

The Heroic Myth Self-Test

From: Carol S. Pearson (1998). *The Hero Within: Six Archetypes We Live By*. San Francisco, CA: HarperCollins.

PART 1: HOW I SEE MYSELF

Tick all the words or phrases listed in both column A and column B that describe the way you see yourself.

Column A (I see myself as...)	Column B (I see myself as...)
<p>1. ---- resilient ---- a survivor ---- realistic ---- empathic</p> <p>2. ---- individualistic ---- a pioneer ---- autonomous ---- a divergent thinker</p> <p>3. ---- assertive ---- a winner ---- disciplined ---- tough-minded</p> <p>4. ---- caring ---- conscientious ---- willing to sacrifice ---- generous</p> <p>5. ---- optimistic ---- trustworthy ---- trusting ---- morally good</p> <p>6. ---- visionary ---- creative ---- powerful ---- a catalyst for change</p>	<p>---- suspicious ---- negative ---- cynical ---- a whiner</p> <p>---- a loner ---- a rebel ---- afraid of closeness ---- having trouble fitting in</p> <p>---- ruthless ---- overly competitive ---- stubborn ---- inflexible</p> <p>---- a martyr ---- intrusive ---- guilt-tripping others ---- controlling</p> <p>---- seduced by easy answers ---- gullible ---- naïve ---- goody-goody</p> <p>---- too far out ---- weird ---- manipulative ---- too great a risk taker</p>

The numbers **1** through **6** correspond to the 6 archetypes. Column A lists archetypal traits that generally are viewed as positive. Column B lists archetypal traits that generally are viewed negatively. Count each tick as one point and add up your sub-scores in each column as follows. Your scores will range from 0 to 4 on each side.

Archetype	A. Positive Total (0-4)	B. Negative Total (0-4)
1. Orphan		
2. Wanderer		
3. Warrior		
4. Altruist		
5. Innocent		
6. Magician		

You can create a bar-graph of your sub-scores on the following chart. Fill in your A score going *up* and your B score going *down* for each archetype. Shade in the box of your positive score above the zero and the box of your negative score below the zero. Then connect the two by shading in the boxes in between.

CHART A: How I see Myself						
A	Orphan	Wanderer	Warrior	Altruist	Innocent	Magician
4						
3						
2						
1						
0						
1						
2						
3						
4						
B						

PART 2: HOW OTHERS SEE ME

Instructions to your partner: You have been asked to fill out the following checklist to help your partner accurately appraise the archetypes active in his or her life. Therefore, be as honest as you can. Simply tick every word or phrase that accurately applies to your partner.

Column A (I seeas...)	Column B (I seeas...)
<p>1. ---- resilient ---- a survivor ---- realistic ---- empathic</p> <p>2. ---- individualistic ---- a pioneer ---- autonomous ---- a divergent thinker</p> <p>3. ---- assertive ---- a winner ---- disciplined ---- tough-minded</p> <p>4. ---- caring ---- conscientious ---- willing to sacrifice ---- generous</p> <p>5. ---- optimistic ---- trustworthy ---- trusting ---- morally good</p> <p>6. ---- visionary ---- creative ---- powerful ---- a catalyst for change</p>	<p>---- suspicious ---- negative ---- cynical ---- a whiner</p> <p>---- a loner ---- a rebel ---- afraid of closeness ---- having trouble fitting in</p> <p>---- ruthless ---- overly competitive ---- stubborn ---- inflexible</p> <p>---- a martyr ---- intrusive ---- guilt-tripping others ---- controlling</p> <p>---- seduced by easy answers ---- gullible ---- naïve ---- goody-goody</p> <p>---- too far out ---- weird ---- manipulative ---- too great a risk taker</p>

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Archetype	A. Positive Total (0-4)	B. Negative Total (0-4)
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2. Wanderer		
3. Warrior		
4. Altruist		
5. Innocent		
6. Magician		

You can create a bar-graph of your sub-scores on the following chart. Fill in your A score going *up* and your B score going *down* for each archetype. Shade in the box of your positive score above the zero and the box of your negative score below the zero. Then connect the two by shading in the boxes in between.

CHART B: How Others See Me						
A	Orphan	Wanderer	Warrior	Altruist	Innocent	Magician
4						
3						
2						
1						
0						
1						
2						
3						
4						
B						

PART 3: THE INFLUENCE OF MY FAMILY OF ORIGIN

Our families of origin provide the basic road map for the journey. The following checklist is designed to help you identify your family legacy. In Column A, tick all the traits your family said they valued. In Column B, tick all the traits that were frowned upon, punished, or kept secret – in short, the ones you were not supposed to have!

Column A (I was supposed to be...)	Column B (I was absolutely not supposed to be...)
<p>1.</p> <p>---- resilient</p> <p>---- a survivor</p> <p>---- realistic</p> <p>---- empathic</p> <p>2.</p> <p>---- individualistic</p> <p>---- a pioneer</p> <p>---- autonomous</p> <p>---- a divergent thinker</p> <p>3.</p> <p>---- assertive</p> <p>---- a winner</p> <p>---- disciplined</p> <p>---- tough-minded</p> <p>4.</p> <p>---- caring</p> <p>---- conscientious</p> <p>---- willing to sacrifice</p> <p>---- generous</p> <p>5.</p> <p>---- optimistic</p> <p>---- trustworthy</p> <p>---- trusting</p> <p>---- morally good</p> <p>6.</p> <p>---- visionary</p> <p>---- creative</p> <p>---- powerful</p> <p>---- a catalyst for change</p>	<p>---- suspicious</p> <p>---- negative</p> <p>---- cynical</p> <p>---- a whiner</p> <p>---- a loner</p> <p>---- a rebel</p> <p>---- afraid of closeness</p> <p>---- having trouble fitting in</p> <p>---- ruthless</p> <p>---- overly competitive</p> <p>---- stubborn</p> <p>---- inflexible</p> <p>---- a martyr</p> <p>---- intrusive</p> <p>---- guilt-tripping others</p> <p>---- controlling</p> <p>---- seduced by easy answers</p> <p>---- gullible</p> <p>---- naïve</p> <p>---- goody-goody</p> <p>---- too far out</p> <p>---- weird</p> <p>---- manipulative</p> <p>---- too great a risk taker</p>

The numbers **1** through **6** correspond to the 6 archetypes. Column A lists archetypal traits that generally are viewed as positive. Column B lists archetypal traits that generally are viewed negatively. Count each tick as one point and add up your sub-scores in each column as follows. Your scores will range from 0 to 4 on each side.

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2. Wanderer		
3. Warrior		
4. Altruist		
5. Innocent		
6. Magician		

You can create a bar-graph of your sub-scores on the following chart. Fill in your A score going *up* and your B score going *down* for each archetype. Shade in the box of your positive score above the zero and the box of your negative score below the zero. Then connect the two by shading in the boxes in between.

CHART C: How I was Seen by My Family of Origin						
A	Orphan	Wanderer	Warrior	Altruist	Innocent	Magician
4						
3						
2						
1						
0						
1						
2						
3						
4						
B						

PART 4: THE INFLUENCE OF MY WORKPLACE

Tick in Column A all of the traits that are particularly encouraged by your boss or work team. Then tick all the traits in Column B that they particularly discourage.

Column A (I am supposed to be...)	Column B (I am absolutely not supposed to be...)
<p>1. ----- resilient ----- a survivor ----- realistic ----- empathic</p> <p>2. ----- individualistic ----- a pioneer ----- autonomous ----- a divergent thinker</p> <p>3. ----- assertive ----- a winner ----- disciplined ----- tough-minded</p> <p>4. ----- caring ----- conscientious ----- willing to sacrifice ----- generous</p> <p>5. ----- optimistic ----- trustworthy ----- trusting ----- morally good</p> <p>6. ----- visionary ----- creative ----- powerful ----- a catalyst for change</p>	<p>----- suspicious ----- negative ----- cynical ----- a whiner</p> <p>----- a loner ----- a rebel ----- afraid of closeness ----- having trouble fitting in</p> <p>----- ruthless ----- overly competitive ----- stubborn ----- inflexible</p> <p>----- a martyr ----- intrusive ----- guilt-tripping others ----- controlling</p> <p>----- seduced by easy answers ----- gullible ----- naïve ----- goody-goody</p> <p>----- too far out ----- weird ----- manipulative ----- too great a risk taker</p>

The numbers **1** through **6** correspond to the 6 archetypes. Column A lists archetypal traits that generally are viewed as positive. Column B lists archetypal traits that generally are viewed negatively. Count each tick as one point and add up your sub-scores in each column as follows. Your scores will range from 0 to 4 on each side.

Archetype	A. Positive Total (0-4)	B. Negative Total (0-4)
1. Orphan		
2. Wanderer		
3. Warrior		
4. Altruist		
5. Innocent		
6. Magician		

You can create a bar-graph of your sub-scores on the following chart. Fill in your A score going *up* and your B score going *down* for each archetype. Shade in the box of your positive score above the zero and the box of your negative score below the zero. Then connect the two by shading in the boxes in between.

CHART D: How I am Seen by my Boss or Work Team						
A	Orphan	Wanderer	Warrior	Altruist	Innocent	Magician
4						
3						
2						
1						
0						
1						
2						
3						
4						
B						

PART 5: PUTTING IT ALL TOGETHER

On the chart below, place the names of the positive archetypes and negative archetypes that received the highest scores in each category of **PARTS 1** through **4**. Compare the scores on the four parts of this self-test, looking for any patterns that emerge.

Parts 1-4	Top Column A (Positive Archetypes)	Top Column B (Negative Archetypes)
How I see myself		
How Others see me		
Influence of Family of Origin		
Influence of Workplace		

1. Do you see yourself similarly to the way others see you?
2. What are your strongest archetypes?
3. What archetypes are evident in a more negative form in your life?
4. What traits did your family of origin disapprove of?
5. What traits does your workplace most value?
6. What traits does your workplace most discourage?

Be aware that you may experience stress because of the difference between your inner archetypal structure and that of the systems of which you are a part. You also might experience stress because some important archetype is in shadow (repressed, punished, etc.) in any of the systems of which you are a part.

Archetype	Plot Structure	Gift
Orphan	How I suffered or How I survived	Resilience
Wanderer	How I escaped or Found my way	Independence
Warrior	How I achieved my goals or defeated my enemies	Courage
Altruist	How I gave to others or How I sacrificed	Compassion
Innocent	How I found happiness or The promised land	Faith
Magician	How I changed my world	Power