Adaptive Schemas

PROGRESS PSYCHOTHERAPY

If unmet emotional needs cause maladaptive schemas and modes what comes from the times needs were met? Positive psychology states that positive phenomena should be researched as much as disorders are. Research has suggested there can be adaptive forms of the 18 maladaptive schemas. These generate healthy adult responses instead of maladaptive schemas modes. Consider what you would need to do and change to feel these. Note: recent scientific studies have supported 14 of these statistically but the 4 marked with * are still hypothetical and being looked into.

Connection and acceptance schemas (positive forms of the disconnection and rejection schemas)

Stable attachment (positive form of abandonment/instability)
Trusting people not to leave you, people will usually tend to be there.

Basic trust* (positive form of mistrust/abuse)
People will usually not hurt you, you feel safe around most people and are only suspicious of betrayal if you have evidence.

Emotional fulfillment (positive form of emotional deprivation)
People will usually try to meet our emotional needs for nurture, support or protection.

Self-acceptance/lovability* (positive form of defectiveness/shame)
The belief that we are worthy of love or caring, even though we have flaws. People will not reject the real you.

Social belonging (positive form of social isolation/ alienation)
The belief that we have social connections and belong to a group or society.

Healthy autonomy schemas (positive form of the impaired autonomy and performance schemas)

Competence/ self-reliance (positive form of dependence/ incompetence)
Believing that you are generally competent and can independently manage typical tasks or ones you are trained in.

Basic health and safety (positive form of vulnerability to harm/illness)
This is a belief that you are not generally at high risk of harm or illness. This is only a situational problem.

Healthy boundaries/ developed self (positive form of Enmeshment/ underdeveloped self)
You are generally independent and in control of your life, wants and needs. There isn't someone else (like a parent, etc.) who is over involved or dominates decisions.

Success (positive form of failure)
A belief that you are generally successful, at least as much as most people.

Reasonable limits (positive form of impaired limits)

Empathetic consideration/respect for others (positive form of entitlement/grandiosity)
Believing that others have value, have the right to say no to you and you don't need special treatment.

Self-discipline (positive form of low self-control)
You can generally delay gratification for practical reasons, future benefits or to be reasonably compassionate to others.

Self-directedness (positive form of Other Directedness)

Assertiveness/self-expression* (positive form of subjugation)
The belief that you can communicate your opinion and needs without reasonable fear of punishment or abandonment.

Healthy self interest/ selfcare (positive form of self-sacrifice)
You try to find a healthy and fair balance between your needs and other peoples needs.

Self-directedness (positive form of approval/ recognition seeking)
Believing you are good or acceptable whether you are being praised or not.

Emotional expression (positive forms of over- vigilance & inhibition)

Optimism/hopefulness* (positive form of negativity/ Pessimism)
You can enjoy good things without assuming something bad will follow. You can assume things will go well unless you have evidence otherwise.

Emotional openness/ spontaneity (positive form of emotional inhibition)
You are comfortable expressing your feelings and feel able to do so.

Realistic expectations (positive form of unrelenting standards/ Hypercriticalness)
Having reasonable expectations for yourself that are actually achievable. You are compassionate when things are too much and can accept good over perfection.

Forgiveness/ Self-compassion (positive form of punitiveness)
Being compassionate toward yourself or others when mistakes are made.

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