

Schema Therapy Workbook: Healing Defectiveness & Shame

This workbook is designed for clients engaging in advanced schema therapy integrated with Christian counseling. Complete exercises slowly and prayerfully. Emotional discomfort is expected and signals schema activation.

Section 1: Schema Identification

Identify recurring emotional patterns rooted in defectiveness, shame, comparison, or unworthiness. Complete one trigger map per incident.

Reflection / Response:

Section 2: Schema Modes

Identify which internal mode is activated (Vulnerable Child, Punitive Parent, Detached Protector, Healthy Adult).

Reflection / Response:

Section 3: Imagery Rescripting

Revisit an early memory and rescript it using your Healthy Adult self and Christ-centered compassion.

Reflection / Response:

Section 4: Schema Dialogue

Engage in written chair work to weaken punitive schema voices and strengthen the Healthy Adult voice.

Reflection / Response:

Section 5: Behavioral Pattern Interruption

Practice opposite actions to schema-driven behaviors for 7 consecutive days.

Reflection / Response:

Section 6: Marriage & Covenant Integration

Apply schema awareness to marital dynamics and replace comparison with covenant-based thinking.

Reflection / Response:

Section 7: Healthy Adult Identity Declaration

Write a truth-based identity statement grounded in Scripture and accountability.

Reflection / Response: