

# CHARACTER THERAPY

USING REAL PSYCHOTHERAPY

ON IMAGINARY PEOPLE

[WWW.SOFIYAPASTERNAK.COM](http://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 intricate scrollwork. The text is overlaid on this pattern in dark blue rectangular boxes.

# SCHEMA:

# PUNITIVENESS

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



A vertical decorative border on the left side of the page featuring a repeating red floral and scrollwork pattern on a white background.

# PUNITIVENESS

## IF YOU MAKE A MISTAKE, YOU SHOULD BE PUNISHED HARSHLY

**P**EOPLE WITH the Punitiveness schema believe that everyone should be punished harshly for any infraction they commit.

**T**HOSE WITH the Punitiveness schema are indiscriminating and extreme. They have a lot of difficulty forgiving any mistakes in others or in themselves. Unwilling to consider extenuating circumstances, they forego forgiveness in favor of harsh punishment. Ultimately, those with this schema are lacking in mercy, and if you have done something they perceive as bad or wrong, they will give you no empathy.

**T**HIS SCHEMA may begin in childhood due to parents or other attachment figures being overly punitive and blaming for small mistakes.

# PUNITIVENESS

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

Outwardly overly forgiving, while inwardly angry and merciless.

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

Avoids situations involving evaluation.

Avoids all others in order to avoid punishment.

**SURRENDER:** the schema is true.

Acts overly harsh and judging with loved ones and acquaintances.

Treats self and others in harsh, punitive manner.

# LIE - WANT - TRUTH - WOUND

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

"If someone makes a mistake, they deserve to be punished."

"I'm a bad person and I deserve punishment."

"I hold grudges, even after someone has apologized."

"I don't accept excuses. People just need to accept responsibility and suffer the consequences."

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

Ex: "To make sure those who do bad things are punished harshly."

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

Ex: "To learn how to forgive."

## 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 Punitiveness 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](http://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!