

**Interpretation Grid for
Young Schema Questionnaire – L3**

Schema Name (Shortened)	Your Score On This Schema	Graph Your Score On This Schema			
		Low	Medium	High	Very High

SAMPLE	26	0-8	9-18	√ 19-30	31-60
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Schema Name	Low	Medium	High	Very High
Emotional Deprivation	0 - 8	9 - 18	19 - 30	31 - 54
Abandonment	0 - 12	13 - 25	26 - 39	40 - 102
Mistrust/Abuse	0 - 12	13 - 25	26 - 39	40 - 102
Social Isolation	0 - 8	9 - 18	19 - 30	31 - 60
Defectiveness	0 - 12	13 - 25	26 - 39	40 - 90
Failure	0 - 8	9 - 18	19 - 30	31 - 54
Dependence	0 - 12	13 - 25	26 - 39	40 - 90
Vulnerability	0 - 8	9 - 18	19 - 30	31 - 72
Enmeshment	0 - 8	9 - 18	19 - 30	31 - 66
Subjugation	0 - 8	9 - 18	19 - 30	31 - 60
Self-Sacrifice	0 - 12	13 - 25	26 - 39	40 - 102
Emotional Inhibition	0 - 8	9 - 18	19 - 30	31 - 54
Unrelenting Standards	0 - 12	13 - 25	26 - 39	40 - 96
Entitlement	0 - 8	9 - 18	19 - 30	31 - 66
Insuf. Self-Control	0 - 12	13 - 25	26 - 39	40 - 90
Approval-Seeking	0 - 12	13 - 25	26 - 39	40 - 84
Negativity/Pessimism	0 - 8	9 - 18	19 - 30	31 - 66
Punitiveness	0 - 12	13 - 25	26 - 39	40 - 84