



Schema:

## DEFECTIVENESS / SHAME

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

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## All About Sofiya

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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

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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!](#)

# Defectiveness / Shame

## I AM DEFECTIVE AND UNLOVABLE

**PEOPLE WITH** the Defectiveness/ Shame schema believe there is something fundamentally wrong with them. They may feel ashamed of themselves, and believe they are defective, inferior, worthless, or unlovable.

**THOSE WITH** the Defectiveness/ Shame schema are convinced they are “too” something: too fat, too skinny, too passive, too aggressive, too stupid, too boring, and so on. They’re constantly afraid that the people in their life will find out how “too” they are, and will leave them because of it. They can be very sensitive to criticism, and will either react with extreme sadness or extreme anger.

**THIS SCHEMA** may begin in childhood due to parents or other attachment figures being hypercritical or judgmental of them.



# Defectiveness / Shame

**OVERCOMPENSATION:** the opposite of the schema is true.

Presents themselves as “perfect.”

Is very critical of other people or acts superior.

Criticizes and rejects others.

**AVOIDANCE:** the schema does not exist.

Avoids sharing anything that could reveal their defect or be shameful.

Withholds thoughts and feelings.

Doesn't let others get close.

**SURRENDER:** the schema is true.

Chooses critical loved ones who will comment negatively about them.

Puts self down; engages in severe negative self-talk.

# Lie - Want - Truth - Wound

## WHAT'S YOUR CHARACTER'S FUNDAMENTAL INCORRECT BELIEF?

"No one would love me if they knew how defective I am."

"I don't let people know the real me."

"if someone likes me, it's because I've fooled them somehow."

"I don't understand how someone could love me."

## WHAT DOES YOUR CHARACTER THINK THEY NEED TO BE HAPPY?

Ex: "To find someone who can love me in spite of my defects."

## WHAT DOES YOUR CHARACTER ACTUALLY NEED TO BE HAPPY?

Ex: "To understand that I'm not fundamentally broken or bad."

## 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 Defectiveness/Shame 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](http://www.helpingwritersbecomeauthors.com), especially her Character Arcs series. Her website is super helpful. You won't regret taking a look!