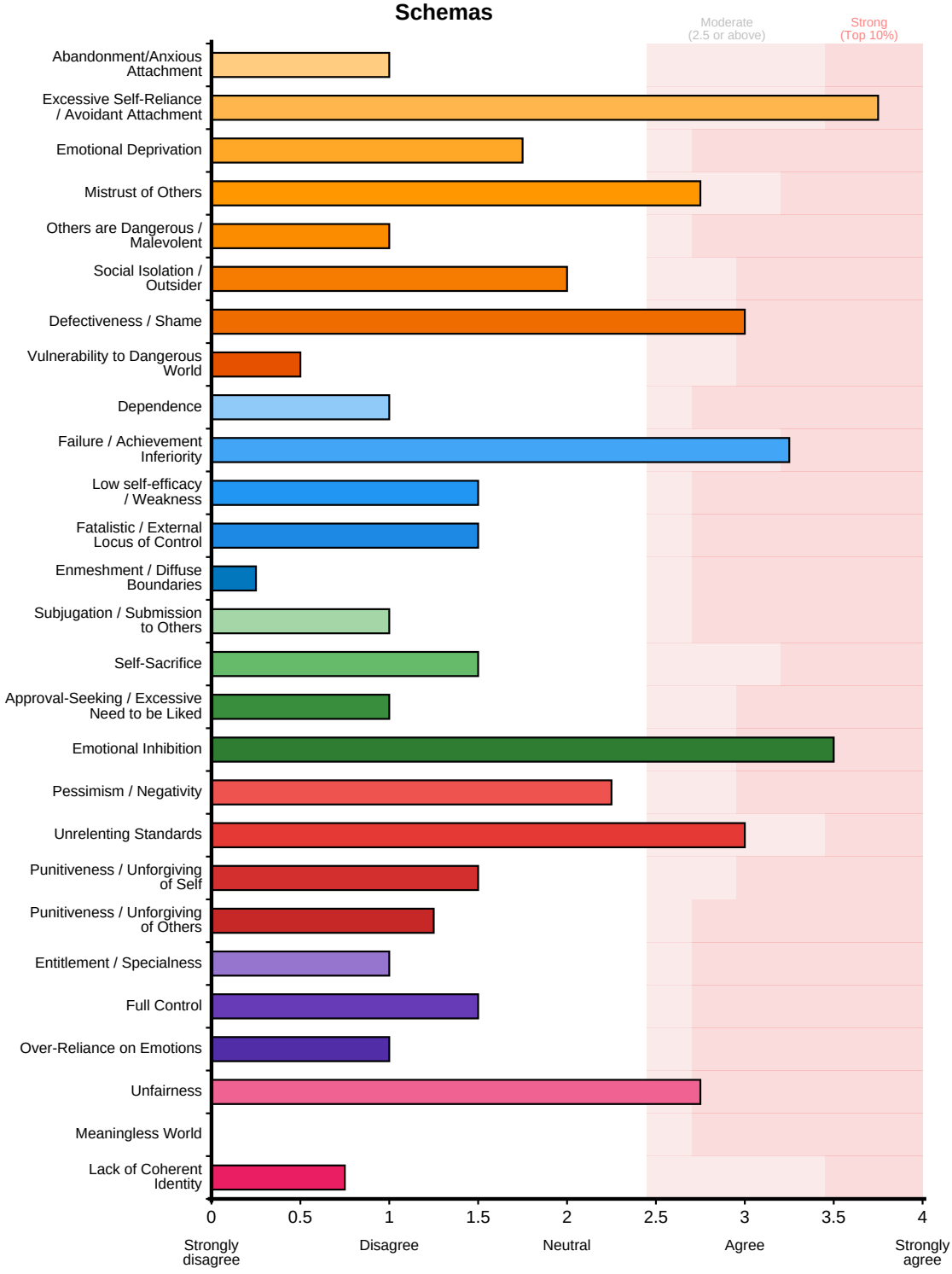
Assessment powered by NovoPsych

Maladaptive Schema Scale (MSS-v1.4)

Client Name	Client A	*Date administered*	26 Nov 2026
Date of birth (age)	1 Jan 2000 (26)	*Time taken*	18s
Assessor	Dr Emerson Bartholomew		

Schemas

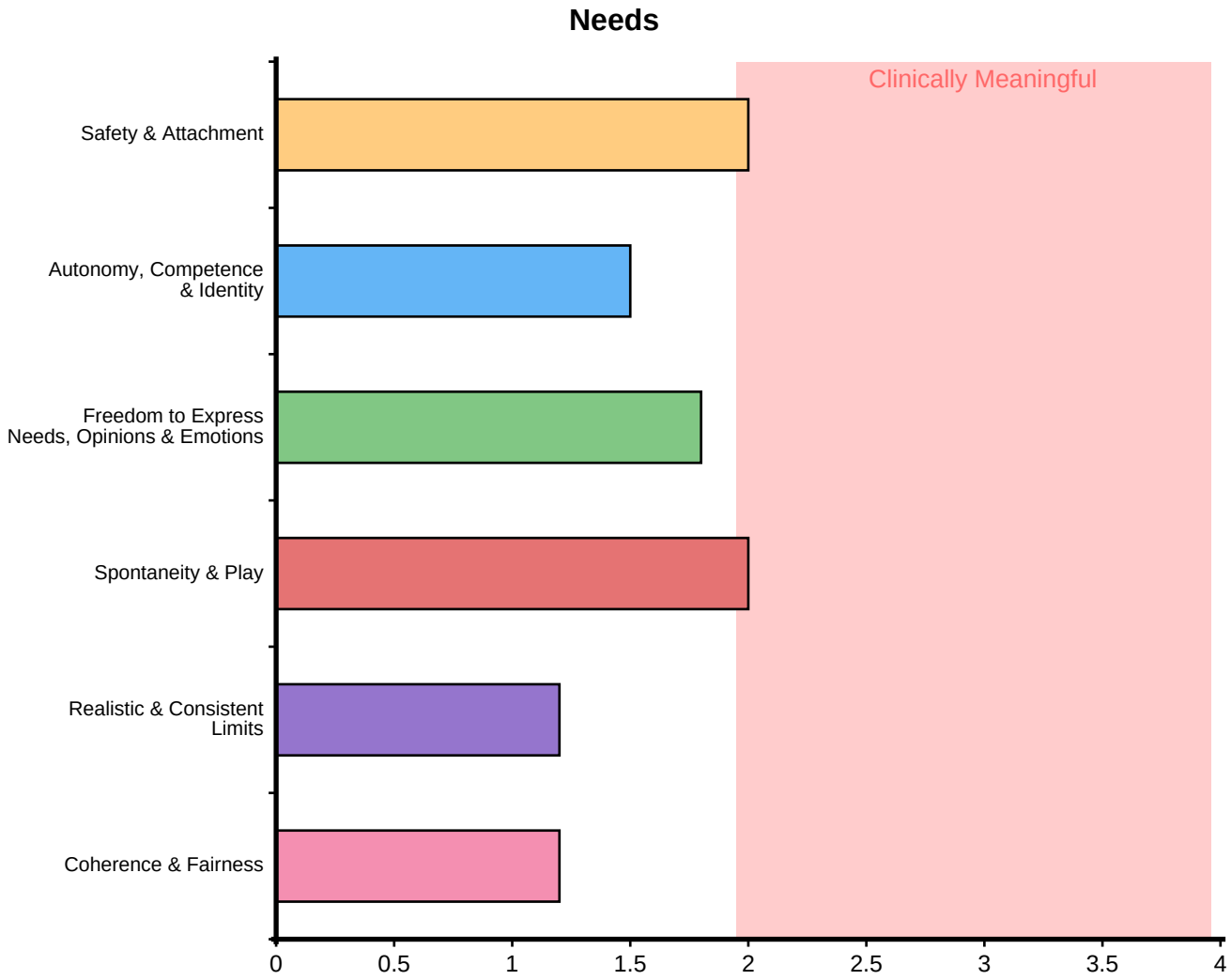


Client Name	Client A

Schemas

	Average Score (0-4)	Percent in Agreement	Belief
Abandonment / Anxious Attachment (Items 1-4)	1		
Excessive Self-Reliance / Avoidant Attachment (Items 5-8)	3.75	100	'I can only rely on myself'
Emotional Deprivation (Items 9-12)	1.75	25	
Mistrust of Others (Items 13-16)	2.75	75	'I cannot trust people'
Others are Dangerous / Malevolent (Items 17-20)	1		
Social Isolation / Outsider (Items 21-24)	2		
Defectiveness / Shame (Items 25-28)	3	100	'I am unacceptable'
Vulnerability to Dangerous World (Items 29-32)	0.5		
Dependence (Items 33-36)	1	25	
Failure / Achievement Inferiority (Items 37-40)	3.25	100	'I am not a successful person'
Low Self-Efficacy / Weakness (Items 41-44)	1.5		
Fatalistic / External Locus of Control (Items 45-48)	1.5	25	
Enmeshment / Diffuse Boundaries (Items 49-52)	0.25		
Subjugation / Submission to Others (Items 53-56)	1		
Self-Sacrifice (Items 57-60)	1.5		
Approval-Seeking / Excessive Need to be Liked (Items 61-64)	1		
Emotional Inhibition (Items 65-68)	3.5	100	'I must suppress my emotions'
Pessimism / Negativity (Items 69-72)	2.25	25	
Unrelenting Standards (Items 73-76)	3	100	'I must perform exceptionally'
Punitiveness / Unforgiving of Self (Items 77-80)	1.5		
Punitiveness / Unforgiving of Others (Items 81-84)	1.25		
Entitlement / Specialness (Items 85-88)	1		
Full Control (Items 89-92)	1.5	25	
Over-Reliance on Emotions (Items 93-96)	1		
Unfairness (Items 97-100)	2.75	75	'I am not treated fairly'
Meaningless World (Items 101-104)	0		
Lack of Coherent Identity (Items 105-108)	0.75		

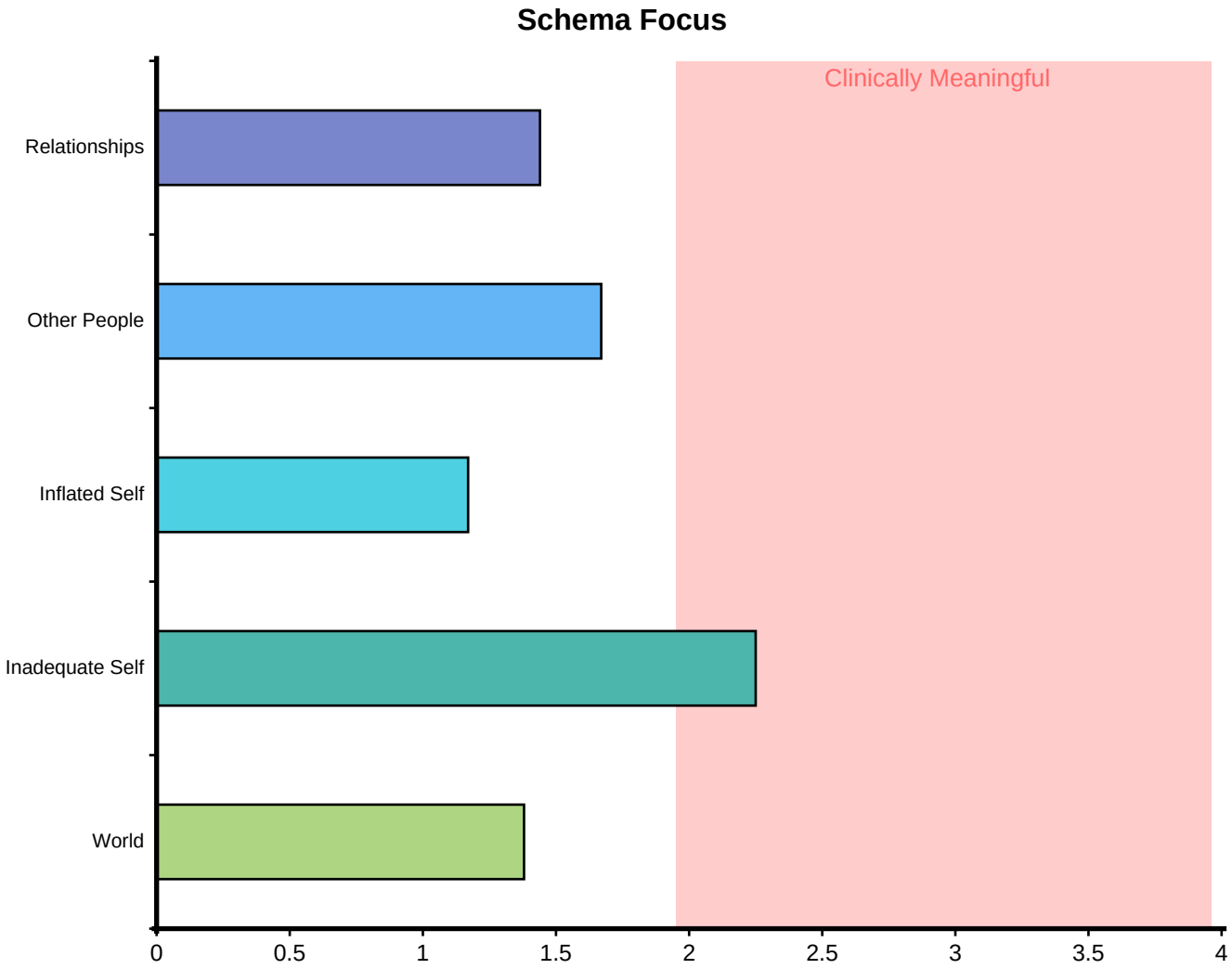
Client Name	Client A



Needs

	Average Score (0-4)	Indication
Safety & Attachment (Items 1-32)	2	
Autonomy, Competence & Identity (Items 33-52)	1.5	
Freedom to Express Needs, Opinions & Emotions (Items 53-68)	1.8	
Spontaneity & Play (Items 69-84)	2	Disrupted need
Realistic & Consistent Limits (Items 85-96)	1.2	
Coherence & Fairness (Items 97-108)	1.2	

Client Name	Client A



Interpretation

The client's responses indicate disrupted early childhood needs for: 'Spontaneity & Play' and 'Safety & Attachment'.

The client scored above the threshold in the 'Excessive Self-Reliance / Avoidant Attachment', 'Emotional Inhibition', 'Failure / Achievement Inferiority', 'Defectiveness / Shame' and 'Unfairness' Schemas.

Excessive Self-Reliance / Avoidant Attachment:
This schema is characterised by a wariness of intimacy and a reluctance to depend on others, often stemming from a desire to avoid vulnerability. People with this schema are reluctant to seek support or closeness from others and tend to keep personal issues to themselves, fearing being perceived as needy or becoming too dependent. They may minimise the importance of

relationships, or rationalise that others have their own problems and should not be burdened further. There may be an emphasis on personal interests over cultivating relationships, an autonomous approach to handling life's challenges and a general avoidance of deep emotional connections, which they may find uncomfortable. People with this schema may fear being smothered or others becoming over-involved in their private matters.

Examples of what maintains the schema:
- People with this schema may distance themselves or withdraw from relationships to cope with their discomfort with interpersonal intimacy. When a partner responds to this by drawing closer, the discomfort with intimacy and need to maintain distance are perpetuated.
- Some people with this schema cope with this discomfort by avoiding intimate relationships altogether, and therefore do not have the opportunity to have corrective experiences to challenge the validity of the schema.
- The excessive need for self-reliance characteristic of the schema can be reinforced when the person successfully manages challenges alone and encounters difficulties when working with others.

Examples of beliefs, assumptions or reactions related to the schema:
- I feel extremely uncomfortable depending on other people. (Strongly Agreed)
- I feel uneasy when people get too close. (Strongly Agreed)
- I always depend on myself and never on other people. (Strongly Agreed)

Possible origins of this schema:
- This schema and attachment style may develop from early experiences with caregivers who were inconsistently responsive, or were rejecting or neglectful in response to the child’s expression of a need for closeness or support.
- Caregivers who were dominating, overinvolved or smothering, as the child learns that interpersonal closeness is uncomfortable;
- Caregivers who actively discouraged dependence, either through overt messages about the importance of independence or through behaviours that penalised seeking connection;
- Caregivers who were emotionally distant, unavailable, or dismissive of the child’s emotional needs, as this teaches the child to rely on themselves for comfort and support;
- Caregivers who are interpersonally dependent, as this can lead the child to overcorrect and only rely on themselves.

Emotional Inhibition:
This schema involves the restraint of emotions to avoid shame, a perceived loss of control or uncomfortable feelings. People with this schema may hold back feelings, avoid emotional engagement, or maintain a narrow emotional range in situations where a broader range of emotions would be typical or healthy. It involves a reluctance to express emotions, whether they are pleasurable or uncomfortable feelings (e.g. anger, joy, affection, or vulnerability). Individuals with this schema perceive emotions as unimportant or more detrimental than beneficial, leading them to ignore or suppress them as a protective measure. This suppression is often justified by an overemphasis on rationality and a devaluation of emotional experiences, leading to a stifled emotional life and difficulty in communicating their feelings and needs effectively. People with this schema may have trouble identifying their emotions, alexithymia or physical manifestations of emotions, such as muscle tightness or gastrointestinal symptoms. This schema can create barriers to intimate relationships and reduce overall emotional resilience.

Examples of what maintains the schema:
- When an individual repeatedly suppresses their emotions and tension accumulates, they may

inadvertently release them in an uncontrolled outburst. The intensity of the outburst can reinforce the perceived risk of emotional expression.
- Conversely, the belief that emotions are dangerous can be reinforced when an individual avoids expressing emotions and nothing negative happens (i.e., they don't face rejection or conflict). This absence of negative outcomes can wrongly affirm their belief that suppressing emotions is a safe and effective strategy.

Examples of beliefs, assumptions or reactions related to the schema:
- Emotions are not useful, so I need to ignore them. (Strongly Agreed)
- My emotions do more harm than good. (Strongly Agreed)
- It is dangerous to feel emotions too strongly. (Agreed)

Possible origins of this schema:
- The child learned to inhibit emotion as a result of experiences where emotional expression was discouraged or punished, or met with ridicule, shaming, or judgement.
- This schema can develop as a coping mechanism for overwhelming feelings associated with trauma.
- The child was expected to suppress spontaneous urges in favour of rigid rules, duty, rationality, ethics, or keeping up appearances.
- Parental emotional needs came first, so there was no space for the child to express themselves or develop emotionally.
- The child was exposed to expressions of emotion in a way that felt overwhelming or threatening.
- Cultural norms, including those related to gender, can shape beliefs about the appropriateness and meaning of emotional expression.

Failure / Achievement Inferiority:
The belief that one is inferior in achievement or status or fundamentally inadequate compared to others. Whether accurate or exaggerated, this belief underpins an expectation that one will inevitably fail in areas of achievement (education, career, relationships, financial status, etc.). There is often intense social comparison and a focus on extrinsic motivators for achievement. People with this schema may be hypersensitive to feedback and focus on their failings while discounting or dismissing areas of strength or accomplishments. Some individuals with this schema may believe their perceived lack of success is due to their own ineptitude, while others may believe it is due to external factors not within their control. External attribution may be protective of self-esteem but can also lead to a sense of helplessness or unfairness.

Examples of what maintains the schema:
- This schema can lead to avoidance of challenges due to the fear of further failure. This avoidance can become a self-fulfilling prophecy, as refusing to engage in challenging activities can limit skills and successes.
- Selective exposure to highly successful individuals on social media may promote unfavourable comparisons.
- Cognitive bias can maintain the failure schema by overemphasising factors and experiences confirming their perceived failure and dismissing those that disconfirm the schema, such as personal strengths or successes.

Examples of beliefs, assumptions or reactions related to the schema:
- I compare my achievements with others and feel that I am not as successful. (Strongly Agreed)
- I feel inferior when I think of the accomplishments of others. (Agreed)
- I feel proud of my accomplishments. (R) (Disagreed)

Possible origins of this schema:
- Caregivers who were overly critical or set unrealistically high expectations.
- Frequent unfavourable comparisons with siblings or peers.
- Growing up in environments where achievements were not recognised or praised or where caregivers themselves were highly successful.
- Experiencing significant failures or setbacks during formative years, such as educational or social struggles, can lead children to believe that they are a failure.
- Caregivers who ridiculed failure.
- Excessive exposure to success-focussed social media without adequate contextual framing.
- Comparative lack of skill or achievement compared to peers, especially in an achievement focussed culture or family.

Defectiveness / Shame:
Central to the defectiveness schema is the belief that one is inherently flawed and inferior, along with the emotion of shame. People with this schema may fear that self-disclosure or revealing themselves to others would lead to rejection as they believe themselves to be unlovable and unworthy of acceptance. The schema is often associated with a hypersensitivity to real or imagined signs of rejection or criticism. Similarly, it can cause one's flaws to be in hyper-focus, overshadowing any recognition of personal strengths or positive qualities. The nature of the perceived flaws may be internally experienced (relating to experiences such as thoughts, urges or emotions) or externally observable (such as concern about social skills or appearance). People with this schema often feel unwanted, self-conscious and insecure around others and have a deep sense of shame about their perceived defects.

Examples of what maintains the schema:
- To protect from the feeling of shame associated with the exposure of one’s defectiveness, people with this schema may avoid intimacy, thereby limiting opportunities for disconfirming the schema.
- Because they feel undeserving of love, acceptance or respect, people with this schema may inadvertently “click” with and become involved with critical people who reinforce their feeling of defectiveness.
- Some people may attempt to conceal or overcome their perceived defects by overcompensating with perfectionism, people-pleasing, or arrogant behaviour, which can reinforce the belief that their true self is flawed and unacceptable.
- Cognitive bias can maintain the defectiveness schema by overemphasising factors and experiences that confirm one's perceived defectiveness and dismissing those that are inconsistent, such as personal strengths or positive feedback.

Examples of beliefs, assumptions or reactions related to the schema:
- I have reasons to be ashamed of myself and my character (Agreed)
- My flaws make me unlovable. (Agreed)
- I am inherently defective. (Agreed)

Possible origins of this schema:
- Critical, shaming, punishing or rejecting caregiving experiences in early life.
- Unfavourable comparisons to others or preferential treatment towards a sibling.
- Being blamed or made to feel like a disappointment by a caregiver.
- Ostracism by peers.
- Childhood abuse.

Client Name	Client A

Unfairness:
Individuals with this schema often feel that they are the victims of unfairness, leading to persistent feelings of indignation, anger, or powerlessness. The schema includes a sense of injustice and imbalance in the world and society and a perception that societal structures fail to protect from, correct, or address unfair behaviours. People with this schema are typically hypersensitive to perceived injustices. To cope with the perceived unfairness, they may blame others or become overly passive.

Examples of what maintains the schema:
- Individuals may selectively focus on instances where they perceive themselves as being mistreated while disregarding or minimising instances of fair treatment. This confirmation bias reinforces their belief in unfairness.
- Feeling overwhelmed by the perceived unfairness, individuals may withdraw from social interactions or avoid situations where they anticipate further unfair treatment. This avoidance limits opportunities for alternative experiences that would disconfirm their expectation of inevitable unfairness.
- When faced with perceived unfair treatment, individuals may respond with hostility, escalating conflicts and reinforcing their belief in unfairness. The hypersensitivity to perceived injustices can lead individuals to misinterpret neutral interactions or events as unfair.

Examples of beliefs, assumptions or reactions related to the schema:
- Good things happen to other people but not to me. (Agreed)
- I am often treated unfairly. (Agreed)
- There is no justice in society. (Agreed)

Possible origins of this schema:
- This schema may be caused by growing up in an environment where caregivers were inconsistent with their affection, rules or punishments.
- Children who experience arbitrary punishments or witness siblings or others being treated more favourably may develop beliefs about life being inherently unfair.
- Experiences of bullying, social exclusion or discrimination.
- Trauma or abuse, particularly if the abuse was not adequately acknowledged or addressed.
- Experiences of institutional injustice.
- Caregivers who overprotect their children from unfairness or solve all their problems for them can inadvertently promote this schema when the child enters the ‘real world’ and experiences unfairness.

Scoring and Interpretation Information

Scores for the 27 schemas are presented as an average score, where the number represents the level of agreement with the schema, as defined by the Likert scale:

Client Name	Client A

Strongly Disagree = 0
Disagree = 1
Neutral = 2
Agree = 3
Strongly Agree = 4

Higher scores are indicative of stronger agreement with maladaptive schemas, and are associated with psychopathology and more dysfunctional relational, emotional or personal functioning.

A schema is considered to be moderate when an average score is 2.5 or more, while the schema is considered to be strong and of clinical significance when the average score is at or above the 90th percentile of a clinical sample, with a minimum of 2.75 so that strong always sits above moderate. Scores on the 90th percentile or higher indicate that the respondent scored in the top 10% compared with other patients receiving mental health care. The strong threshold varies across schemas from an average score of 2.75 (e.g. Dependence) to 3.5 (e.g. Lack of Coherent Identity). A higher threshold for "strong" indicates that there is a higher prevalence of a "moderate" schema among mental health clients.

A strong schema represents broad agreement with the schemas that are of theoretical importance to schema therapy in addition to a score that deviates from typical patterns of responding.

Scores are also presented as the percentage of responses where the client “Agreed” or “Strongly Agreed” with the items in the subscale, producing a “Percent in Agreement” metric.

In addition, scores are presented for each of the six early childhood needs. High scores on a need cluster strongly suggest that the cause of the schema is rooted in early childhood experiences. Scores of 2 or above are considered clinically meaningful and are suggestive of a childhood need that was chronically disrupted.

-- Safety & Attachment --
- Abandonment / Anxious Attachment (Items 1-4)
- Excessive Self-Reliance / Avoidant Attachment (Items 5-8)
- Emotional Deprivation (Items 9-12)
- Mistrust of Others (Items 13-16)
- Others are Dangerous / Malevolent (Items 17-20)
- Social Isolation / Outsider (Items 21-24)
- Defectiveness / Shame (Items 25-28)
- Vulnerability to Dangerous World (Items 29-32)

-- Autonomy & Competence --
- Dependence (Items 33-36)
- Failure / Achievement Inferiority (Items 37-40)
- Low Self-efficacy / Weakness (Items 41-44)
- Fatalistic / External Locus of Control (Items 45-48)
- Enmeshment / Diffuse Boundaries (items 49-52)

-- Freedom to Express Needs, Opinions & Emotions --
- Subjugation / Submission to Others (Items 53-56)
- Self-Sacrifice (Items 57-60)

- Approval-Seeking / Excessive Need to be Liked (Items 61-64)
- Emotional Inhibition (Items 65-68)

-- Spontaneity & Play --
- Pessimism / Negativity (Items 69-72)
- Unrelenting Standards (Items 73-76)
- Punitiveness / Unforgiving of Self (Items 77-80)
- Punitiveness / Unforgiving of Others (Items 81-84)

-- Realistic & Consistent Limits --
- Entitlement / Specialness (Items 85-88)
- Full Control (Items 89-92)
- Over-Reliance on Emotions (Items 93-96)

-- Coherence & Fairness --
- Unfairness (Items 97-100)
- Meaningless World (Items 101-104)
- Lack of Coherent Identity (Items 105-108)

Schemas are also categorised into five focal points. These categories help clinicians discern the focus of schemas and identify patterns of internalising and externalising.

-- World --
- Vulnerability to Dangerous World
- Meaningless World
- Pessimism / Negativity
- Unfairness

-- Inadequate Self --
- Defectiveness / Shame
- Low Self-efficacy / Weakness
- Fatalistic / External Locus of Control
- Emotional Inhibition
- Unrelenting Standards
- Punitiveness / Unforgiving of Self
- Lack of Coherent Identity
- Failure / Achievement Inferiority

-- Inflated Self --
- Entitlement / Specialness
- Full Control
- Over-Reliance on Emotions

-- Other People --
- Others are Dangerous / Malevolent
- Mistrust of Others
- Punitiveness / Unforgiving of Others

-- Relationships --
- Social Isolation / Outsider
- Abandonment / Anxious Attachment

Client Name	Client A

- Excessive Self-Reliance / Avoidant Attachment
- Dependence
- Enmeshment / Diffuse Boundaries
- Subjugation / Submission to Others
- Self-Sacrifice
- Approval-Seeking / Excessive Need to be Liked

Client Responses

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	I fear that my important relationships will end unexpectedly.	0	**1**	2	3	4
2	I worry that people I love can't be there for me in a committed way.	0	**1**	2	3	4
3	I feel confident that other people will be there for me when I need them.	4	3	2	**1**	0
4	I worry about losing people that I rely on.	0	**1**	2	3	4
5	I always depend on myself and never on other people.	0	1	2	3	**4**
6	I feel uneasy when people get too close.	0	1	2	3	**4**
7	I feel extremely uncomfortable depending on other people.	0	1	2	3	**4**
8	The last thing I want to do is bother people with my problems.	0	1	2	**3**	4
9	I have others I can depend on for advice and emotional support.	4	3	2	**1**	0
10	If I was in trouble, I wouldn't know who to call.	0	**1**	2	3	4
11	Other people don't care about my emotional needs.	0	**1**	2	3	4
12	I feel unsupported by others, so I wouldn’t share my emotions.	0	1	2	3	**4**
13	People usually conceal their real intentions.	0	1	2	**3**	4
14	I don't trust people.	0	1	2	**3**	4

Client Name	Client A

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
15	I don't believe what people say at face value.	0	1	2	**3**	4
16	People usually tell the truth.	4	3	**2**	1	0
17	Many people are selfish and unkind.	0	**1**	2	3	4
18	People rarely care about the wellbeing of others.	0	**1**	2	3	4
19	Violence is a major part of human nature.	0	**1**	2	3	4
20	At their core, many people are bad.	0	**1**	2	3	4
21	I'm inherently different from everyone else.	0	1	**2**	3	4
22	I haven't met anyone that thinks like me.	0	1	**2**	3	4
23	I am typically accepted by people.	4	3	**2**	1	0
24	I am an outsider.	0	1	**2**	3	4
25	If people knew the real me, they wouldn't like me.	0	1	2	**3**	4
26	I am inherently defective.	0	1	2	**3**	4
27	My flaws make me unlovable.	0	1	2	**3**	4
28	I have reasons to be ashamed of myself and my character	0	1	2	**3**	4
29	I'm afraid of venturing too far because there are so many bad things happening.	0	**1**	2	3	4
30	The world is safe for me.	4	3	2	**1**	0
31	The world is a dangerous and unforgiving place, and I worry it will spiral into catastrophe.	**0**	1	2	3	4
32	The world is a bad place and will harm me.	**0**	1	2	3	4
33	I cannot take care of myself, so I need others to take care of me.	**0**	1	2	3	4

Client Name	Client A

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
34	I feel incapable of managing daily tasks without help from others.	**0**	1	2	3	4
35	I often worry about making decisions on my own and prefer someone else to make them for me.	0	**1**	2	3	4
36	I feel confident making decisions on my own.	4	**3**	2	1	0
37	Most other people have achieved more than me.	0	1	2	**3**	4
38	I feel proud of my accomplishments.	4	**3**	2	1	0
39	I feel inferior when I think of the accomplishments of others.	0	1	2	**3**	4
40	I compare my achievements with others and feel that I am not as successful.	0	1	2	3	**4**
41	If a task is difficult, I'm unlikely to be able to accomplish it.	0	1	**2**	3	4
42	I can rarely come up with solutions to my own problems.	0	**1**	2	3	4
43	I can handle anything that comes my way.	4	3	**2**	1	0
44	Most problems are too hard for me to deal with.	0	**1**	2	3	4
45	The course of our lives are largely determined by chance; we have very little influence.	0	**1**	2	3	4
46	No matter what I do, the outcomes of events are outside my control.	0	**1**	2	3	4
47	There is no point trying to influence the future, because outside forces have more influence.	0	**1**	2	3	4
48	I am in control of my future.	4	**3**	2	1	0
49	I am responsible for the emotions of the person I am closest to.	0	**1**	2	3	4
50	With those closest to me, I don't know where my needs and emotions end and where theirs begin.	**0**	1	2	3	4
51	I am so close to someone it feels like I have merged with them.	**0**	1	2	3	4
52	The needs of the person closest to me consume me.	**0**	1	2	3	4

Client Name	Client A

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
53	Other people know better than I do.	0	**1**	2	3	4
54	I should always do as I'm told.	0	**1**	2	3	4
55	Other people know what is best for me.	0	**1**	2	3	4
56	I feel like I have to let others take control in relationships.	0	**1**	2	3	4
57	I always prioritise others no matter what's going on for me.	0	1	**2**	3	4
58	I believe it is my duty to listen to other people's problems.	0	1	**2**	3	4
59	My needs are as important as other people's needs.	4	3	2	**1**	0
60	No matter how much I give to others, I can never give enough.	0	**1**	2	3	4
61	Gaining the approval of others is often more important to me than following my own desires.	0	**1**	2	3	4
62	I want people to like me, so I would tend to agree with people even if I know they are factually wrong.	0	**1**	2	3	4
63	Even if I don't like someone, I still strongly desire for them to like me.	0	**1**	2	3	4
64	I find it hard to make a decision unless I know what other people think.	0	**1**	2	3	4
65	Tuning into my emotions is helpful.	4	**3**	2	1	0
66	My emotions do more harm than good.	0	1	2	3	**4**
67	Emotions are not useful, so I need to ignore them.	0	1	2	3	**4**
68	It is dangerous to feel emotions too strongly.	0	1	2	**3**	4
69	Things almost always go wrong for me.	0	1	**2**	3	4
70	In uncertain times, I usually expect the best.	4	3	**2**	1	0
71	Things inevitably don't go my way, so I prefer to expect the worst to avoid disappointment.	0	1	2	**3**	4

Client Name	Client A

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
72	I am pessimistic about the future.	0	1	**2**	3	4
73	If I make a mistake, I can let it go easily.	4	**3**	2	1	0
74	Achieving high standards is more important than my own happiness.	0	1	2	**3**	4
75	I should always perform at an extremely high level.	0	1	2	**3**	4
76	It is ok for me not to be a high performer.	4	**3**	2	1	0
77	I try to be compassionate and understanding to myself when I make a mistake.	4	3	**2**	1	0
78	If something goes wrong, I shouldn't get away with it.	0	1	**2**	3	4
79	If I fail, I should suffer the consequences.	0	**1**	2	3	4
80	It doesn't matter how small a mistake I make is, I deserve to be punished for it.	0	**1**	2	3	4
81	I try to be compassionate and understanding to others when they make a mistake.	4	3	2	**1**	0
82	People should be held to account for their failings.	0	1	**2**	3	4
83	If someone fails, they should face the consequences.	0	**1**	2	3	4
84	People deserve to be disciplined for their mistakes.	0	**1**	2	3	4
85	When I ask someone for something they should agree to it.	0	**1**	2	3	4
86	I am above the usual rules that others follow.	0	**1**	2	3	4
87	Other people should appreciate how unique I am.	0	**1**	2	3	4
88	I deserve special privileges.	0	**1**	2	3	4
89	I am in complete control of my future.	0	**1**	2	3	4
90	There are limits to what I can do.	4	3	2	**1**	0

Client Name	Client A

Client Responses (cont.)

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
91	If I exert enough willpower, I can change anything.	0	**1**	2	3	4
92	I always maintain control so nothing is left up to chance.	0	1	2	**3**	4
93	When my head says one thing and my heart says another, I listen to my heart.	0	**1**	2	3	4
94	My feelings are a reliable way to make decisions.	0	**1**	2	3	4
95	My emotional reactions are accurate reflections of reality.	0	**1**	2	3	4
96	When I face a problem I prefer to use my intuition rather than thinking.	0	**1**	2	3	4
97	There is no justice in society.	0	1	2	**3**	4
98	I am often treated unfairly.	0	1	2	**3**	4
99	I commonly receive bad outcomes that I don't deserve.	0	1	**2**	3	4
100	Good things happen to other people but not to me.	0	1	2	**3**	4
101	I have no purpose in the world.	**0**	1	2	3	4
102	It is pointless to search for life's meaning or purpose.	**0**	1	2	3	4
103	Everything I do will always be fundamentally meaningless.	**0**	1	2	3	4
104	Humans lead pointless lives.	**0**	1	2	3	4
105	I struggle to maintain a consistent sense of who I am.	0	**1**	2	3	4
106	I don't know what my personal interests and beliefs truly are.	0	**1**	2	3	4
107	I feel detached from myself.	**0**	1	2	3	4
108	My view of myself changes frequently.	0	**1**	2	3	4