

**Questionnaire to help you discover your favorite archetypes
— The ones you can easily bring into your life.**

Ego Archetypes

The job of these archetypes is to help you on the journey in which you establish your relationship with the world. There are four of these archetypes that you can access. By answering the following questions you can determine which ones are most available to you right now.

Read each question and rate yourself on a scale of 0-5 for each.

0	1	2	3	4	5
Never	Hardly ever	Occasionally	Sometimes	Often	Most of the time

- | | |
|--|---|
| <p>A</p> <ol style="list-style-type: none"> 1. I would be surprised if someone betrayed me. 2. I just assume that people I hang around with at school are trustworthy. 3. I feel safe in this world. 4. I know people usually like me, even when they don't show it. 5. I believe that people don't mean to be cruel. 6. I enjoy "feel good" movies such as <i>Little Miss Sunshine</i>. <p><i>Add up your total for A.</i></p> | <p><u>Scale 1-5</u></p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[/30]</p> |
|--|---|

- | | |
|---|---|
| <p>B</p> <ol style="list-style-type: none"> 1. My early childhood was pretty hard on me. 2. I enjoy movies where people may suffer, but are brave, such as Mel Gibson in <i>Braveheart</i>, or Jodie Foster in <i>The Brave One</i>. 3. I have been hurt a lot of times in my life. 4. I know I'm different. 5. I have swallowed my pride to belong to a group I really wanted to join. 6. Everyone deserves respect, man, woman, child and animal. <p><i>Add up your total for B.</i></p> | <p><u>Scale 1-5</u></p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[/30]</p> |
|---|---|

- | | |
|--|---|
| <p>C</p> <ol style="list-style-type: none"> 1. I'm known as the one who is always there to take care of strays. 2. People can sometimes take advantage of my generous nature. 3. I love movies about people who make a difference in the world, like Sandra Bullock in <i>The Blind Side</i>. 4. People can't always fend for themselves. 5. As the older brother or sister, I have to be the responsible one. 6. I enjoy being helpful. <p><i>Add up your total for C.</i></p> | <p><u>Scale 1-5</u></p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[/30]</p> |
|--|---|

- | | |
|--|---|
| <p>D</p> <ol style="list-style-type: none"> 1. People turn to me to make a difference. 2. Even when things go wrong, you can count on me to stick with it to the very end. 3. I enjoy movies when the main character shows heroic qualities such as <i>Batman</i>, <i>Superman</i>, and <i>Clint Eastwood</i> movies. 4. I enjoy being competitive. 5. Sometimes you have to be strong. 6. I have no trouble standing up for myself. <p><i>Add up your total for D.</i></p> | <p><u>Scale 1-5</u></p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[]</p> <p>[/30]</p> |
|--|---|

Now look at your total for each section A - D

- If you score **25 or higher**, it means that you connect to that archetype best and that archetypes story is easy to bring into your life.
- If you score **10 or less**, it means that you are comfortable with that archetypes within yourself or within others.

Ego Archetypes



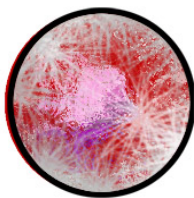
- A. **Innocent** (the part that thinks all is good)
Eg. Pooh in Winnie the Pooh, Charlie in Charlie Brown.



- B. **Orphan** (the Part that longs to belong)
Eg. Eeyor in Winnie the Pooh (“nobody minds and nobody cares”)



- C. **Caregiver** (the part that nutures and cares for others)
Eg. Mother Teresa



- D. **Warrior/ Hero** (the part that can make goals, fight for the self)

Soul Archetypes

The job of these archetypes is to help you to develop your inner journey resulting in a deeper sense of personal Identity that can lead to intimacy. There are four of these archetypes that you can access. By answering the following questions you can determine which ones are most available to you right now.

Read each question and rate yourself on a scale of 0-5 for each.

0	1	2	3	4	5
Never	Hardly ever	Occasionally	Sometimes	Often	Most of the time

A Scale 1-5

1. I love adventure movies, such as Indiana Jones and Into the Wild. []
2. Sometimes I feel trapped. []
3. If I made a change, it would be good for me. []
4. Why do I so often feel dissatisfied? []
5. I yearn to test my own limits. []
6. Restlessness can be such a motivator for me. []

Add up your total for A. [/30]

B Scale 1-5

1. I can set limits for myself and others. []
2. I did it my way. []
3. It's pretty hard to make me do something that I don't want to do. []
4. I like movies about rebels such as Zorro and Robin Hood. []
5. It's important to take a stand. []
6. I could break the law if it was for a worthy cause. []

Add up your total for B. [/30]

C Scale 1-5

1. I feel passionately about what I do. []
2. I like romantic movies such as Casa Blanca. []
3. It is important to follow your bliss. []
4. Sometimes I can get myself in trouble by blindly following my heart. []
5. I can feel envious of others. []
6. I simply enjoy people. []

Add up your total for C. [/30]

D Scale 1-5

1. Imagination is an important part of my life. []
2. I can get lost in time and space when I am creating something. []
3. I have given up love to make room for my art. []
4. Money does not drive me; being creative does. []
5. For me, a good trip must provide opportunity to see galleries, to music events []
6. Inspiration comes in many forms. []

Add up your total for D. [/30]

Now look at your total for each section A – D.

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Soul Archetypes

- A. **Seeker** (Unrest)
Eg. Chris McCandless in Into The Wild, Indiana Jones



- B. **Rebel** (Getting rid of junk)
Eg. Robin Hood, Zorro



- C. **Lover** (Feelings of sublime and forgiveness)
Eg. Romeo and Juliet, Glenn Close in Fatal Attraction



- D. **Creator** (Identity and asks “What kind of life do I want to Create?”)
Eg. Georgia O’Keefe, Writers, Artists, Scientists



Self-Archetypes

The job of these archetypes is to help you on the journey of the Self so that you are able to share your gifts with the world. There are four of these archetypes that you can access. By answering the following questions you can determine which ones are most available to you right now.

Read each question and rate yourself on a scale of 0-5 for each.

0 1 2 3 4 5
Never Hardly ever Occasionally Sometimes Often Most of the time

A Scale 1-5

1. I need to create a world I feel strong in. []
2. I need to feel in control. []
3. People tell me I am a good leader. []
4. I can be called bossy. []
5. I like movies about Kings and Queens such as Elizabeth and The Tudors. []
6. I enjoy the challenge of bringing order to messy situations. []

Add up your total for A. [/30]

B Scale 1-5

1. I love learning almost anything. []
2. People often ask for my advice. []
3. Having a library is important to me. []
4. I enjoy movies that honour wisdom such as Yoda in Star Wars. []
5. Sometimes I can get lost in a dream world of ideas. []
6. I am considered a pretty serious person. []

Add up your total for B. [/30]

C Scale 1-5

1. The greatest joy for me is to make good things happen. []
2. I enjoy films about the occult or magic, such as Harry Potter. []
3. Mystery intrigues me. []
4. People count on me to change things. []
5. Some say I have a healing effect on them. []
6. It's important to know what you want in life. []

Add up your total for C. [/30]

D Scale 1-5

1. I can easily make others laugh. []
2. I can be a bit sneaky if I have to be. []
3. I like to tell the truth in a non-serious way. []
4. When things go really wrong, you just have to laugh at the silliness of it all. []
5. I like to watch comedy on TV and in the movies. []
6. Life should be enjoyed. []

Add up your total for D. [/30]

Now look at your total for each section A – D.

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- A. **Ruler** (Claims own Power for good or for ill.)
Eg. Simba in The Lion King, Queen Elizabeth



- B. **Sage** (Attains wisdom, seeks truth, handles ambiguity, matches methodology to the task at hand.)
Eg. Albus Dumbledore in Harry Potter, Yoda in Starwars



- C. **Magician** (Creates opportunities to make your dreams come true- combination of creator and destroyer.)
Eg. Gandalf in Lord of the Rings, Merlin in Camelot



- D. **Jester** (Enjoys and speaks the truth.)
Eg. Brier Rabbit, Tom Sawyer, Wile E Coyote