

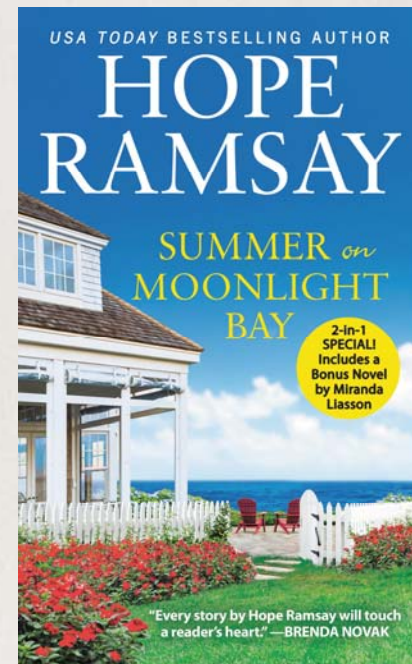
Using Archetypes to Find Your Story

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The Psychology of Archetypes

- Carl Jung
 - Imbedded Archetypal Behaviors
 - The Collective Unconscious – Archetypes are reinforced through ritual, myth and symbols.
- Psychological healing and Pop Psychology
 - Caroline Myss
- Fiction and Entertainment
 - Since we recognize them, archetypes are shortcuts for character development

Archetypes in Literature

- A pattern or collection of traits that readers immediately recognize
- An archetype can be a person, place, or theme.
- An archetype is not a cliché.

Character Archetypes

- Are neither positive nor negative – they are both at the same time because they describe behaviors
- A character can be more than one archetype at a time.
- Because they are behavior based, archetypes can provide a road map for understanding and developing a character's story arc...

Common Male Archetypes

- Warrior



- Magician



Common Male Archetypes

- Lover



- King



The Hero Archetype Arc

- Mythic protagonist
- One who must confront a difficult path of obstacles in order to find his manhood. (Not to be confused with the hero in a romance.)
- Examples: Myths, Luke Skywalker, Dorothy Gale
- See *The Writer's Journey* by Christopher Vogler

The Hero's Journey

1. Ordinary World
2. Call To Adventure
3. Refusing The Call
4. Meeting The Mentor
5. Crossing The Threshold
6. Tests, Allies, Enemies
7. Approach To The Inmost Cave
8. Ordeal

The Hero's Journey

9. Reward (Seizing The Sword/Magic Elixir)
10. The Road Back
11. Death/Resurrection
12. Return With The Elixir

Common Female Archetypes

- Mother



- Wise Woman (Crone)



Common Female Archetypes

- Lover



- Queen



The Virgin Archetype Arc

- Fairytale protagonist
- Often one who is pre-pubescent, young or inexperienced, but, most important, one who is dependent.
- Examples: Cinderella, Sleeping Beauty, Snow White
- The Virgin's Promise (Kim Hudson – see resources)

The Virgin's Promise

1. Dependent World
2. Price of Conformity
3. Opportunity to Shine
4. Dresses the Part
5. Secret World
6. No Longer Fits Her World
7. Caught Shining
8. Gives Up What Kept Her Stuck

The Virgin's Promise

9. Kingdom in Chaos
10. Wanders in the Wilderness
11. Chooses Her Light
12. The Re-ordering
13. The Kingdom is Brighter

But wait, who are these guys?



Who is Mr. Darcy?

- Is he a lover?
 - Maybe, but he's not like Romeo or Cassanova
- Is he a mythic Hero?
 - Does he leave his world and go fight battles with bad guys?
- He isn't a warrior, nor is he a king or a magician.
- So there is more to archetypes than Warrior, Magician, Lover, King, and Hero.

Who is Elizabeth Bennett

- Is she a virgin?
 - Yes, but her story doesn't fully fit the Virgin's Promise, although she does end up reordering the kingdom.
- Is she a lover?
 - Yes, but there is more to her than Juliette.
- She is not a mother, wise woman, or queen, either.

Character Arc Review

- Satisfying stories have a protagonist who grows during the course of the story.
- Sometimes the main character must go through a transformation, like the clown fish in *Finding Nemo* who must give up his anxiety in order to realize his potential as a clown fish parent.

Character Arc in Romance

In romance, it's imperative that the hero and heroine undergo a transformation that allows them to find love at the end of the story. It's usually not enough for a hero and heroine to grow as people, they must change in order to find love. And the bigger the change, the more satisfying the ending.

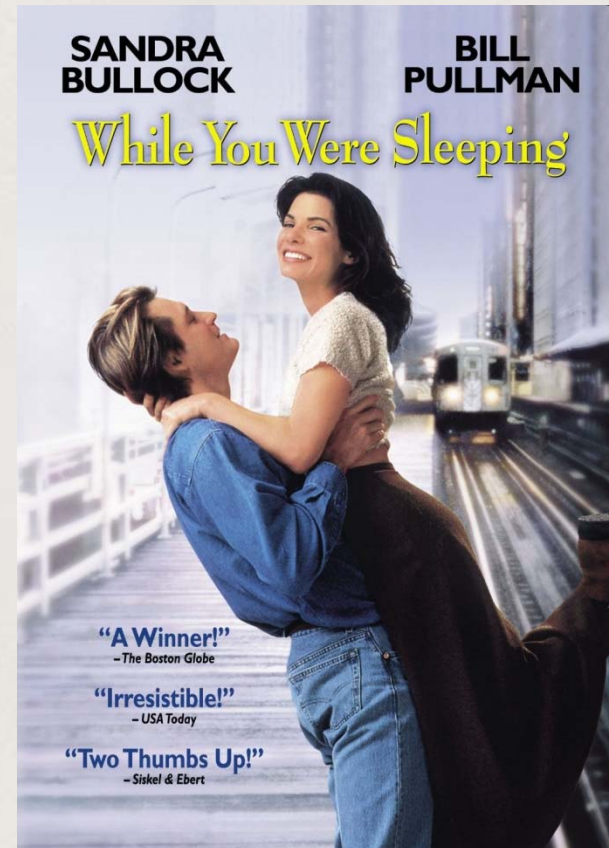
Character Arc in Romance

So, when you set out to tell a romantic story, the first question ought to be:

- What do my hero and heroine need to learn in order to find love at the end of the story?
- The light and dark qualities of Archetypes can help you figure this out.

Character Arc in Romance

In *While You Were Sleeping* Jack Callaghan is more than a Lover. He is the good son and brother, who has to break with his father's business, and compete with his older, stronger, more successful (and comatose) brother before he can win Lucy's love.



Mr. Darcy's Archetype

- Is a Judge who must learn the value of compassion.
- Michael Hauge would say: Darcy must move from his identity as the proud and judgmental suitor to his essence as the compassionate one.
- The Judge Archetype Traits:
 - Shadow: Offering only destructive criticism
 - Light: Balancing justice with compassion.

Elizabeth Bennet

- Lizzy's story fits part of the Virgin's promise, but she is also a Rebel
- Lizzy must change from her identity as the rebel without a cause to her essence as one who challenges authority to change society.
- The Rebel Archetype:
 - Shadow: Rebels out of peer pressure or fashion
 - Light: Challenges authority to effect social change

Other Examples

The Hermit

A hermit is withdrawn from society, unwilling to help others. In many Christmas stories the Hermit is transformed into the Samaritan.



Other Examples

Princess

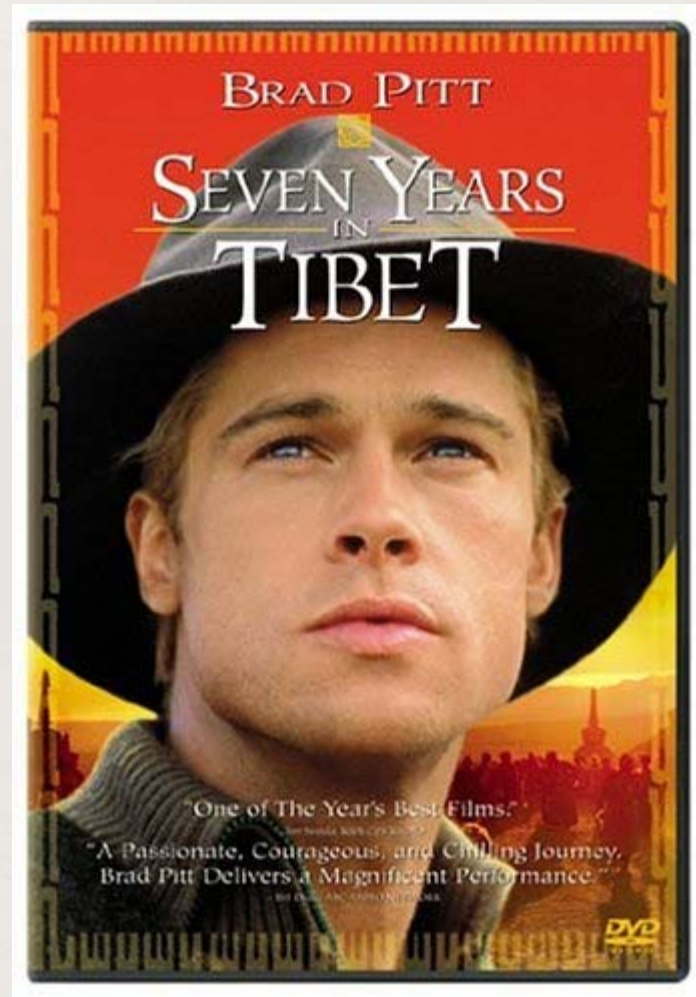
The Princess is always beautiful and in need of rescue, but she almost always stops waiting around for rescue and goes through a process of empowerment before the Prince/Knight arrives.



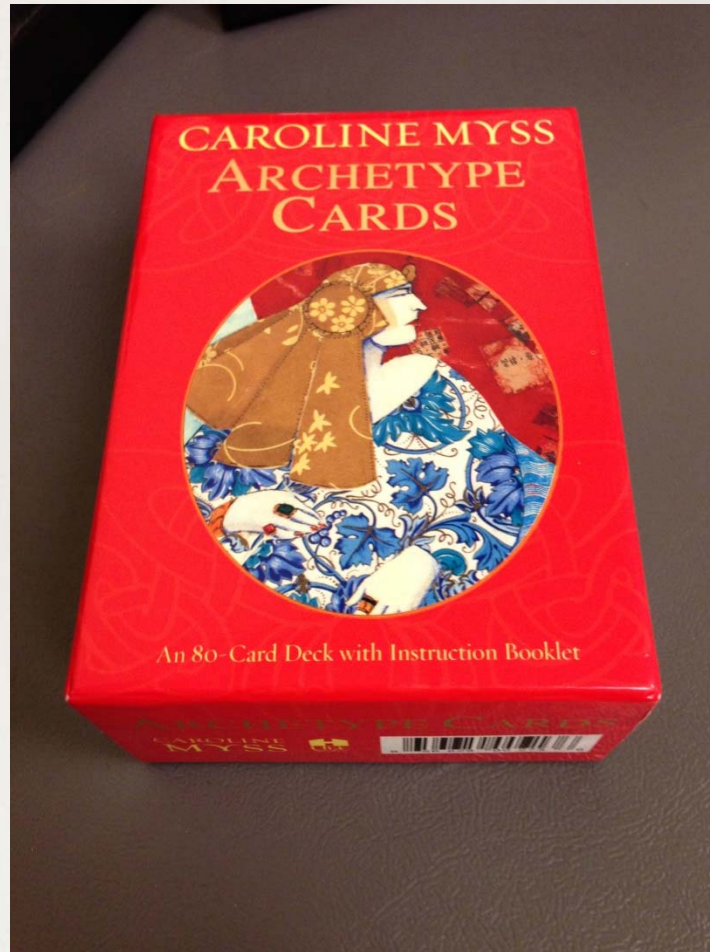
Other Examples

The Seeker

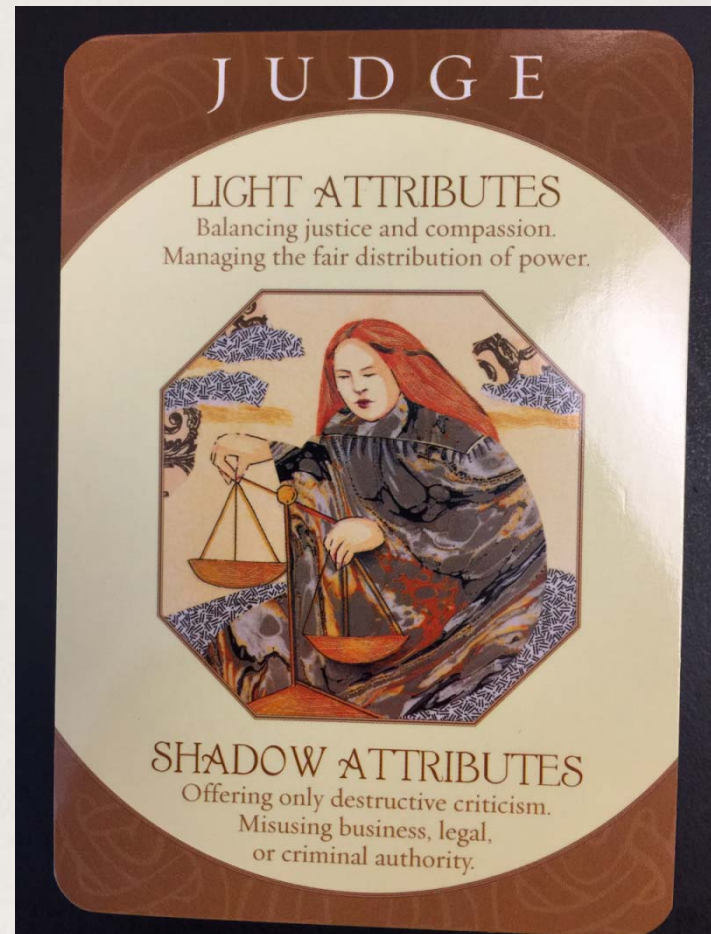
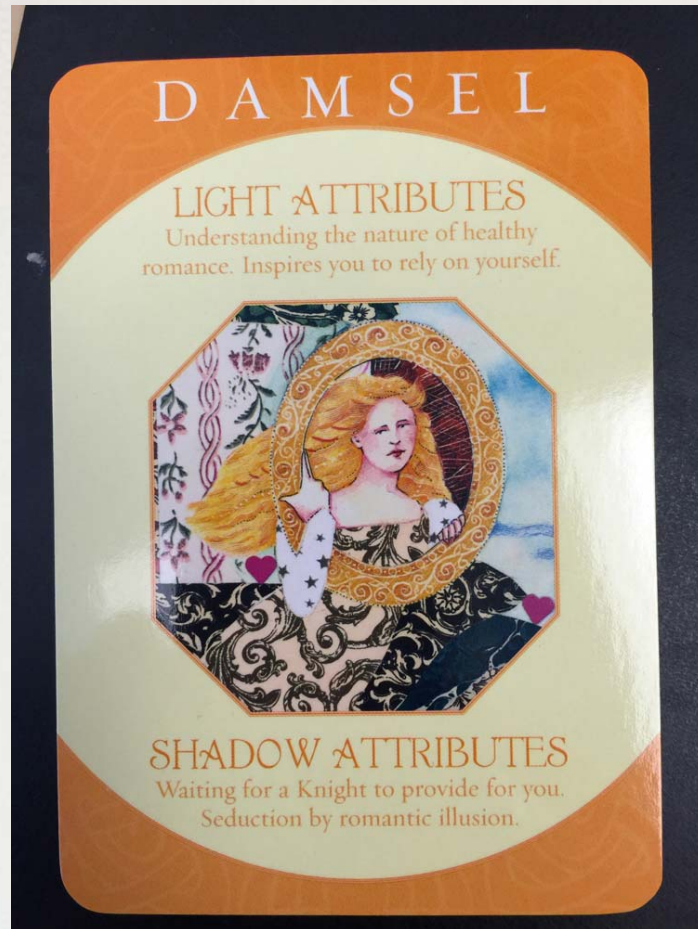
The seeker is a lost soul (shadow trait) who goes on a journey of curiosity and becomes wise (light trait).



The Caroline Myss Archetypes



The Caroline Myss Archetypes



Brainstorming Plot

- Pick an archetype
- How is your character manifesting the negative behaviors of his/her archetype at the beginning?
- What could happen to bring out the positive aspects of the archetype?
- What could happen (towards the end) to make your character revert to the shadow side?

Let's Try it

- Suppose our main character is an...
- Avenger
 - Light Attributes: Desire to balance the scales of justice. Righteousness on behalf of society itself.
 - Shadow Attributes: Resorting to violence in the name of a cause
- How might he/she show the negative side?
- How might he/she show the positive side?

Let's Try It

- Avenger, continued...
- What could happen that would help an avenger move from the negative aspects of the archetype to the positive aspects?
- For romance... What kind of love interest would push him/her in that direction?
 - A Mediator?
 - A Judge?
 - A Victim?

Resources for Writers

- The Carolyn Myss Archetypes can be found at <http://www.myss.com/free-resources/sacred-contracts-and-your-archetypes/appendix-a-gallery-of-archetypes/>

Resources for Writers

- *The Writer's Journey* by Christopher Vogler.
- *The Virgin's Promise* by Kim Hudson.
- Michael Hague Story Mastery:
<http://www.storymastery.com/>

Resources

The slides for this presentation are available as a PDF download at:

www.hoperamsay.com/Documents/VFRW.pfd