



Addressing Shame-Based Self-Identity with Logosynthesis and Schema Therapy

Client Background

Anna, a 40-year-old client, sought therapy for persistent feelings of shame, self-criticism, and unworthiness, which negatively impacted her relationships and career. Despite years of self-improvement efforts, she struggled with a harsh inner critic that constantly reinforced the belief, “I am fundamentally flawed.” Her therapist, trained in Schema Therapy, identified that Anna’s challenges were rooted in an entrenched Defectiveness/Shame schema, likely formed in early childhood through repeated experiences of criticism and rejection.

The Challenge

While Schema Therapy helped Anna identify patterns, recognize emotional triggers, and develop healthier coping strategies, the emotional weight of shame remained deeply ingrained. Even after practicing cognitive restructuring and limited reparenting, she continued to feel an automatic emotional response of self-loathing, especially in situations where she feared judgment. Her therapist recognized that, beyond cognitive and behavioral shifts, Anna needed a method that could dissolve the energetic imprint of shame at its core.

The Solution: Integrating Logosynthesis as a Force Multiplier

Rather than analyzing the origins of her shame further, the therapist guided Anna to focus on how the feeling of unworthiness manifested in the present moment. Anna described an internal voice repeating, “You’ll never be enough,” spoken in the tone of a disapproving teacher from her childhood.

Using a structured Logosynthesis intervention, the therapist guided Anna through a precise verbal process to neutralize the energetic charge behind this internal voice. Within minutes, she noticed the voice losing its intensity, becoming distant, and eventually fading away. Along with it, the deep emotional sting of shame lessened, replaced by a sense of calm and relief.

The Outcome

In the following weeks, Anna experienced transformative shifts:

- **Less Emotional Reactivity:** She no longer felt an automatic shame response in social situations.
- **Kinder Thoughts:** The harsh inner critic lost its dominance, making space for trust and appreciation.
- **Stronger Identity and Confidence:** She felt more at ease with herself, no longer controlled by a deep-rooted sense of defectiveness.

Key Takeaway

By integrating Logosynthesis with Schema Therapy, Anna’s therapist did not replace cognitive and behavioral strategies—she amplified their effectiveness. Logosynthesis dissolved the energetic imprint of shame, allowing Schema Therapy’s reparenting work to take deeper hold, with less internal resistance.

Want to experience Logosynthesis? [Take our Guided Experience here.](#)

www.andes.institute | info@andes.institute