**5 = Much of the time**

**3 = Occasionally**

**6 = Almost all of the time**

<u>How often?</u>	<u>Over the past month ....</u>
	1. I feel bored.
	2. I feel empty.
	3. I feel numb.
	4. I feel detached.
	5. I feel flat.
	6. I feel "spacey."
	7. I don't care about anything; nothing matters to me.
	8. I feel indifferent.
	9. I feel nothing.
	10. I feel outside of myself or cut off from myself.
	11. I don't feel connected to other people.
	12. I don't want to get involved with people.
	13. I feel distant from other people.
	14. I feel cold toward other people.
	15. I want to be alone.
	16. It's best not to get close or feel attached to other people.
	17. I don't know what I want or need.
	18. I don't want to feel anything.
	19. If I allow myself to feel my emotions, I might lose control.

	20. It is best not to express my needs, feelings, or opinions to others.	
	21. I have impulses to hurt myself (e.g., cut myself) so that I won't feel upsetting emotions.	
	22. I feel like taking drugs or alcohol to numb my feelings.	
	23. I'd like to do something exciting or soothing to avoid my feelings (e.g., working, gambling, eating, shopping, sexual activities, watching TV).	
	24. I don't want to think about my problems because they upset me.	
	25. I want to distract myself from upsetting thoughts and feelings.	<i>*dp</i>
	26. I feel lonely.	
	27. I feel that nobody loves me.	
	28. I feel unlovable.	
	29. I feel fundamentally inadequate, flawed, or defective.	
	30. I feel weak and helpless.	
	31. I feel sad.	
	32. I feel lost.	
	33. I feel needy.	
	34. I feel desperate.	
	35. I feel left out or excluded.	
	36. I feel hopeless.	
	37. I feel frightened, scared, or anxious.	
	38. I'm worried that people will leave me or die.	
	39. I'm worried that people will hurt me, abuse me, or punish me.	
	40. I'm afraid of other people.	
	41. I wish I had someone to hold me or be close to me.	
	42. I wish I had someone I felt connected to.	
	43. There is nobody who really listens to me or understands me.	
	44. I'm worried that something bad will happen to me.	
	45. I'm worried that other people will make fun of me or humiliate me.	
	46. I need a lot of reassurance from other people.	
	47. I wish I had someone to support me or protect me.	
	48. I feel ashamed.	<i>*vc</i>
	49. I'm angry at myself.	
	50. I'm a bad person.	
	51. I can't forgive myself.	
	52. I'm angry at myself for being weak.	
	53. I have an impulse to punish myself by hurting myself (e.g., cutting myself).	

	54. I deserve to be punished.
	55. I feel like punishing someone because they did something wrong.
	56. I'm angry at myself for feeling needy.
	57. I deny myself pleasure because I don't deserve it.
	58. I'm bad if I express my needs, feelings, or opinions to other people.
	59. I'm bad if I get angry at other people.
	60. It's my fault when something bad happens.
	61. My needs or feelings are wrong.
	62. I don't deserve sympathy when something bad happens to me.
	63. I feel guilty.
	64. I hate or despise myself.
	65. I don't allow myself to do pleasurable things that other people do because I'm bad.
	66. I'm selfish.
	67. I'm lazy.
	68. I'm stupid.
	69. I'm thinking about the mistakes I've made and feel angry at myself.
	70. There are people who have hurt me, but I can't "forgive and forget".
	71. It doesn't matter why I make a mistake; when I do something wrong, I should pay the price.
	72. I get upset when I think someone has been "let off the hook" too easily.
	73. I get angry when people make excuses for themselves, or blame other people for their problems. <span style="float: right;"><i>*pp</i></span>
	74. I feel enraged at someone.
	75. I'm angry with someone for leaving me alone or abandoning me.
	76. I feel like lashing out or hurting someone for what he/she did to me.
	77. I'm angry that someone isn't giving me the love, attention, and caring that I need.
	78. I have a lot of anger built up inside of me that I need to let out.
	79. I've been cheated or treated unfairly.
	80. It makes me angry when someone tells me how I should feel or behave.
	81. I'm angry that people are trying to take away my freedom or independence.
	82. I feel frustrated by other people.
	83. I feel like telling people off for the way they've treated me.
	84. My anger feels out of control.
	85. I feel violent impulses toward other people who have hurt me. <span style="float: right;"><i>*ac</i></span>

	86. I can express my feelings spontaneously when it's appropriate.
	87. I allow myself to get pleasure from life and do good things for myself.
	88. I deserve good things as much as other people do.
	89. I accept my own limitations and the limitations of other people without feeling angry or frustrated.
	90. I can solve problems rationally without letting my emotions overwhelm me.
	91. I have good control over my emotions, including anger.
	92. I face my problems rather than avoid them.
	93. I can ask other people to meet my needs.
	94. I have the right to express my opinions.
	95. I'm capable of taking care of myself.
	96. I can discuss my feelings with other people.
	97. I accept help when I can't solve a problem.
	98. I have healthy relationships with friends and other people I know.
	99. I do the things I like to do, not just the things I'm supposed to do.
	100. When there are problems, I try hard to solve them.
	101. I know when to express my emotions and when not to.
	102. I assert what I need without going overboard.
	103. For the most part, I like and accept myself as I am.
	104. I have a good sense of who I am and what I need to make myself happy.
	105. I can stand up for myself when I feel unfairly criticized, abused, or taken advantage of.
	106. I make sure that both my needs and the needs of other people are taken into account when I make decisions.
	107. I have a good balance between taking care of other people and getting my own needs met.
	108. When I make mistakes, I can forgive myself.
	109. I don't feel a strong need to impress other people or work too hard to get other people to like me.
	110. I feel comfortable expressing my emotions (e.g., crying, anger, joy) so long as it's appropriate in the situation.
	111. I like to do well, but I don't push myself so hard that I can't relax or have fun.
	112. When necessary, I complete boring and routine tasks in order to accomplish things I value. <span style="float: right;"><i>*ha</i></span>
	113. I let other people get their own way instead of expressing my own needs.
	114. In relationships, I let the other person have the upper hand.
	115. I try very hard to please other people in order to avoid conflict, confrontation, or rejection.
	116. I give more to others than I get back in return.
	117. I act in a passive way, even when I don't like the way things are.

	118. I stay too long in situations that aren't healthy for me or in which my needs aren't getting met.
	119. I change myself depending on the people I'm with, so they'll like me or approve of me.
	120. I turn to other people for help because I don't trust my own judgment or decisions.
	121. I allow other people to criticize me or put me down.
	122. I stay in relationships with people who are unstable or won't make commitments to me.
	123. I find it difficult to get out of relationships in which I'm being abused or mistreated.
	124. In many of my important relationships, I don't get much love, attention, support, or empathy.
	125. I do many things half-heartedly or without enthusiasm because I expect them to go wrong or to feel disappointed.
	126. I'm so busy doing things for other people that I don't have much time for myself.
	127. I let other people take care of me because I don't feel I can cope well by myself. <span style="float: right;">*CS</span>
	128. I take out my frustrations on the people around me.
	129. I tend to blame others when things go wrong.
	130. I work hard to get other people to admire my accomplishments and achievements.
	131. I buy things so that others will recognize that I'm successful (e.g., expensive cars, stylish clothing, a beautiful home).
	132. It's important for me to be Number One (e.g., the most popular, most successful, most wealthy, most powerful).
	133. I do things to make myself the center of attention.
	134. I try harder than most other people to have order in my life (e.g., organization, structure, planning, routine).
	135. I'm quite controlling of the people around me.
	136. I won't let myself be dependent on anyone.
	137. I usually put my own needs before others'.
	138. I'm demanding of other people.
	139. I'm a "rebel" in many ways, and go against established authority.
	140. I feel I shouldn't have to follow the same rules that other people do.
	141. I'm very possessive of, or cling to, people I value.
	142. I manipulate to achieve my goals.
	143. I look for ways to outsmart people so they won't take advantage of me or hurt me.
	144. I do what I want to do, regardless of other people's needs and feelings.
	145. I'm quite critical of other people.
	146. I get irritated when people don't do what I ask them to do.

	147. I feel special – better than most other people.
	148. I push people away if they try to get too close or intrude on my life. <i>*oc</i>
	149. I don't discipline myself to complete routine or boring tasks.
	150. I act impulsively or express emotions that get me into trouble or hurt other people.
	151. If I can't reach a goal, I become easily frustrated and give up.
	152. Once I start to feel angry, I often don't control it and lose my temper.
	153. I overdo things that are pleasurable, even when I know they're bad for me (e.g., drinking, smoking, drugs, overeating, sex, gambling).
	154. I get bored easily and lose interest in things.
	155. I have trouble controlling myself.
	156. I say what I feel, or do things impulsively, without thinking of the consequences.
	157. I break the rules and end up regretting it.
	158. I get into trouble more than other people. <i>*ic</i>
	159. I'm pushing myself to be more responsible than most other people.
	160. I'm not letting myself relax or have fun until I've finished everything I'm supposed to do.
	161. I'm trying to do my best at everything I try.
	162. I'm trying not to make mistakes; otherwise, I'll get down on myself.
	163. I'm sacrificing pleasure, health, or happiness to meet my own standards.
	164. My relationships are suffering because I'm pushing myself so hard.
	165. I'm under constant pressure to achieve and get things done.
	166. I'm hard on myself.
	167. I know that there is a "right" and a "wrong" way to do things; I'm trying hard to do things the right way, or else I'll start criticizing myself.
	168. I have a strict code of ethics and morality that I'm working hard to follow.
	169. My life right now revolves around getting things done and doing them "right".
	170. I feel driven to accomplish things. <i>*dc</i>
	171. I feel loved and accepted.
	172. I feel content and at ease.
	173. I feel connected to other people.
	174. I feel listened to, understood, and validated.
	175. I feel spontaneous and playful.
	176. I feel optimistic.
	177. I feel that I'm basically a good person.
	178. I feel that I'm usually successful in what I try to achieve.
	179. I have a good sense of who I am, what I need, and what I feel.

	180. I feel that I have plenty of stability and security in my life.
	181. I feel that I fit in with other people.
	182. I feel confident that I can get most of my important needs met.
	183. I feel safe.
	184. I feel that I usually get enough attention from other people.
	185. I trust most other people.
	186. I feel that I can make good decisions and exercise good judgment. <i>*cc</i>

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