



Know Yourself

Archetypes

- 'Archetype' from the Latin 'archetypum' means *original form or imprint*
- Can be defined as an original, primordial image, symbol, theme, setting, or character common to all mankind regardless of race, creed, or color
- Universal “prototype” or template



Archetypes

- Have been around since Plato – who referred to preexisting ideal templates as Forms
- Forms were reflected in material objects
 - Form of “Beauty” applies to all beautiful things (such as a beautiful person, horse, or flower); all different, but the Form itself never changes



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Archetypes



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- Dr Carl Jung first identified universal patterns / archetypes and hypothesized they originated in the *Collective Unconscious*, the deepest layer of the collective psyche of mankind
- *Collective Unconscious* - described as a repository for all of mankind's experience and knowledge over many eons
- Universal source of all mythic, symbolic, and dream representations.

Archetypes

- Most are psychological patterns derived from historical roles in life
(. ot her , hi l d, r i ckst er , er vant)
- Can also be universal events or situations, such as .ni t i at i on, . eat h, \ebi r t h
- Though ancient and universal, become personalized when a part of your own psyche



What are Archetypes?

<file:///H:/Resiliency/ppt%20presentations%20handouts/archetypes.htm>

<http://www.youtube.com/watch?v=EGa0PoVuflw>

- Can be expressed in:
 - Myths
 - Dreams
 - Literature
 - Religions
 - Fantasies
 - Folklore



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Archetypes

- Not passive entities
- Active roles as guardians and inner allies, warning and guiding
- For example, about evident in situations where one is going to sabotage best interests, or to allow others to sabotage interests
- When recognize patterns, instead of ignoring or denying, it becomes friend and helper



Archetypes

- All have shadow manifestations as well as “*light*” aspects
- \ebel archetype can be powerful force leading to a rejection of illegitimate authority and strike out on bold new path of action
- \ebel shadow aspect can induce rebellion against constructive, positive leaders; or to fall in love with image and trappings of rebellion



Archetypes

- **Queen** archetype can be guide to assertion of power, taking charge of situations, delegation of authority, and acting with regal benevolence
- **Queen shadow** may run around barking out orders, making impossible demands, and lopping off heads



Know Yourself

Four Archetypes of Survival (shared by all)

- Child
 - Includes Wounded Child, Abandoned or Orphan Child, Magical or Innocent Child, Nature, Eternal, Divine, and Dependent Child
- Victim
- Saboteur
- Prostitute



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Child Archetype

- Part of us that yearns to be lighthearted and innocent – expecting wonders of tomorrow
- Ability to sense playfulness, balancing seriousness of adult responsibilities
- Core issue: dynamic tension between dependency and responsibility



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Wounded Child Archetype

- Holds memories of abuse, neglect, and other traumas
- Painful experiences often lead to deep sense of compassion and desire to help other Wounded Children
- **Shadow** aspect may manifest as self-pity, tendency to blame parents/others for any shortcomings, or to look to others for help rather than relying on own resourcefulness



Abandoned/Orphan Child Archetype

- Reflects psyches of people who feel from birth as if they are not part of their family – often leading to development of independence
- Lack of family influences, attitudes and traditions compel construction of an inner reality based on personal judgment and experience
- **Shadow** aspect manifest as those who never recover from feelings of abandonment, stifling maturing process, seeking surrogate family structures



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Magical/Innocent Child Archetype

- Sees potential for sacred beauty in all things; embodies qualities of wisdom and courage in face of difficult circumstances
- Has the power of imagination and belief that everything is possible
- **Shadow** manifests as absence of possibility of miracles; also that energy and action are not required, retreating into fantasy
- Pessimism and depression emerge from one whose dreams were “once upon a time” deemed foolish by cynical adults



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Nature Child Archetype



- Has affinity for friendships with animals
- Endowed with tender, emotional qualities – also inner toughness and ability to survive (resilience of Nature herself)
- Some form of communication or conscious rapport with animals
- **Shadow** manifests in tendency to abuse animals, people, and environment

Eternal Child Archetype

- Guides us to remain forever young in body, mind, and spirit – not to let physical age stop us from enjoying life
- **Shadow** manifests as inability to grow up and embrace the responsible life of adult
- Like Peter Pan, resists ending a cycle of life in which he is free to live outside boundaries of adulthood
- **Shadow** (girl) can manifest as extreme dependence on those who take charge of security, can't accept aging process



Dependent/Needy Child Archetype

- Carries heavy feeling inside that nothing is ever enough, always seeks to replace something lost (but doesn't know what that might be)
- Leads to bouts of severe depression
- Focused on own needs, unable to see needs of others
- Can learn to recognize and use as guide to avoid falling into needy, self-absorbed attitudes and behaviors



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The Victim Archetype



- Can alert to possibility of eminent victimization, through passivity or inappropriate actions
- Can help recognize tendency to victimize others for personal gain
- **Shadow** tells you it is never your fault
- Some will play Victim to get sympathy or pity
- Goal is to learn how to recognize inappropriate attitudes in self or others, and act accordingly



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Victim Archetype



- Ask yourself:
 - Do I blame others for the circumstances of my life?
 - Do I spend a lot of time in the depths of self-pity?
 - Do I envy others who always seem to get what they want out of life?
 - Do I tend to feel more powerless than powerful?



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The Saboteur Archetype

- Purpose is not to sabotage, but to help learn the many ways in which you undermine, or betray yourself
- Fears are all related to low self-esteem, causing choices that block empowerment and success
- As ally, it will call attention to situations in which you are in danger of being sabotaged or of sabotaging yourself
- **Shadow** manifests as self-destructive behavior or desire to undermine others



The Saboteur Archetype

- Ask yourself
 - What fears have the most authority over me?
 - What happens when a fear overtakes me?
 - Do I allow people to speak for me?
 - How conscious am I in the moment that I'm sabotaging myself?
 - Am I able to recognize the Saboteur in others?
 - Would I be able to offer others advice about how to challenge one's Saboteur? If so, what would it be?



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The Prostitute Archetype



- Engages lessons in the sale or negotiation of one's integrity or spirit due to fears of physical survival or for financial gain
- Activates aspects of unconscious related to seduction and control – capability of buying a controlling interest in another person as you are of selling own power
- Core learning – self-esteem and self-respect make you impervious to selling out -- “not for sale”



The Prostitute Archetype



- Ask yourself:
 - Have I ever sold out to people or organizations that I didn't truly believe in?
 - Have I ever remained in a situation that offered me financial protection because of a desire for financial security?
 - Have I ever put another person in the position of compromising him- or her- self in order to gain power over that individual?



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Prostitute Archetype



- From another perspective, ask:
 - Have I ever offered to help another who was weakened by his or her Prostitute archetype? Do I judge others because they continually compromise themselves?
- And from yet another perspective:
 - Have I ever felt myself being pulled into a circumstance that would require me to sell out my ethics, but then found myself strong enough to say no?



Know Yourself

Wizard of Oz

Provides a prime example of the hero's journey of each of the four survival archetypes: the Child, the Victim, the Prostitute, and the Saboteur.



The Child
"There's no place like home."



The Prostitute
"If I only had a heart."



The Saboteur
"If I only had a brain."



The Victim
"If I only had courage."

Wizard of Oz

Dorothy - Child



Scarecrow - Saboteur



Wizard of Oz

Tin Man – Prostitute



Cowardly Lion - Victim



Actor-Storyteller/ Entertainer



- *Light* – Authentic, performing, wise, passionate, honest, emotionally brave, dramatic, true, colorful, teaching, opening others, inspiring, generous, sharing
- *Shadow* – Gossiping, manipulative, exaggerating, alienating, attention-seeking, self-absorbed, overly dramatic, insensitive, fighting for the spotlight, disconnected to true story, fears stability, addicted to intensity

Is this you?

- Are you an open book about your life?
- Have you often been in trouble for telling another's private (personal) story?
- Do you love being the focus of attention?
- Do you love to exaggerate when retelling stories?
- Can you be a drama queen?

The Dreamer

- *Light* – Contemplative, creative, idealistic, insightful, self-accepting, balanced, still, intuitive, proactive, wise, no ego, keeps going, committed, gives of self

Shadow – Depressive, self-absorbed/critical, timid, fearful, passive, withholding, confused, hiding, silent, under-achiever, depressed, minimal effort, bored, fear of failure equals paralysis

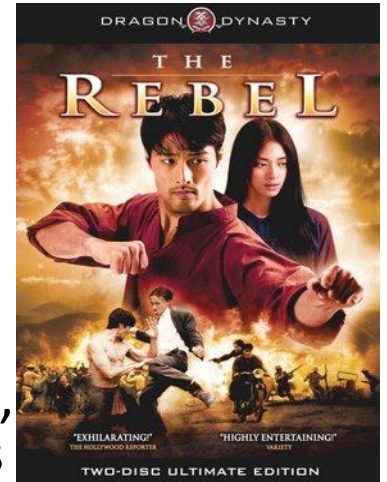
Is this you?

- Do you find it hard to turn ideas into reality?
- Have you often been in trouble for doing things slower than others?
- Do you spend a lot of time on the couch and find it hard to get moving?
- Do you find it difficult to get motivated?
- Do you enjoy contemplation and being in nature?





Rebel-Reformer



- *Light* – Free, just, brave, passionate, responsible, part of the solution, embraces own authority, empowered, proactive, respectful, patient, committed, contributes others, tolerant, honest
- *Shadow* – Angry, immature, irresponsible, violent, destroys, adolescent, anti-authority, disempowered, no self-respect, devalues, judges, fights, blames, underachievers, undisciplined

Is this you?

- Have you been like a rebel without a cause and reacted to and judged authority figures?
- Have you a self-destructive streak that gets you into fights?
- Have you ever used violence to solve problems?
- Does injustice make you angry?
- Could you become passionate and committed to creating helpful change for a cause?

Prince-Princess Archetype



- *Light* – Popular, refined, leader, generous, charitable, fun, loving, warm, expresses inner beauty, loved, values others, encouraging, sophisticated, cultured, tolerant
- *Shadow* – Shallow, vain, lazy, arrogant, immature, irresponsible, superficial, elitist, external, beauty/status a priority, demanding, receiving not giving, co-dependent, self-rejecting, ornamental, trapped, judging, spoiled

Is this you?

- Have others often appreciated your style, sophistication and beauty?
- Do friends want to be with you and enjoy your natural kindness?
- Are you popular, generous and social?
- Do you or have you wanted to do charity or volunteer work?
- Can you be superficial at times?

The Archetypal Hero

- Joseph Campbell (1904-1987)
 - “Power of Myth”
 - “The Hero With A Thousand Faces”
- Cross-cultural studies, concluded diverse stories were all telling same small number of myths, but in different language
- Archetypal plot line within myths which remained constant from one culture to the next



- What do Star Wars, Harry Potter, C.S. Lewis' *The Lion, the Witch, and the Wardrobe*, and Homer's *The Odyssey* all have in common?



THE HERO'S JOURNEY

✕ Stage 1: Departure

- + The hero is called to adventure, although he is reluctant to accept

✕ Stage 2: Initiation

- + The hero crosses threshold into a new, more dangerous world, gaining more mature perspective

✕ Stage 3: The Road of Trials

- + The hero is given supernatural aid, endures tests of strength, resourcefulness, and endurance

THE HERO'S JOURNEY, CONT.

✖ Stage 4: The Innermost Cave

- + The hero descends into the innermost cave, an underworld, or some other place of great trial. Sometimes this place can be within the hero's own mind. Because of this trial, the hero is reborn in some way – physically, emotionally, or spiritually. Through this experience, the hero changes internally

✖ Stage 5: Return

- + The hero uses his new wisdom to restore order to the land

HERO'S JOURNEY



- ✗ Campbell's work with this archetype basis for George Lucas' original three movies in the Star Wars saga
- ✗ Story of Luke Skywalker, similar to all "hero" stories, such as story of Ulysses -- 2,500 years ago

TYPES OF ARCHETYPAL JOURNEYS

- ✖ The quest for identity
- ✖ The epic journey to find the promised land / to found the good city
- ✖ The quest for vengeance
- ✖ The warrior's journey to save his people
- ✖ The search for love (to rescue the princess/damsel in distress)

TYPES OF ARCHETYPAL JOURNEYS (CONT)

- ✗ The journey in search of knowledge
- ✗ The tragic quest: penance or self-denial
- ✗ The fool's errand
- ✗ The quest to rid the land of danger
- ✗ The grail quest (the quest for human perfection)

HEROIC ARCHETYPES

1. **Hero as Warrior** (Odysseus): A near god-like hero faces physical challenges and external enemies
2. **Hero as Lover** (Prince Charming): A pure love motivates hero to complete his quest
3. **Hero as Scapegoat** (religious figures): Hero suffers for the sake of others

HEROIC ARCHEYPES

4. **Transcendent Hero:** The hero of tragedy whose fatal flaw brings about his downfall, but not without achieving some kind of transforming realization or wisdom (Greek and Shakespearean tragedies – Oedipus, Hamlet, Macbeth, etc.)
5. **Romantic/Gothic Hero:** Hero/lover with a decidedly dark side (Mr. Rochester in *Jane Eyre*)

HEROIC ARCHETYPES

6. **Proto-Feminist Hero:** Female heroes
(*The Awakening* by Kate Chopin)

7. **Apocalyptic Hero:** Hero who faces
the possible destruction of society



8. **Anti-Hero:** A non-hero, given the vocation
of failure, frequently
humorous (Homer Simpson)



HEROIC ARCHETYPES

9. **Defiant Anti-Hero:** Opposer of society's definition of heroism/goodness



10. **Unbalanced Hero:** The Protagonist who has (or must pretend to have) mental or emotional deficiencies (*Hamlet*, *One Flew Over the Cuckoo's Nest*)



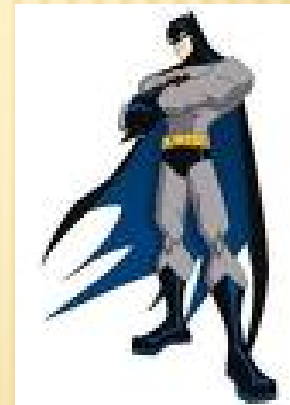
HEROIC ARCHETYPES

11. The Other - the Denied Hero: The protagonist whose status or essential otherness makes heroism possible (*Invisible Man* by Ralph Ellison, *The Joy Luck Club* by Amy Tan)





12. The **Superheroic**:
Exaggerates the normal proportions of humanity; frequently has divine or supernatural origins. In some sense, the superhero is one apart, someone who does not quite belong, but who is nonetheless needed by society (Mythological heroes, Superman)



A Few Movie Archetypes

Archetype – The Mad Scientist

- Can be benign, evil, insane, eccentric, or simply bumbling
- Examples: Dr. Frankenstein, Dr. Jekyll, Doc Brown (*Back to the Future*)



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Archetype – The Loose Cannon

- Also known as “cop-on-the-edge”
- Ready to battle terrorists with a witty quip and a grenade launcher
- Examples: Shaft, Dirty Harry, Axel Foley, John McClane



Archetype – The Wise Old Man

- This archetype is a mentor who will give advice, training, and a philosophy
- Examples: Yoda, Gandalf, Mr. Miyagi, Dumbledore



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Archetype – The Nerd

- Often intelligent but socially and physically awkward
- Nerdiness more desirable since computers - suggests someone interesting and able to earn a large salary
- Examples: Bill Gates, Rick Moranis (in many movies), George McFly, Aldys Martin, Steve Urkel



Archetype – The Obstructive Bureaucrat

- Generally considered a pencil pusher determined to create red tape and stop innovation
- Examples: Walter Peck (*Ghostbusters*), Gilbert Huph (*The Incredibles*)



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Archetype – The Femme Fatale

- Beautiful, manipulative, with an unknown agenda
- Inspires lust and suspicion
- Examples: various Bond girls, Elsa Schneider (*Indiana Jones & the Last Crusade*)



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Archetype – The Sidekick

- Protagonist's best friend, ready to devote time and energy to whatever task is asked
- Often disrespected, patronized, kidnapped, but always loyal
- Examples: Boy Wonder, Samwise, Tonto, Igor, Mr. Spock, Dr. Watson, Barney Rubble



YOUR ARCHETYPES

- See list
- Some archetypes may seem to say, “You know me! I’ve been a part of your life ever since you can remember”
- Might be aligned with occupation, or could be important characteristics that define your nature; some may be wishful thinking
- Choose at least eight

ASK

- How long has this archetypal pattern been a part of my life?
- What role has this archetype played for me?
- Which prominent people have interacted with the aspect of my nature supported by this archetype?
- What relationship might it have to my personal unfinished business – to those people I haven't forgiven, or to events in the past that I can't let go of? And may this archetype now help me in healing those situations?

ASK (cont.)

- What myths, fairy tales, or spiritual stories that have meaning for me do I associate with this archetype?
- Has this archetype appeared in my dreams?
- Does thinking of this archetype make me feel empowered or disempowered?
- What guidance might this archetype have to offer me in the present moment?

Your Archetypes

- When evaluating what archetypes are part of your psyche, notice if there has been a pattern of influence throughout your history, rather than only isolated or recent incidents
- Don't just use obvious markers, stretch imagination and delve into yourself to discover life patterns, lessons, and gifts
- Inner knowledge doesn't surface easily



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