

In the "Rating" column below, indicate how you feel about this particular patient thus far in working with him or her. There are no right or wrong answers. Try to avoid giving answers that you think are desirable.

Rating scale: 1 = Very untrue, 2 = Somewhat untrue, 3 = Slightly untrue, 4 = Slightly true, 5 = Somewhat true, 6 = Very true

<u>Assumptions</u>	<u>Rating</u>
1. I have to cure all my patients.	_____
2. I must always meet the highest standards.	_____
3. My patients should do an excellent job.	_____
4. We should never waste time.	_____
5. I am entitled to be successful.	_____
6. My patients should appreciate all that I do for them.	_____
7. I shouldn't feel bored when doing therapy.	_____
8. Patients try to humiliate me.	_____
9. Conflicts are upsetting.	_____
10. I shouldn't raise issues that will bother the patient.	_____
11. If my patient is bothered with therapy, he or she might leave.	_____
12. It's upsetting when patients terminate.	_____
13. I might end up with no patients.	_____
14. I feel controlled by the patient.	_____
15. My movements, feelings, or what I say are limited.	_____
16. I should be able to do or say what I wish.	_____
17. Sometimes I wonder if I will lose myself in the relationship.	_____
18. I have to control my surroundings or the people around me.	_____
19. Some people are basically bad people.	_____
20. People should be punished if they do wrong things.	_____
21. I often feel provoked.	_____
22. The patient is trying to get to me.	_____
23. I have to guard against being taken advantage of or hurt.	_____
24. You usually can't trust people.	_____
25. I want to be liked by the patient.	_____
26. If the patient isn't happy with me, then it means I'm doing something wrong.	_____
27. It's important that I like the patient.	_____
28. It bothers me if I don't like the patient.	_____
29. We should get along—almost like friends.	_____
30. I want to withhold thoughts and feelings from the patient.	_____
31. I don't want to give them what they want.	_____
32. I feel I am withdrawing emotionally during the session.	_____
33. I feel I don't know what to do.	_____
34. I fear I'll make mistakes.	_____

FIGURE 11.1. Therapist's schema questionnaire.

(continued)

<u>Assumptions</u>	<u>Rating</u>
35. I wonder if I'm really competent.	___
36. Sometimes I feel like giving up.	___
37. The patient is blocking me from achieving my goals.	___
38. I feel like I'm wasting time.	___
39. I should be able to achieve my goals in sessions without the patient's interference.	___
40. I should meet the patients' needs.	___
41. I should make them feel better.	___
42. The patients' needs often take precedence over my needs.	___
43. I sometimes believe that I would do almost anything to meet their needs.	___
44. I feel frustrated when I'm with this patient because I can't express the way I really feel.	___
45. I find it hard to suppress my feelings.	___
46. I can't be myself.	___

FIGURE 11.1. (continued from previous page)

them to overlook or discount the patient's emotional turmoil. The perfectionistic, rigid character type places so much emphasis on "logic" and "rationality" that the patient may feel that therapy is simply an opportunity for the therapist to show that he or she is smarter than the patient.

For example, a number of years ago I was called on to supervise a beginning intern in cognitive-behavior therapy. The intern seemed to believe that therapy involved nothing more than showing the patient how stupid and irrational he or she was. In conducting role plays with this therapist, in which I played the role of patient, I felt barraged and belittled by the intern. When we explored the intern's assumptions, it became clear that he believed the patient "should not be irrational." He also believed he should try to impress me, the supervisor, with how smart he was. I asked the trainee, "Why should the patient be rational?" His response was, "Because being irrational won't help him." I pointed out that all of us are irrational sometimes and that the patient's irrationality may be why he came for treatment. I also suggested that the trainee examine whether demanding rationality from patients was an irrational assumption.

The perfectionistic therapist has unrealistic expectations of self and patient, usually expressed in *imperatives*:

Self: "I *should* be able to cure my patients"; "I *should* know everything about the patient's problems"; "The session *should* go according to my plans."