



Schema:

INSUFFICIENT SELF— CONTROL/DISCIPLINE

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!](#)

In sufficient Self-Control



BEING UNCOMFORTABLE IS UNBEARABLE

PEOPLE WITH the Insufficient Self-Control/Discipline schema lack the ability to restrain their emotions and impulses, and/or lack the ability to tolerate boredom and frustration.

THOSE WITH the Insufficient Self-Control/Discipline schema emphasize short-term gratification over long-term goals. They also prefer to avoid any kind of discomfort--such as pain, confrontation, and responsibility--even at the expense of personal fulfillment or integrity. This may manifest as an addiction, but this is not necessarily the coping that this schema causes. Those with this schema may seem not to learn from past negative consequences of bad behavior.

THIS SCHEMA may begin in childhood due to parents or other attachment figures never forcing the child to do something difficult or boring, and thus the child never learned to manage their boredom or impulsivity.

Insufficient Self-Control

OVERCOMPENSATION: the opposite of the schema is true.

Attempts intense efforts to complete a project or exercise self-control.

Becomes overly self-controlled or self-disciplined.

AVOIDANCE: the schema does not exist.

Does not work.

Drops out of school.

No long-term goals.

SURRENDER: the schema is true.

Performs boring tasks carelessly.

Loses control of emotions.

Eats, drinks, or gambles to excess.

Gives up easily on routine tasks.

Lie – Want – Truth – Wound

WHAT'S YOUR CHARACTER'S FUNDAMENTAL INCORRECT BELIEF?

"Once I start to feel angry, I can't control it."

"I get bored very easily."

"I can rarely stick to resolutions."

"I can't hold back from showing others how I really feel, no matter what the cost is."

WHAT DOES YOUR CHARACTER THINK THEY NEED TO BE HAPPY?

Ex: "To do anything I can to avoid being uncomfortable."

WHAT DOES YOUR CHARACTER ACTUALLY NEED TO BE HAPPY?

Ex: "To recognize the value of long-term goals over the temporary satisfaction of immediate gratification."

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 Insufficient Self-Control/Discipline 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!