

CHARACTER THERAPY

USING REAL PSYCHOTHERAPY

ON IMAGINARY PEOPLE

WWW.SOFIYAPASTERNAK.COM

ABOUT ME

ALL ABOUT SOFIYA

Sofiya is an author and a psychotherapist 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 on her [website](#), [YouTube](#), or being a goblin @sofipasternack on Twitter!



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!).

The background of the entire page is a repeating red floral pattern on a white background. The pattern consists of stylized flowers with multiple petals and leaves, arranged in a grid-like fashion.

SCHEMA:

EMOTIONAL DEPRIVATION

This guide was designed to be used after watching the Character Therapy YouTube 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



EMOTIONAL DEPRIVATION

NO ONE LOVES OR UNDERSTANDS ME

PEOPLE WITH the Emotional Deprivation schema believe their loved ones won't love, understand, nurture, or protect them. There are three types of deprivation: nurturance (physical affection), empathy (emotional affection), and protection.

THOSE WITH the Emotional Deprivation schema often feel lonely and bitter at their perceived lack of love, but also are unable to ask for the nurturance, empathy, or protection that they desperately want. On the flip side, they may express this schema by being super needy, and this will often be off-putting to loved ones, who will then withdraw and reinforce the schema belief that the person is not going to be supported by loved ones.

THIS SCHEMA may begin in childhood due to parents or other attachment figures being aloof or emotionally cold or distant.

EMOTIONAL DEPRIVATION

OVERCOMPENSATION: the opposite of the schema is true.

Demands emotional support from loved ones.

Makes unrealistic emotional demands of others.

AVOIDANCE: the schema does not exist.

Avoids any intimate relationship.

Isolates from others.

SURRENDER: the schema is true.

Chooses loved ones who are emotionally cold or distant.

Doesn't ask loved ones to support them emotionally.

LIE - WANT - TRUTH - WOUND

WHAT'S YOUR CHARACTER'S FUNDAMENTAL INCORRECT BELIEF?

"I'm not special to anyone."

"No one is here for me emotionally."

"I can't depend on anyone for advice or emotional support."

"Throughout my life, I haven't gotten love or affection from the people who should love me."

WHAT DOES YOUR CHARACTER THINK THEY NEED TO BE HAPPY?

Ex: "To stop feeling lonely when people inevitably don't support me."

WHAT DOES YOUR CHARACTER ACTUALLY NEED TO BE HAPPY?

Ex: "To be able to ask others for emotional support when I need it."

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 MC'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 Emotional Deprivation 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 can each take this schema in different directions depending on the character's personality.

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. That's where I got the bulk of my information about Lie, Want, Truth/Need, and Ghost! Her website is super helpful. You won't regret taking a look!