



Schema:

ENTITLEMENT / GRANDIOSITY

This guide was designed to be used after watching the [Character Therapy series](#) found on [Sofiya's YouTube channel](#). Please watch that as you're doing these worksheets, or you may get stuck on something you don't understand!

DEEP DIVE INTO SCHEMAS FOR CHARACTERS

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About Me

All About Sofiya

Sofiya is an award-winning author and mental health professional who loves baking, hiking, and doing things with her family.

Her debut novel ANYA AND THE DRAGON is a Sydney Taylor Book Award Honor. The sequel is pretty good, too.

Find her online basically everywhere!



About Schema Therapy

Schemas are not diagnoses, even though you can use them to inform or elaborate upon diagnoses. Essentially, they're a way to focus therapy on particular topics or experiences, and can give the therapist a road map to follow. The schemas in this guide are simplified and are not for use on real humans (just imaginary ones!).

For more fun and helpful writing information, check out my website and [subscribe to my newsletter!](#)

Entitlement / Grandiosity



I DESERVE ONLY THE BEST THINGS

PEOPLE WITH the Entitlement/Grandiosity schema believe they are special and are not bound by the same rules as “normal” people.

THOSE WITH the Entitlement/Grandiosity schema may be controlling of others in order to serve themselves. They can lack empathy for others, and can be incredibly selfish. They believe they are elite and entitled to special privileges, and can be very competitive. This schema comes in one of two types: pure entitlement or fragile entitlement. Fragile entitlement, also called narcissistic entitlement, is a defense mechanism for a fragile ego. Pure entitlement is entitlement that is not a defense against anything.

THIS SCHEMA may begin in childhood due to parents or other attachment figures coddling or indulging the child in the case of pure entitlement, or ego damage in the case of fragile entitlement.

Entitlement / Grandiosity

OVERCOMPENSATION: the opposite of the schema is true.

Gives extravagant gifts or donations to make up for selfishness.

Attends excessively to the needs of others.

AVOIDANCE: the schema does not exist.

Avoids situations in which they cannot be the best.

SURRENDER: the schema is true.

Act superior; behaves selfishly.

Uncaring of and lacking empathy for others.

Braggs about accomplishments.

Bullies others to get their way.

Lie – Want – Truth – Wound

WHAT'S YOUR CHARACTER'S FUNDAMENTAL INCORRECT BELIEF?

"I get angry when people don't do what I tell them to do."

"I put my own needs ahead of the needs of others."

"I shouldn't have to follow the rules and conventions that normal people should."

"I have contributions that are greater and more important than the contributions of others."

WHAT DOES YOUR CHARACTER THINK THEY NEED TO BE HAPPY?

Ex: "To be the best at the things I do so everyone can see my superiority."

WHAT DOES YOUR CHARACTER ACTUALLY NEED TO BE HAPPY?

Ex: "To understand that no one person is inherently special."

WHAT CAUSED THIS BELIEF IN THE FIRST PLACE?

Character Arc Outline

INCORPORATING SCHEMAS INTO THE OUTLINE

- HOOK: THE LIE IS INTRODUCED VIA THE CHARACTERISTIC MOMENT AND REINFORCED BY THE “NORMAL WORLD.”
- PLOT TURN 1: THE LIE IS CHALLENGED WITH THE “NEW WORLD,” THE MC CONTINUES TO BELIEVE THE LIE AND PURSUE THE WANT.
- PINCH 1: MC UNABLE TO PURSUE THE LIE; FAILS WITHOUT REALIZING WHY; EVOLVES BELIEF IN THE LIE.
- MIDPOINT: MC SEES THE TRUTH BUT STILL FOLLOWS THE LIE.
- PINCH 2: ANTAGONIST REINFORCES THE LIE; MC TRAPPED BETWEEN THE LIE AND THE TRUTH.
- PLOT TURN 2: THE WANT IS WITHIN REACH, BUT NOW THE MC UNDERSTANDS THAT THE TRUTH IS THE BETTER WAY.
- RESOLUTION: MC REJECTS THE LIE FOR THE GREATER TRUTH.

THE SEVEN POINT PLOT OUTLINE!

Unfamiliar with the Seven Point Plot outline? Check out [my video](#) on it, or Dan Wells' video series of his presentation given at the LTUE Conference in Provo, UT.

Schema Operations

USING SCHEMAS TO OVERCOME WRITER'S BLOCK

WHAT IS YOUR CHARACTER'S RELATIONSHIP WITH THE LIE?

WHAT COULD HAPPEN TO ENFORCE THE LIE?

WHAT COULD HAPPEN TO CHALLENGE THE LIE?

Character Therapy

I HOPE YOU LEARNED SOMETHING COOL!

NOW YOU SHOULD have an idea of what the Entitlement/Grandiosity schema is, how it relates to your character's Lie, and also what the Lie, Want, Truth/Need, and Wound are.

YOU SHOULD ALSO understand schema coping modes, and how overcompensation, avoidance, and surrender all tie into the schemas themselves, and how your character handles the emotions that come along with schema triggers.

REMEMBER TO USE this guide with the [YouTube Character Therapy series](#)!

IF YOU'RE INTERESTED in learning more in-depth about Schema Therapy, the following books are amazing resources:

SCHEMA THERAPY: A PRACTITIONER'S GUIDE
EXPERIENCING SCHEMA THERAPY FROM THE INSIDE OUT

ALSO, PLEASE CHECK OUT K.M. Weiland's website, www.helpingwritersbecomeauthors.com, especially her Character Arcs series. Her website is super helpful. You won't regret taking a look!