

The  Inspiration Centre

ARCHETYPES

THE MODELS THAT REVEAL OUR LIVES

Tim Hodgson
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Hi there!

I put this document together to support the talk on Archetypes that I gave at the Cambridgeshire NLP Practice group in April 2007. It contains the following:

Representation systems – this is standard NLP practitioner material, but I have added my own additional representation system of 'intuitive' – it's a work in progress, and feedback is very much appreciated.

Satir categories – a brief description of each satir category. For more information, check out Virginia Satir's 'People Making'.

Primal sorts – typically Master Practitioner material, and aligns very well to Myers Briggs analysis. The advantage is that you can simply include this in conversation and still get a great idea of people's internal programmes. The MetaProgramme Values Inventory goes much deeper on each of these. There are some great books that use these categorisations – try 'Do what you are' by Tieger and Barron-Tieger. Alternatively, check out <http://www.personalitypage.com/home.html> who do a full Myers Briggs style analysis at quite a low cost on line.

Archetypes – a lot of this material is taken from Carol Pearson's terrific book 'Awakening the Heroes Within'. Please note that the test here is copyright of Carol, so please do not distribute further – thanks.

Thankyou for the chance to speak to you all – I thoroughly enjoyed myself, and trust you did too. My details are at the end if you want to contact me and talk further – I'll be happy to answer any more questions you have.

Also, please take advantage of my newsletter – you can sign up at my web site.

To your success!!

A handwritten signature in blue ink that reads "Tim". The signature is written in a cursive, slightly slanted style.

Representational System Preference Test

I've modified the classic NLP representation systems of Visual – Auditory – Kinaesthetic – Auditory Digital to include a fifth: Intuitive.

For each of the following statements, please place a number next to every phrase. Use the following system to indicate your preferences:

- | | |
|---|------------------------------|
| 5 | Describes me very well |
| 4 | Close to describing me |
| 3 | I'm like this sometimes |
| 2 | I'm rarely like this |
| 1 | Not at all descriptive of me |

1. When I have an important decision to make I base it on:

- ___ what I feel is right
- ___ the option that sounds the best.
- ___ an intuitive leap
- ___ the option that looks the best.
- ___ the logical option following a precise review and study of the issues.

2. During an argument, I am most influenced by:

- ___ what the other person says and their tone of voice.
- ___ whether or not I can see the other person's point of view.
- ___ the logic of the other person's argument.
- ___ a sense of what's going on for the other person
- ___ whether or not I can get in touch with the other person's true feelings.

3. I most easily communicate what is going on for me by:

- ___ the way I dress and look.
- ___ the feelings I share.
- ___ the energy I project.
- ___ the words I choose.
- ___ the tone of my voice.

4. It is easiest for me to:

- ___ find the ideal volume and tuning on a hi-fi system.
- ___ select the most intellectually relevant point in a subject.
- ___ choose the most comfortable furniture.
- ___ meditate and tune in to the universe.
- ___ select rich, attractive colour combinations.

5. I am very:

- ___ attuned to the sounds of my surroundings.
- ___ adept at making sense of new facts and data.
- ___ sensitive to the way articles of clothing feel on my body.
- ___ responsive to colours and to the way a room looks.
- ___ aware that something is going on under the surface.

6. When I meet someone I am attracted by:

- ___ the way that they touch me and make me feel.
- ___ the words they use and the sound of their voice.
- ___ their looks and physical attractiveness.
- ___ a sense that there is something special about them.
- ___ whether they match my model of the perfect partner.

7. I get great enjoyment from:

- ___ dancing the night away.
- ___ a good book.
- ___ a feeling that sweeps over me.

- ___ listening to a beautiful piece of music.
- ___ watching a wonderful sunset.

Preference Test Answers:

Step One: Copy your answers from the previous page to here:

- | | | | |
|--|--|--|--|
| 1. ___ K
___ A
___ I
___ V
___ A _D | 2. ___ A
___ V
___ A _D
___ I
___ K | 3. ___ V
___ K
___ I
___ A _D
___ A | 4. ___ A
___ A _D
___ K
___ I
___ V |
| 5. ___ A
___ A _D
___ K
___ V
___ I | 6. ___ K
___ A
___ V
___ I
___ A _D | 7. ___ K
___ A _D
___ I
___ A
___ V | |

Step Two: Add the numbers associated with each letter. There are 7 entries for each letter.

	V	A	K	Ad	I
1					
2					
3					
4					
5					
6					
7					
Totals:					

Step Three: The comparison of the total scores in each column will give the relative preference for each of the 4 major Representational Systems.

Favoured Representational Systems

V - Visual:

- Stand or sit upright with erect spine.
- Eyes move up around top.
- Higher pitched, loud, fast, clear speech.
- Breathe at top of lungs.
- Neat, tidy and well groomed.
- Not good at memorizing verbal instructions.

A - Auditory:

- Move their eyes from side to side.
- Breathe from the middle of their chest.
- Talk to themselves.
- Easily distracted by noise.
- Can repeat back words exactly.
- Like talking on the phone and listening to music.
- Memorize things by steps, procedures and sequences.
- Sensitive to tone of voice.

K - Kinaesthetic:

- Breathe from the bottom of their lungs.
- Lower pitched, slower, quieter voice.
- Move slowly and deliberately.
- Respond to touch and physical reward.
- Stands closer than a visual person.
- Memorise by doing and walking through the steps.

A_d - Auditory Digital:

- Talk to themselves.
- Learn things by making sense of things.
- May experience tension in neck and shoulders.
- Can take on characteristics of other systems.

I - Intuitive

- Knows intuitively what's going on
- Sometimes very disconnected from the world
- Tends to dream and inhabit another world
- Often cannot explain why they do something
- Tendency towards mysticism

Representational Type Predicates

Visual	Auditory	Kinaesthetic	Auditory Digital
see	hear	feel	sense
look	listen	touch	experience
appear	sound(s)	grasp	understand
view	make music	get hold of	think
show	harmonise	slip through	learn
dawn	tune in/out	catch on	process
reveal	be all ears	tap into	decide
envision	rings a bell	make contact	motivate
illuminate	silence	throw out	consider
twinkle	be heard	turn around	change
clear	resonate	hard	perceive
foggy	deaf	unfeeling	insensitive
focused	mellifluous	concrete	distinct
hazy	dissonance	scrape	conceive
crystal clear	overtones	get a handle on	know
flash	unhearing	solid	question
imagine	attune	suffer	be conscious
picture	outspoken	unbudging	logic
sparkling	tell	impression	reasonable
snap shot	announce	touch base	statistically
vivid	talk	rub	
perceive	speak	smooth	
light	resonate	pushy	
ray	state	stumble	
mesmerise	whine	in touch	
watch	babble	relaxed	
perspective	echo	loose	
frame	orchestrate	cool	
shine	whisper	tepid	
dim	snap	heavy	
image	hum		
vision	loud		
observe	dialogue		

Satir Categories

Virginia Satir was a highly effective family therapist whose work can be directly related to behaviour in the workplace. She used a range of very specific descriptions of typical behaviour in order to recognise the cause of conflict in any situation. You will probably be able to draw comparisons between these descriptions and the behaviour of people in the workplace, and maybe even your own. We call these behavioural classifications Satir Categories.

Understanding the different Satir Categories allows you to not only deal with different personality types more effectively. You can also incorporate these categories into your presentations and trainings to get certain points and states across in a highly effective manner.

The first Satir Category is the Blamer:

Blamer

The blamer's response to any kind of threat is to go on the offensive: "Don't look at me – it's not my fault."

When a person is blaming they are refusing to accept responsibility for their own performance. They will blame the cause of any situation on circumstances or other people and in doing so they mentally and emotionally detach themselves from the problem. To point the finger of blame is to disempower yourself, i.e. if it's not my fault then I don't need to feel obliged to do anything about it.

Blaming usually occurs when a person is insecure about themselves in some way, or has low self-esteem. Blaming is usually charged with anger inside the person itself. Blamers then direct anger outward to other people so that they don't feel so bad - but there are still unresolved bad feelings which cause the blaming to continue. Blamers may be low in self-esteem inside but outwardly they appear strong and dominating.

Blaming serves only to create conflict, to disempower and to reduce the bad feeling created by being angry with yourself.

In training, use Blamer to get through to someone who isn't hearing that they need to change. Blamer will present a position of authority. Typical blamer pose is pointing finger to 'make a point'. Soften it by pointing above the audience, or by curling the forefinger, or using 3rd and 4th fingers instead.

Even though we explain the typical physiology of each of the Satir Categories here, remember that in real life, people won't be displaying that physiology as clearly all of the time. In order to understand which Satir Category a person operates from, we also need to listen to the content of their speech and their tonality.

The opposite character to the blamer is the placater:

Placater

The placater's response in any situation is to do whatever it takes to get the other person's approval - the "yes man" approach.

The Placater is always talking in a deferential way always trying to please, always needing to apologize, and certainly not disagreeing no matter what happens. You

get the opinion that this person can do nothing for himself. To placate is to take the blame for whatever goes wrong, i.e. it must be my fault, yet again. It is the opposite of the blamer although the emotion attached to it is not so much anger as sadness. The cause for placating behaviour is much the same as for the blamer: low self-esteem. A person who is placating is used to putting their foot in it, being the awkward one in a group, or convincing themselves they are never as good as other people.

By accepting the blame they don't feel the need to prove themselves in any way, i.e. owning up to being incompetent or inadequate. So they can carry on without having to achieve anything because if they tried to succeed at something they might fail and this would bring even worse feelings.

Placating serves to avoid the disappointment of a future failure as this would be more hurtful than all the failures that have gone before.

In training, use Placater to get out of trouble, when you say something really confrontational to someone else to make it easier to accept. It's really a good softening frame. Placater is typically signified by open hands, palm upwards – change to palms vertical for an 'open' welcoming approach.

Computer

The Computer is soooooo cool! He knows it all. In fact, he is like a computer or a dictionary. The voice is often in a monotone. The Computer's typical mode of operation is to become very logical and distant, i.e. "Perhaps we should take a moment to step back and review the situation."

When a person is being a computer they are dissociating emotionally from what is happening. You will notice computer-like behaviour by the precision in the body language and dialogue. There is a stillness in the body where movement is minimal. The stillness allows emotional detachment. The conversation is highly practical and rational. This person may find it difficult dealing with emotions.

Computer-like behaviour serves to keep the person emotionally detached which may cause others to judge them as a cold and unfeeling person.

In training, use Computer to match someone who is dissociated or when talking about facts & figures. The typical computer pose is fist under chin, resting the elbow on the other fist.

Another more flamboyant approach for detachment is the distracter:

Distracter

These people react to any kind of threat by going off at a tangent. "Why don't we just put that aside now and look at something else..."

The Distracter is, at first meeting, fun -- everything he does is just plain fun. As you continue, you begin to notice that everything the Distracter does is not quite relevant, not quite to the point. When a person is distracting they are really saying 'look at me'. It is a behaviour that attempts to draw other people's attention because attention that is what they typically lack. There are many ways a person will distract, including humour, changing the subject, stopping listening, picking fluff off a jumper, making profound statements, throwing objects, tapping pencils etc. What makes this type of behaviour a distraction is that it is done inappropriately, causing other people to change their focus.

Distracting serves to create conflict, to attract attention and create feelings of being needed.

In training, use Distracter just for fun or to deflect criticism. (Don't over-use it or you may not be as believable as you would like.) Typical distracter pose is asymmetrical, one hand up, one down, or anything that's asymmetrical or off balance.

Leveller

A 'leveller' responds to all situations honestly and openly. Unlike the behaviour in the other four categories, levelling paves the way for constructive, creative, mutually beneficial relationships and effective resolutions to problem situations.

A leveller is someone who can bring calm and order to situations where people are expressing the 4 behaviours described previously. The leveller has emotional balance and can relate to all kinds of people. The leveller is able to take away the negative charge from conflict situations and is a facilitator of positive actions and feelings.

A leveller serves to keep the peace and harmonize the efforts of others through flexibility of communication and being able to relate to everyone in any situation.

In any interaction as well as in training, use Leveller to "tell the truth," and when you want believability. Typical leveller is arms out, palms down and spreading out. Don't bounce!

Basic meta programs (primal sorts)

This quick set of questions is designed to get to the Myers-Briggs classification in four moves and without paying the fees for Myers-Briggs testing.

These are the basic meta programs that we all run in one form or another. They tend to be situation dependent to a certain extent, and can certainly be changed.

External behaviour - Introvert/Extrovert

When you need to recharge your batteries, do you like to spend time alone (Introvert), or do you prefer to be with other people (Extrovert)?

You can also ask 'When you have an idea, do you tend to toss it around with other people immediately to develop it, or do you prefer to work on it yourself until it's fully formed?'

Note that Introvert/Extrovert is less concerned with whether you are the life and soul of the party as with how you represent your world – introverts have a very rich internal world and rely less on external stimulus.

Internal behaviour – Sensor/Intuitior

When evaluating things, do you evaluate considering the current context right now (Sensor), or do you think about the possible applications for the future (iNtuitior)?

(Note in Myers Briggs Intuitior is represented by 'N')

Internal state – Thinking/Feeling

When you make a decision, is it based on reasons and logic (Thinking) or is it based on your values, fairness and gut feeling (Feeling)?

Temporal operator – Judger/Perceiver

Establish their time line – 'where is the past for you/where is the future for you/where is now for you?'. The important question is 'where is now for you?' – if the client points in front of themselves or to themselves.

Through time (time line in front of you) (Judger)
In time (time line passes through) (Perceiver)

Some people have funky timelines that bend so establish where 'now' is rather than guess. Here's a follow up observation that never fails to impress – a Judger will always be on time, a Perceiver will always be late.

The Journey: to discover the Hero inside us all

Stories call to us. The stuff of myths and legends stirs something deep inside each of us. Whether these are the stories we heard as children, or books and legends we have heard since, the stories still speak. Tales of heroes and knights, of magicians and kings, of wise men, of dragons, of orcs, of sages and lovers. Stories of bravery and courage, of perseverance and kindness, of romance and love. Legends of rescuing the weak, of defeating overwhelming odds, of lonely and arduous journeys, of magic, of mystery, of fantasy and of power.

These legends speak to us because they wake something inside of us: the knowledge that each of us is on a journey. Each of us has the opportunity to be a hero, a lover, a ruler, a magician. Each of us embodies the powerful nature of the universe that we were born into. Truly, each of the great stories of old is our story. We see these characters and themes in the truly great modern stories too: for the stories and the characters are changeless.

Each of the characters within myth and legend is actually an archetype: a model, if you will, of a set of characteristics. Each of us embodies the characteristics of one or two primary archetypes: the warrior, or the lover perhaps. We find that those characteristics reflect who we are – or where we are on the journey.

You see, we move from one archetype to another as we move and as we grow on life's journey. We are born as the innocent – vulnerable, defenceless and trusting. We grow in wisdom and courage as we live our lives – as we make our way in this world. We develop our power to love, to fight for what we want. We develop wisdom and dominate our world. We learn how to create – and to tear down. We learn to love, to laugh, to care.

Each of these archetypes is encoded in us, and as we grow we move around a cycle from the vulnerable innocent to the jester who can laugh it off – for whom the world is to be treated lightly. And as we evolve, we move round the circle from innocent to jester and all the points in between. We become heroes as we live each of the archetypes to the full – as we step into them and embrace each of them fully.

Naming the heroes

So let's look briefly at each of the heroic archetypes as they appear on the three stages of our journey . . .

The Apprenticeship - Preparation

The first part of our journey is that of preparation – we grow into who we must become, building our character and learning.

The Innocent: he seeks to remain in safety: to trust someone else to care for him. He is vulnerable and weak, yet in that vulnerability lies trust and a desire to have faith. We begin as innocents – unable to care for ourselves, we rely on others.

The Orphan: as the innocent steps into the world he becomes vulnerable and abandoned: the innocent must step out of safety to grow. In that abandonment comes the opportunity to learn. We step into the orphan as we begin to make a way in the world.

The Warrior: soon the orphan learns to fight – to stand up for himself. He starts to conquer, to carve out a life that is truly his own. We become the warrior as we begin to succeed, to dominate our environment. The warrior sets boundaries, defends territory.

The Caregiver: we begin to step into the power of parenthood, the need to look after others as parents or as leaders. Here the warrior learns the power of sacrifice.

The Quest - Exploration

At this point we are ready to begin the quest of becoming real. Something calls to us and we prepare for a journey to discover what life is about

The Seeker: we begin our quest with the knowledge that there is something more – that what we have is not all there is. For some we will begin a spiritual journey, while others will seek a change in career or a new relationship. For all of us, we know that there is more beyond ourselves – mountains to be climbed, seas to be crossed.

The Destroyer: within each of us is encoded the knowledge that to grow into what will be we must destroy that which is. We clear the ground ready to grow, ready to evolve.

The Lover: we begin to seek unity – whether with someone or with a group or ideal. We crave connection and long to be whole. We discover passion – perhaps romance, but also passion for truth and for reality.

The Creator: out of the ashes, and out of the passion, rises the desire to build. We inherit the desire to make something new, to create where nothing has been created before.

The Return - Freedom

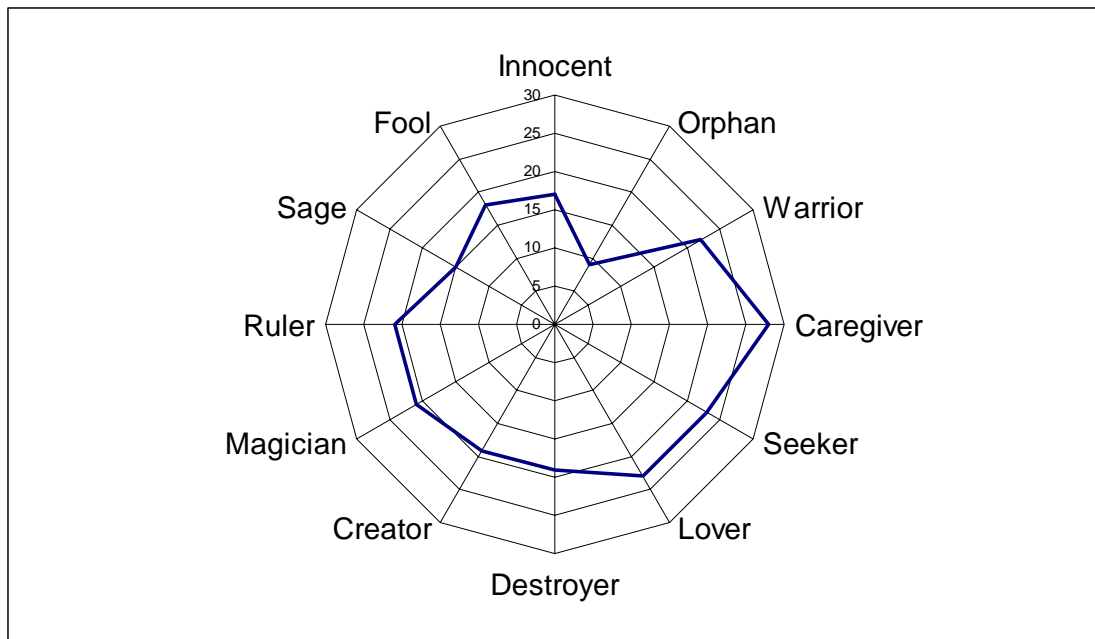
Eventually we become wise. All we have learnt begins to gel into a wisdom and a truth. We are still learning – and yet we know.

The Ruler: we begin to take responsibility for our lives – and for others. Not just our family, but those around us. We take decisions based on what is best for all. We have courage and compassion.

The Magician: we begin to align with the power of the universe. The seen, the tangible, the concrete ceases to have as much value as we learn that miracles and magic remain. We begin to step into our own power. We learn to heal. And we learn to name: to create our own experiences.

The Sage: having sought truth for so long, we cease to become attached to it. We learn true detached wisdom, and can sacrifice for the greater good

The Fool: finally we return to the jester, the joker. Far from being a child, the fool embodies wisdom and embraces life fully. He has learnt to enjoy the journey for its own sake – and to hold all things lightly.



We spiral round this journey – from innocent to fool, and then begin again – but as we begin again we do not go back to the start – we begin at a new level of evolution. The innocent that we were when we were born now becomes the innocent who displays trust and optimism rather than dependence and naivety. We learn. We grow. We evolve.

The shadow and the truth

Each archetype has a truth – a true being. Each archetype has a Goal, a Calling, a Task, and a Gift. Each will respond to the dragon of danger or trouble in its own way. Each has also a Fear, and a Shadow. The archetype becomes the shadow when he ceases to follow his calling, and instead embraces his own self to the exclusion of others – for each of us on our journey must grow – or become a dark shadow.

The Innocent

Goal: To remain safe
 Fear: Being abandoned
 Response to the dragon: Deny the problem or seek rescue
 Task: To be faithful, to develop discernment
 Gift: Trust, optimism and loyalty

The Orphan

Goal: To regain safety
 Fear: Exploitation or victimisation
 Response to the dragon: To comply, to wish for rescue, lack of power
 Task: To be open to receiving help – to deal with pain
 Gift: Interdependence, empathy, realism

The Warrior

Goal: to win. To fight and make a difference
 Fear: Weakness, powerlessness
 Response to the dragon: Slay it, defeat it
 Task: To fight for what matters
 Gift: Courage, skill, self discipline

The CareGiver

Goal: To help others, to make a difference through love and sacrifice
Fear: Selfishness and ingratitude
Response to the dragon: Take care of it, or take care of those it harms
Task: Give without hurting self
Gift: Compassion and generosity

The Seeker

Goal: To search for a better way
Fear: Being trapped
Response to the dragon: To escape
Task: Being true to a higher truth
Gift: Autonomy and ambition

The Destroyer

Goal: To grow, to evolve
Fear: stagnation, death without rebirth
Response to the dragon: to be destroyed by it – or to destroy it
Task: Letting go
Gift: Humility and acceptance

The Lover

Goal: Bliss, oneness, unity
Fear: Loss of love and connection
Response to the dragon: Love it
Task: Follow your bliss, commit to what you love
Gift: Passion, ecstasy, commitment

The Creator

Goal: Create a new life, a new work, a new reality
Fear: Miscreation, inauthenticity, failed imagination
Response to the dragon: Accept it is what has been created
Task: Self creation and self acceptance
Gift: Creativity, identity, vocation

The ruler

Goal: To create harmony
Fear: Chaos, loss of control
Response to the dragon: Find how to use it
Task: Take responsibility, find ways to express yourself
Gift: Sovereignty, responsibility, competence

The Magician

Goal: Transformation into better realities
Fear: Evil sorcery
Response to the dragon: Transform it or heal it
Task: Alignment of his self with the universe
Gift: Personal Power

The Sage

Goal: Truth and understanding
Fear: Deception or illusion
Response to the dragon: Study, understand or transcend it
Task: Attaining knowledge, wisdom and enlightenment
Gift: Scepticism, wisdom, lack of attachment

The Fool

Goal: Enjoyment, pleasure, being alive

Fear: Not being alive

Response to the dragon: Play with it – play tricks on it

Task: Trust in the process and enjoy the journey

Gift: Joy, freedom, liberation

Each of the archetypes is explored in full in "Awakening The Heroes Within" by Carol S Pearson: each archetype includes details on the levels – the Shadow: the antithesis of the hero; the Call: the event that creates the hero and launches him on his journey; the Levels: the evolution of each hero as he grows on his journey. It's worth reading just for this section.

The questions

INSTRUCTIONS

Answer each question quickly - your first response is usually the best!

1=Almost never descriptive of me

2=Rarely descriptive of me

3=Sometimes descriptive of me

4=Usually descriptive of me

5=Almost always descriptive of me

	The Questions	Score
1	I collect information without making judgements	
2	I feel disoriented by so much change in my life	
3	The process of my self healing enables me to help heal others	
4	I have let others down	
5	I feel safe	
6	I put fear aside and do what needs to be done	
7	I put the needs of others before my own	
8	I try to be authentic wherever I am	
9	When life gets dull I like to shake things up	
10	I find satisfaction in caring for others	
11	Others see me as fun	
12	I feel sexy	
13	I believe that people don't really mean to hurt each other	
14	As a child, I was neglected or victimised	
15	Giving makes me happier than receiving	
16	I agree with the statement 'better to have loved and lost than not have loved at all'	
17	I embrace life fully	
18	I keep a sense of perspective by taking a long range view	
19	I am in the process of creating my own life	
20	I believe there are many good ways to look at the same thing	
21	I am no longer the person I thought I was	
22	Life is one heartache after another	
23	Spiritual help accounts for my effectiveness	
24	I find it easier to do for others than to do for myself	
25	I find fulfilment through relationships	

26	People look to me for direction	
27	I fear those in authority	
28	I don't take rules too seriously	
29	I like to help people connect with each other	
30	I feel abandoned	
31	I have times of high accomplishment that feel effortless to me	
32	I have leadership qualities	
33	I am searching for ways to improve myself	
34	I can count on others to take care of me	
35	I prefer to be in charge	
36	I try to find truths behind illusions	
37	Changing my inner thoughts changes my outer life	
38	I develop resources, human or natural	
39	I am willing to take personal risks in order to defend my beliefs	
40	I can't sit back and let a wrong go by without challenging it	
41	I strive for objectivity	
42	My presence is often a catalyst for change	
43	I enjoy making people laugh	
44	I use discipline to achieve goals	
45	I feel loving towards people in general	
46	I am good at matching people's abilities with tasks to be done	
47	It is essential for me to maintain my independence	
48	I believe everyone and everything in the world are interconnected	
49	The world is a safe place	
50	People I've trusted have abandoned me	
51	I feel restless	
52	I am letting go of things that do not fit for me anymore	
53	I like to lighten up people who are too serious	
54	A little chaos is food for the soul	
55	Sacrificing to help others has made me a better person	
56	I am calm	
57	I stand up to offensive people	
58	I like to transform situations	
59	The key to success in all aspects of life is discipline	
60	Inspiration comes easily to me	
61	I do not live up to my expectations for myself	
62	I have a sense that a better world awaits me somewhere	
63	I assume that people I meet are trustworthy	
64	I am experimenting with turning my dreams into realities	
65	I know my needs will be provided for	
66	I feel like breaking something	
67	I try to manage situations with the good of all in mind	
68	I have a hard time saying no	
69	I have a lot more great ideas than I have time to act on	
70	I am looking for greener pastures	
71	Important people in my life have let me down	
72	The act of looking for something is as important to me as finding it	

Transfer your score for each question into the corresponding box – then add up the totals for each archetype

	Innocent	Orphan	Warrior	Caregiver	Seeker	Lover
	5	14	6	7	33	12
	13	22	39	10	47	16
	34	27	40	15	51	17
	49	30	44	24	62	25
	63	50	57	55	70	29
	65	71	59	68	72	45
Total						

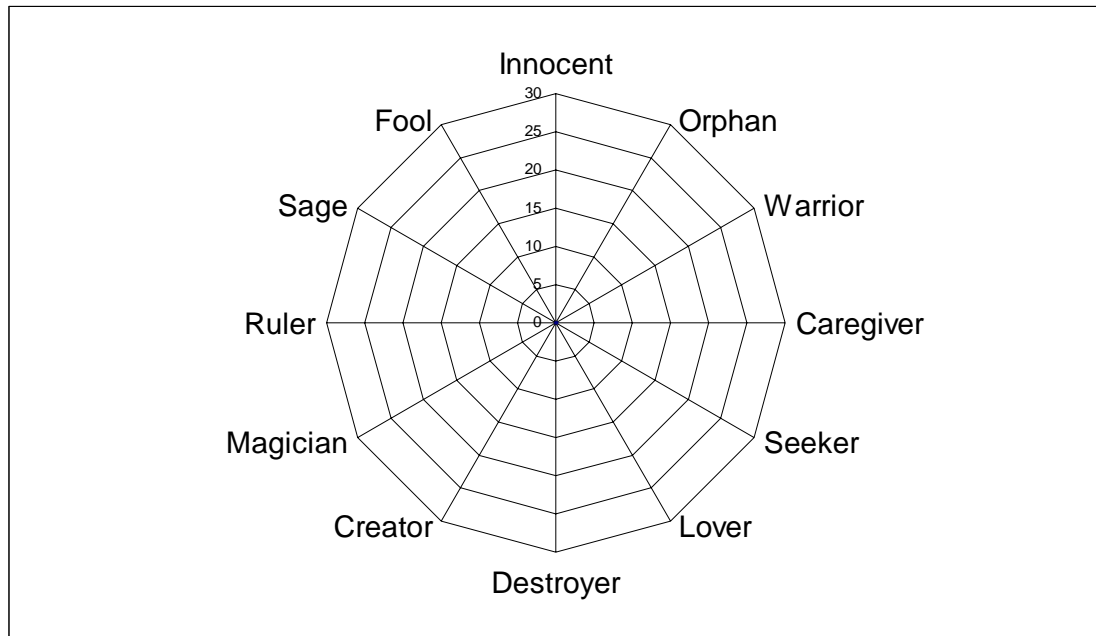
	Destroyer	Creator	Magician	Ruler	Sage	Fool
	2	8	3	26	1	9
	4	19	23	32	18	11
	21	31	37	35	20	28
	52	60	42	38	36	43
	61	64	48	46	41	53
	66	69	58	67	56	54
Total						

Summary

Transfer your scores to this table (column 3)

	Archetype	Score	Life Stage Total	Life Stage	Life Issue Total	Life Issue
1	Innocent		1+2+3+4	Apprenticeship	1+2	Security
2	Orphan					
3	Warrior				3+4	Identity
4	Caregiver					
5	Seeker		5+6+7+8	Quest	5+6	Responsibility
6	Destroyer					
7	Lover				7+8	Authenticity
8	Creator					
9	Ruler		9+10+11+12	Journey	9+10	Power
10	Magician					
11	Sage				11+12	Freedom
12	Fool					

Now transfer each of the scores from column 3 to the chart and join them up (see example above (centre is score zero, outside is score 30) :



Strength

You will probably find that 2 or 3 of the archetypes score higher than the others – these are your particular point in your personal journey, and reflect what you are paying attention to at the moment. You will probably find yourself drawn to a particular hero and find that you resonate with that gift and calling.

Growth

Your progress through life is marked by the size of the 'circle' – higher overall scores result in a shape that fills the circle more. So young people might find themselves well balanced, but not particularly well developed in any of the areas. More evolved souls might find themselves with some very strong areas but lacking in balance. You will find as your journey continues that you expand outwards, scoring higher on each. Particular events might cause you to 'shrink' inside yourself to protect yourself, which will result in a smaller shape.

Weakness

While we will move through the archetypes as we grow, a particular weakness in one archetype can cause problems. So, for example, a low score for 'warrior' might result in becoming a doormat, or not reinforcing boundaries. A low score for destroyer may result in us staying put in jobs and relationships that are not serving us. If you find something that looks like a low score, consider what you can do to improve this part of your life

Evolution

As we move through life we shift our emphasis. We grow. By adding our scores we can see what phase of life we are in:

Innocent+Orphan+Warrior+Caregiver = The Apprenticeship

Seeker+Destroyer+Lover+Creator = The Quest

Ruler+Magician+Sage+Fool = The Return

To discover where you are on the journey, complete column 5 in the scoring table by adding the scores from column 3 (eg Score 1+2+3+4 = score for Apprenticeship)

You'll find that one of these (Apprenticeship/Quest/Journey) scores more highly, and reflects where you are on your journey. It's not unusual for people to journey round this cycle several times in their lives)

Life Issues

We can also look at these by the life issues that face us where our prime concerns are:

Security: the need to survive (Innocent+Orphan)

Identity: the need to discover who we are (Seeker+Lover)

Responsibility: stepping up to our role in the world (Warrior+Caregiver)

Authenticity: the drive to be real (Destroyer+Creator)

Power: the ability to transform our reality (Magician+Ruler)

Freedom: a realisation that to live is to be free (Sage+Fool)

To find out the life issue(s) that currently occupies you, complete column 7 in the scoring table by adding the scores from column 3 (eg Score 1+2 = score for Security)

Again, you'll find that one or two of your scores are higher, and reflect the current life issues that you are facing.

Normally we would move naturally through these phases one by one – yet significant events such as redundancy, divorce, or loss of a loved one can cause us to move to an earlier phase. Other events can cause us to evolve faster than we might otherwise. We are now seeing children with much higher scores at advanced evolutionary levels – in a few years we will need a new model to deal with our more highly evolved young men and women.

The stories

Each archetype has a particular story to tell – the myth and legend that is associated with each. It's worth while taking a moment to look at your own life and then transform it into its mythic elements.

Take a look at each story, and feel its vibration : you will find that one of these resonates with you – and you have found your journey. You might find that your journey incorporates elements of several of these stories: and yet one dominant story will probably emerge.

Innocent: Paradise lost but faith retained; paradise regained.

Orphan: Paradise lost, resulting despair and alienation; gives up hope of paradise and works with others to create better conditions in world as it is.

Warrior: Goes on journey; confronts and slays dragon; rescues victim.

Caregiver: Sacrifices and does what others ask; feels maimed or is manipulative of others; gains the capacity to choose to live as feels right and life-enriching.

Seeker: Feels alienated in community by perceived pressure to conform; goes off on journey alone; finds treasure of autonomy and vocation; finds real family and home.

Lover: Yearns to love; finds love; separated from love, and (in tragedy) dies or (in comedy) is reunited with loved one.

Destroyer: Experiences great loss and pain; loses illusions and inauthentic patterns; faces death and learns to make death an ally.

Creator: Discovers true self; explores ways of creating a life which facilitates the expression of that self.

Ruler: Is wounded and kingdom is a wasteland; takes responsibility for kingdom and own woundedness; kingdom is restored to fertility, harmony, and peace.

Magician: Overcomes debilitating illness; through healing and transforming self, learns to heal and transform others; experiences destructive effects of hubris or insecurity; learns to align will with that of universe.

Sage: Seeks truth through losing self; recognizes own subjectivity; affirms that subjectivity; experiences transcendent truth.

Fool: lives for pleasure but without rootedness in self, community, or cosmos; learns to commit and bond with people, nature, universe; is able to trust the process and live in harmony with universe; finds joy.

Finally - a caution – and an exhortation

One of the reasons I am wary of personality tests is that they tend to put people into boxes. This is one reason why I like the heroic archetypes – because they seem to liberate rather than restrict. This work is designed to empower you rather than restrict you. You can choose who you want to be in the story of your life.

So create your own journey. It's up to YOU to live the life you dream of, to go on the journey that you want, to have your own adventures. Blend elements of each. Write your own story – and make it the juiciest, the most exciting, the most thrilling story ever!

Tim Hodgson

Connecting you to the adventure of your life

Tim is an author, teacher, adventurer and visionary. He believes that everyone has the resources available to them to be truly successful and achieve every one of their goals and dreams. He works with individuals and with organisations to challenge, coach and develop them either working one to one or through training programmes using a leading edge blend of science and spirituality – and a good slice of practical experience.



He is a Certified NLP Trainer, NLP Master Practitioner, Clinical Hypnotherapist and Accredited Coach, with a passion for bringing out the absolute best in those he works with.

As well as speaking and coaching, Tim is the author of 'Jump Start Your Coaching Business' as well as other personal development products.

Tim lives in the UK in a small market town in East Northants with his two sons. He is also a dedicated martial artist, with a second degree black belt in traditional shotokan karate, and is a passionate skier and snowboarder. He also confesses to reading pretty much anything he can get his hands on.

Contact Tim through info@theinspirationcentre.com or on 0845 6101460 (Local call rate). Web www.timhodgson.co.uk

Tim's books on starting your NLP Coaching business are available at www.jumpstartyourcoachingbusiness.co.uk

You can also sign up to his monthly newsletter at www.timhodgson.co.uk – we have a special report there for you called 'Creating An Impact'