



## Schema Therapy - Brief Questionnaire & Offer

You can identify whether schemas are negatively influencing your life by answering the following questions:

|   | YES                   | NO                    |
|---|-----------------------|-----------------------|
| <b>Are you drawn to the same type of partner over and over again, even marrying multiple times, but find your needs are not met in these relationships?</b> | <input type="radio"/> | <input type="radio"/> |
| <b>Do you over-react to the same kind of situations or interactions with people again and again?</b>  | <input type="radio"/> | <input type="radio"/> |
| <b>Do you feel stuck in some area (work, relationship, family, dating, illness, therapy) and unable to move forward?</b>                                    | <input type="radio"/> | <input type="radio"/> |
| <b>Do you experience repetitive conflict in your family or close relationships?</b>   | <input type="radio"/> | <input type="radio"/> |
| <b>Have you noticed experiencing repetitive physical or emotional problems that wear you down?</b>  | <input type="radio"/> | <input type="radio"/> |
| <b>Have you tried or are you trying therapy but are still stuck not knowing what is wrong with you?</b>   | <input type="radio"/> | <input type="radio"/> |



**Do you have addictions? For example, substances: alcohol, cocaine, prescription drugs, marijuana, food; or behaviours: sex, gambling, exercise, porn, compulsive spending etc.**



**Even when you think you have one addiction under control, do others still create problems e.g. you may stop drinking, but you can't control spending or use of pornography?**



Did you answer "yes" to any of these questions?

If so, "schemas"<sup>1</sup> may be negatively influencing your relationships, your ability to say what you want or feel, your decision-making, self-acceptance, compassion, well-being, personal and professional development.

Please contact me directly should you wish to learn more about how schema therapy can help you.

**I am currently offering reduced fee Schema Therapy whilst I complete my postdoctoral Schema Therapy certification.**

**Reduced Fee For Schema Therapy: £50.00 per session**

**Recommended Number of Sessions to complete the course: 20**

**Consent Forms: Video Recording & External Assessment**

Should you wish to make use of the reduced fee Schema Therapy offer, please contact me with "Schema Therapy Offer" as the subject; my contact information is detailed below:

**Email**                    [drscarpellini@chilternscbt.com](mailto:drscarpellini@chilternscbt.com)

**Mobile**                    **07762 606367**

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<sup>1</sup> Schemas are beliefs and emotional responses to present day experiences that have their origins in early life experiences of unmet needs. For example, the need for consistency in caregiving may result in emotional deprivation schema characterised by the belief that "I am un-loveable". This belief can then be activated when I perceive that others are behaving inconsistently.

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