



Schema:

SUBJUGATION

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

WWW.SOFIYAPASTERNAK.COM

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!](#)

A woman with dark hair is shown in profile, shouting into a white and yellow megaphone. She is looking towards a man who is standing in front of her, looking down with a somber expression. The background is a plain, light-colored wall.

Subjugation

**IF I DON'T SURRENDER,
THEY WILL HURT ME**

PEOPLE WITH the Subjugation schema believe that if they don't surrender to the needs of others, there will be punishment or retaliation.

THOSE WITH the Subjugation schema follow the demands of others at the expense of their own desires, or they will suppress their emotions because they believe others will retaliate against them if they express those emotions. Subjugation is different from Self-Sacrifice because the latter is a voluntary sacrifice, and Subjugation is involuntary. Those with Subjugation schema feel at the mercy of more powerful authority figures, and fear if they go against this authority, they will be punished.

THIS SCHEMA may begin in childhood due to a parent or other authority figure being authoritarian and forcing the child to obey.

Subjugation

OVERCOMPENSATION: the opposite of the schema is true.

Behaves passive-aggressively, or very rebelliously.

Rebels against authority.

AVOIDANCE: the schema does not exist.

Avoids relationships.

Avoids situations in which their needs are different than the needs of others.

Avoids any conflict.

SURRENDER: the schema is true.

Complies with the wishes of others.

Chooses domineering and controlling partners.

Allows others to make choices for them.

Lie – Want – Truth – Wound

WHAT'S YOUR CHARACTER'S FUNDAMENTAL INCORRECT BELIEF?

"I let other people have their way so they don't retaliate against me."

"The major decisions in my life weren't my own."

"I get back at people in little ways instead of showing my anger."

"I'll avoid confrontation in whatever way I can."

WHAT DOES YOUR CHARACTER THINK THEY NEED TO BE HAPPY?

Ex: "To find someone who won't hurt me."

WHAT DOES YOUR CHARACTER ACTUALLY NEED TO BE HAPPY?

Ex: "To understand that my needs are valid."

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 Subjugation 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!